

**DETERMINANTS OF GENDER BASED VIOLENCE AGAINST MEN IN
TIGANIA WEST SUB-COUNTY, MERU COUNTY KENYA**

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DECLARATION

This thesis is my original work and has not been presented elsewhere for a degree or any other award.

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LIST OF ABBREVIATIONS

GBV	Gender Based Violence
GERC	Gender Equality Resource Center
NGEC	National Gender and Equality Commission
SLT	Social Learning theory
SOPs	Standard operating procedures
SPSS	Statistical Package for Social Sciences
UNESCO	United Nations Educational, Scientific and Cultural Organization
UNICEF	United Nations Children's Fund
W H O	World Health Organization

OPERATIONAL DEFINITION OF TERMS

Gender	Social and cultural roles, behaviors, identities, and expectations associated with being male, female, or other genders
Gender Based Violence	Force that is directed against men based on their gender and as a result of the normative role expectations associated with each gender and the unequal power relationships
Men's Experience of GBV	Men experience GBV through emotional, physical, and sexual violence. They are also victims, not just perpetrators. GBV against men is a human rights violation and public health issue.
Legal Framework and Policies	Legal frameworks at international, regional, and national levels have been ratified to address violence against men comprehensively, although the focus has been historically on women and girls.
Local Initiatives	County policy on Sexual and GBV enacts laws and programs to address GBV, but male underreporting remains a concern due to societal biases like National Gender-Based Violence Toll-Free Helpline (1195)
Patriarchal Society	Set of cultural and societal norms, behaviors, and expectations that are harmful to men and to society as a whole.
Trends and Incidents in Specific Regions	GBV against men is rising in specific regions, with reports of rape, physical, and emotional violence increasing.
	Set of cultural and societal expectations and Norms that pressure men to conform to certain harmful stereotypes.

Toxic Masculinity

Violence

Involves acts that range from verbal harassment, and mental torture to physical beatings.

ABSTRACT

Gender-Based Violence (GBV) stands as a pervasive global phenomenon impacting individuals irrespective of their gender. Although traditionally, women have been predominantly recognized as primary victims, men also encounter diverse dimensions of GBV. This study was conducted in Tigania West, Meru County, Kenya, with the primary aim of investigating the determinants of GBV against men in Tigania West Sub-County, Meru County, Kenya. The study targeted a population of 135,980 individuals. An exploratory cross-sectional case study design was employed, involving a random sample of 398 respondents. Data collection methods included focus group discussions and questionnaires. The analysis utilized a mixed-method approach integrating qualitative analysis with descriptive and inferential statistical analyses. The theoretical framework guiding this research comprised Albert Bandura's Social Learning Theory, emphasizing how individuals learn behaviors through observation and imitation, complemented by Gender Theory, which explores societal constructs of masculinity and femininity. Key findings from the study revealed that GBV against men in Tigania West manifested in various forms, notably physical, emotional, and sexual violence. Sociocultural factors such as cultural norms and economic factors like unemployment and low education levels were identified as significant contributors to the perpetuation of GBV against men. Moreover, the research underscored the profound negative impact of GBV on men's mental health and well-being, highlighting issues such as depression, anxiety, trauma, and the underreporting of cases. The significance of this study lies in its contribution to the growing body of knowledge on GBV by shedding light on the often-overlooked experiences of male victims. The findings provide valuable insights for policymakers, law enforcement agencies, and community organizations to develop more inclusive intervention strategies, promote awareness, and foster a more gender-balanced approach to addressing GBV in Kenya.

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Gender-Based Violence (GBV) had been recognized as a significant global issue, affecting individuals of all genders across various contexts. Initially, most research on GBV focused primarily on women and girls, but there had been an increasing acknowledgment in recent years that men also suffered from various forms of violence, including physical, emotional, and sexual abuse. Studies from countries like the United States indicated that one in four men had experienced physical violence from an intimate partner.

In India, approximately 22.2% of men reported experiencing emotional violence, while 25.2% faced physical violence and 17.7% experienced sexual violence (Allen & Bradley, 2018). These figures highlighted the widespread nature of GBV against men globally and underscored the necessity to broaden the conversation to include male victims, who had traditionally been marginalized in the discourse surrounding GBV.

In several parts of the world, including Nigeria, studies revealed that approximately 15% of men had been victims of physical or sexual violence, often perpetrated by intimate partners or even other men (Carlson, 2006). This statistic, while alarming, only represents a fraction of the broader issue of male victimization in the context of Gender-Based Violence (GBV). Despite these significant numbers, male victims of violence continued to face severe barriers when seeking support. These barriers were often rooted in deeply entrenched societal norms and expectations surrounding masculinity. In many cultures, men were socialized to embody ideals of strength, stoicism, and dominance, making it difficult for them to seek help or even acknowledge their victimization. Men who experienced violence frequently feared being perceived as weak or unmanly, a stigma that discouraged them from reporting their abuse. This fear of social ostracization further contributed to the underreporting of male victimization (Seun, 2019).

Moreover, the lack of services specifically tailored to male victims exacerbated the problem. In many societies, support systems were designed with women in mind, leaving male victims without appropriate channels to report their experiences or access necessary

assistance. Even in countries with progressive policies on GBV, the implementation of gender-sensitive services for male victims was often slow or non-existent (Dye, 2019). This gap in services highlighted the systemic challenges that male victims faced and underscored the need for more inclusive and comprehensive approaches to addressing GBV. Studies on the topic also emphasized the importance of recognizing the diverse forms of violence that men can experience, ranging from physical and emotional abuse to sexual violence, which had often been underexplored or dismissed in mainstream GBV discourse (Allen & Bradley, 2018).

As a result of these societal barriers and the lack of adequate support services, male victimization had remained largely invisible on the global stage. This oversight hindered the development of policies and interventions that could adequately support all victims of GBV, regardless of gender. Addressing male victimization required not only a shift in societal attitudes but also a substantial increase in the availability and accessibility of services designed to meet the unique needs of male victims (Earp, 2022). Without this broader recognition and commitment to inclusive policies, the full scope of GBV would remain unaddressed, leaving male victims marginalized and unsupported.

Furthermore, recent studies on male victimization revealed that in many regions, such as the Middle East and parts of Southeast Asia, violence against men was often tied to rigid gender expectations that complicated the experiences of male victims. In Jordan, for example, male victims of domestic abuse faced societal pressures that prevented them from seeking help, reflecting broader cultural norms that defined men as the protectors, not the protected (Alsawalqa, 2023). These cultural dynamics often led to the victimization of men going unreported, as social systems frequently failed to acknowledge men's experiences of abuse as genuine instances of GBV. This phenomenon was not confined to any particular region but was seen across the globe, making it an urgent issue for international policy reform (Chen et al., 2018). The recognition of male victims in these contexts required not only shifts in cultural attitudes but also in the way international aid organizations and governments responded to gender-based violence globally. Policies and interventions were needed that recognized the unique needs of male victims while still

protecting and supporting female victims. Only through such an inclusive approach could a comprehensive response to GBV be achieved.

Regionally, in Africa, GBV had traditionally been framed as a predominantly female issue. However, recent shifts in the academic and policy discourse had begun to address male victimization, particularly in countries affected by conflict, poverty, and patriarchal norms. For instance, in South Africa, studies revealed that many men in abusive intimate relationships were hesitant to report their victimization due to societal expectations of masculinity. These men often avoided seeking help or reporting violence because of the stigma associated with being a male victim (Henry et al., 2020). Similarly, in Uganda, while women's victimization had been widely recognized, male victims of intimate partner violence were largely ignored by existing support structures (Tshoane et al., 2024). The societal attitudes in many African countries, which linked masculinity to strength and dominance, made it difficult for men to admit their victimization, further exacerbating the problem.

This reluctance to report violence was also reflected in the lack of services specifically designed for male victims. Even as some African nations began implementing policies aimed at addressing GBV more comprehensively, male victims still faced significant challenges in accessing services and support. This gap in support services for men had been a key issue in addressing GBV within the African context (Allen & Bradley, 2018).

At the local level, in Kenya, gender-based violence against men had long been an overlooked issue. Most research and policies had primarily focused on the experiences of women and girls, with little attention paid to the unique challenges faced by male victims. However, over the years, there had been growing recognition of the need to address male victimization. One of the most notable studies conducted in Meru County, Kenya, was by Agostino (2015), which examined the impact of GBV on the implementation of community development projects in the region. Agostino's study highlighted that both men and women in Meru experienced physical and emotional violence, often at the hands of intimate partners. However, the prevailing cultural norms in Meru, and Kenya in general, made it difficult for male victims to report violence or seek support. The traditional expectations that men should be the primary breadwinners and protectors of

their families created a barrier to seeking help, as doing so could be seen as a threat to their masculinity (Agostino, 2015).

Despite the passage of the Protection Against Domestic Violence Act in 2015, which recognized that men could also be victims of domestic violence, the implementation of this law had been slow. Male victims continued to face numerous challenges, including societal stigma, inadequate support services, and a reluctance from law enforcement to take male victimization seriously (Isaboke, 2015). In Meru County, male victims of violence often felt marginalized by the legal and support systems, which were primarily designed to address the needs of women and children. This marginalization was compounded by the lack of gender-sensitive services that could cater to the specific needs of male victims (Mogire & Mkutu, 2020).

Research in Meru had also shown that gender expectations in the community reinforced a cycle of silence around male victimization. Men were expected to conform to rigid gender roles, which prevented them from expressing vulnerability or seeking help when they were victims of violence. This cultural framework contributed to the underreporting of male victimization and a lack of adequate responses from both the community and the justice system (Agostino, 2015). Although efforts had been made to raise awareness and provide services for male victims of GBV, much more work was needed to ensure that men had equal access to support and protection. Challenging cultural norms, improving training for law enforcement, and developing inclusive support systems for male victims were crucial steps in addressing this issue.

1.2 Statement of the Problem

Academic research on GBV has predominantly focused on women as victims, resulting in limited scholarly attention to male survivors. This oversight has led to a significant gap in understanding the prevalence, nature, and psychosocial consequences of GBV against men, as well as the underlying motivations for such violence. Although recent studies have indicated a rising incidence of GBV targeting men, the issue remains largely underexplored, leaving a lack of empirical data to inform policy and intervention strategies. This study seeks to address this gap by examining the determinants of GBV against men in Tigania West Sub-County, Meru County, Kenya.

1.3 Research Objectives

1.3.1 General Objective

The study investigated determinants of GBV against men in Tigania West sub-county, Meru-county, Kenya.

1.3.2 Specific Objectives

1. To establish the prevalent forms of GBV against men in Tigania West, Meru County.
2. To identify factors influencing GBV against men in Tigania West, Meru County.
3. To determine the consequences of GBV against men in Tigania West, Meru County.

1.4 Research Questions

1. What are the prevalent forms of GBV against men in Tigania West, Meru County?
2. What factors influence GBV against men in Tigania West, Meru County?
3. What are the consequences of gender violence against men in Tigania West, Meru County?

1.5 Justification of the Study

This study examined the determinants and consequences of GBV against men in Tigania West Sub-County, Meru County. Its findings contributed to academic discourse by addressing the existing research gap on male-targeted GBV. The study provided valuable insights for policymakers, including national and county governments, the criminal justice system, and other stakeholders, in formulating effective responses to GBV against men. Additionally, by applying Social Learning Theory and Gender Theory, the study highlighted how violent behaviors were learned and how gender roles could be redefined to prevent GBV.

1.6 Significance of the Study

The study aimed to inform policy by identifying key determinants of GBV against men and proposing evidence-based interventions. Its recommendations guided the development of comprehensive strategies to address GBV, enhance awareness, and

promote a more inclusive approach to combating gender-based violence, ultimately contributing to a more equitable and sustainable society

1.7 Limitations of the Study

The stigma associated with male GBV was a major limitation of the study, as it caused the respondents to face social exclusion. The study was confined to one Sub-county in Meru, despite there being nine sub-counties. Separating physical violence and psychological torture presented a challenge, as the two are intertwined: one causes the other, and one is a consequence of the other. The potential stigma associated with male GBV, which discouraged participation, had been mitigated within the group dynamic, fostering a shared sense of safety.

1.8 Delimitation of the Study

Limiting the study to one Sub-county in Meru County, allowed for a concentrated exploration of the interconnected nature of physical violence and psychological torture in male GBV, emphasizing their mutual reinforcement and combined impact. By defining these specific boundaries, the study clarified the conceptual constraints and ensured a focused investigation that provided depth and context to the findings. To delimit the reverse causality between physical violence and psychological torture the study assumed that the two variables were independent of each other and the causal effect did not affect their observed relationship.

1.9 Assumptions of the Study

This study operated under several key assumptions. First, it was assumed that the respondents were willing to participate in the research and provide their insights without coercion or undue influence. Second, the study assumed that the responses given by participants were accurate and reflective of their lived experiences, thereby ensuring the reliability of the data collected. Lastly, it was presumed that there was minimal reverse causality between the observed forms of GBV, meaning that the relationships identified in the study were primarily unidirectional rather than mutually reinforcing.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

This chapter provides a summary of the main prevalent forms of violence against men, to identify factors influencing GBV against men in Tigania West, Meru County and to determine the consequences of GBV against men in Tigania West, Meru County.

It also presents an overview of the Conceptual framework, which shows the independent and dependent variables as well as intervening variables, theoretical framework, and a summary of literature review.

2.2 Prevalent Forms of Violence against Men

Different forms of GBV against men existed, including physical, emotional, and sexual violence. Studies highlighted that male victim of gender-based violence often faced stigma and a lack of institutional support, making their experiences largely invisible (Alsawalqa 2023; Agostino 2015). Physical violence against men manifested in various ways, often exacerbated by conflict situations. Research documented the hidden prevalence of male sexual assault during war, with cases of blunt trauma to male genitals being particularly significant (Carlson 2006). Similarly, gender-based violence against civilian men and boys in conflict zones was recognized as part of a systematic pattern of abuse (Carpenter 2006). More recently, studies argued that gender norms shaped societal perceptions of male victimization, reinforcing a culture of silence (Ezebuilo 2020). Male victims of physical violence hesitated to seek assistance due to societal expectations of masculinity, thereby limiting their access to justice and support services (Grönlund et al. 2019).

Emotional violence against men was widespread but often overlooked. Research demonstrated that during crises, men suffered severe emotional trauma, challenging the perception that GBV predominantly affected women (John et al. 2020). Studies examined domestic violence and highlighted how men faced psychological abuse, including manipulation, threats, and coercive control, which significantly affected their mental well-being (Kolbe and Büttner 2020). In rural settings, verbal abuse and emotional intimidation were common but remained underreported due to stigma (Malik and Nadda 2019). In Kenya, cultural expectations discouraged men from reporting emotional abuse, reinforcing cycles of victimization (Mokebo 2018).

Sexual violence against men remained underreported despite increasing evidence of its prevalence. Research in Zambia documented cases where men experienced coercion and non-consensual acts within intimate relationships, leading to severe psychological and emotional distress (Mundando, Gadsen, and Kusanthan 2020). Similarly, male sexual victimization in Southern Nigeria was shaped by traditional gender norms, contributing to the silence surrounding male sexual abuse (Obarisiagbon and Omage 2022). These findings indicated a need for legal and policy frameworks that acknowledged and addressed sexual violence against men as a critical issue requiring urgent intervention.

2.3 Factors Influencing Violence against Men

GBV against men was influenced by several interrelated factors, including unemployment, lack of education, absence of sociocultural resources, low self-esteem, and patriarchal cultural norms (Mundando et al. 2020; Malik & Nadda 2019; Muriithi Gateri et al. 2021). The economic and social disadvantages experienced by men significantly contributed to their vulnerability to abuse (Isaboke 2015; Mshweshwe 2020). Employment status played a significant role in influencing GBV against men. When men were unemployed while their female partners were financially stable, the resulting economic imbalance often led to heightened tensions, resentment, and, in some cases, victimization of men (Mundando et al. 2020). Men who were unable to fulfill traditional provider roles experienced diminished self-worth, which, in turn, increased their susceptibility to abuse from their partners (Malik & Nadda 2019; Muriithi Gateri et al. 2021).

Educational disparities contributed significantly to GBV against men. Men with limited formal education often faced restricted employment opportunities, increasing their economic dependency on their partners and exacerbating power imbalances within relationships (Mundando et al. 2020). Research indicated that women with higher education levels sometimes exerted psychological and economic dominance over their less-educated male partners, leading to increased cases of emotional and physical abuse (Malik & Nadda 2019). The lack of education also hindered men's awareness of their rights and available support services, further marginalizing them (Muriithi Gateri et al. 2021; Mshweshwe 2020).

Men who lacked financial resources and social support systems were more likely to experience GBV. Economic dependence on female partners created power imbalances, making men vulnerable to various forms of abuse (Mundando et al. 2020). The absence of social networks further isolated male victims, reducing their capacity to seek help or report their abuse (Malik & Nadda 2019). Additionally, cultural and institutional barriers discouraged men from disclosing their experiences, reinforcing the cycle of victimization (Muriithi Gateri et al. 2021). Low self-esteem significantly contributed to male victimization in cases of GBV. Men with diminished self-worth often found it challenging to assert themselves or seek help, increasing their vulnerability to abuse (Mundando et al. 2020). Societal expectations that equated masculinity with strength further discouraged men from acknowledging their victimhood, leading to prolonged experiences of abuse (Malik & Nadda 2019). Research revealed that in patriarchal societies, men with low self-esteem were often reluctant to report abuse due to fear of ridicule or rejection (Muriithi Gateri et al. 2021).

2.4 Consequences of GBV against men

The consequences of GBV against men were profound, affecting their physical, psychological, social, and economic well-being. Studies documented that male victims of GBV often suffered from severe mental health issues, including depression, anxiety, and post-traumatic stress disorder (Hines & Douglas 2009; Khan & Arendse 2021). The stigma associated with male victimization further led to social isolation, as men were frequently disbelieved or ridiculed when they sought help (Thobejane, Mogorosi, & Luthanda 2018). Economic consequences were also significant, as male victims of GBV who experienced emotional and physical abuse in their homes often struggled with job retention and financial stability (Mphatheni 2024).

Additionally, some men faced legal repercussions, as societal biases frequently assumed that men were perpetrators rather than victims, leading to wrongful arrests and lack of support in legal proceedings (Seun 2019). The social implications of GBV against men extended beyond the individual victims to their families and communities. Children in households where men experienced GBV often suffered emotional distress and confusion

due to the reversal of traditional gender roles (Lien & Lorentzen 2019). Furthermore, cultural narratives that disregarded male victimization hindered policy responses, leaving male survivors without adequate institutional support (Tshoane et al. 2024). Collectively, these findings underscored the need for greater recognition and intervention strategies to address GBV against men. More inclusive policies, legal reforms, and awareness campaigns were necessary to ensure that male victims received adequate support and protection.

2.5 Theoretical Framework

Two theories were used to explain the theoretical framework. These are: Social learning theory and gender theory.

2.5.1. Social Learning Theory (SLT)

Social Learning Theory (SLT) put forward by Stalburg (2016) was formulated by Albert Bandura in 1977, it merges behavioral and cognitive learning theories, aiming to comprehensively explain real-world learning experiences. It centers on the nature-nurture debate, asserting that aggression and violence are learned behaviors passed down across generations. This behavior emerges in specific social contexts, like households with substance abuse.

SLT posits that violence is acquired through modelling, observation, imitation, reinforcement, definitions, and associations. It emphasizes modeling as a key factor in the intergenerational transmission of violence (Lowe, 2021). Furthermore, the study suggests that growing up in a violent environment reinforces early signs of violent behavior and endorses violence's efficacy. In the context of GBV against men in Tigania West, SLT proposes that violent behaviors are learned and perpetuated through observation, reinforcement, and cultural norms. Understanding these processes informs interventions to counter harmful norms, foster positive role models, and encourage non-violent conflict resolution, contributing to reducing GBV against men. Social learning theory cannot explicitly explain what determines violence against men so Gender theory will be used in this theory to complement it.

Social learning theory has certain limitations when it comes to explaining gender violence against men. It primarily focuses on individual behavior and how it is shaped through the

process of observation, imitation, and reinforcement. While this is valuable in understanding some aspects of violence, it may fall short of capturing the broader societal and structural factors that contribute to GBV against men. Social learning theory tends to overlook how deeply ingrained cultural and institutional norms, gender power dynamics, and the larger societal context influence violent behavior (Koon-magnin et al., 2016).

To complement social learning theory, gender theory was incorporated to provide a more comprehensive understanding of GBV against men (Lowe, 2021). Gender theory explores the complex interplay of social, cultural, and institutional factors in shaping gender roles, expectations, and power structures. By combining these two theories, researchers can investigate not only how individual behaviors are learned but also how broader societal and gender norms contribute to and perpetuate violence against men. This integrated approach allows for a more holistic analysis, recognizing that GBV is a result of not just individual actions but also the larger sociocultural and structural influences that shape gender relations and behaviors.

2.5.2. Gender Theory

Gender theory, as first introduced by Simone de Beauvoir in her seminal work *The Second Sex* (1949), posits that gender is a socially constructed concept shaped by cultural and societal influences rather than being solely determined by biological differences. De Beauvoir argued that "one is not born, but rather becomes, a woman," highlighting the central tenet of gender theory: that societal norms and expectations play a significant role in defining and constraining individuals' identities and roles. Building on this foundation, contemporary proponents of gender theory, such as Nkaabu (2019), emphasize that traditional gender norms often perpetuate inequality and discrimination. By recognizing the fluidity and complexity of gender, gender theorists seek to challenge and deconstruct rigid categories, advocating for an inclusive and equitable society where individuals are free to express their identities without being limited by prescribed roles or expectations.

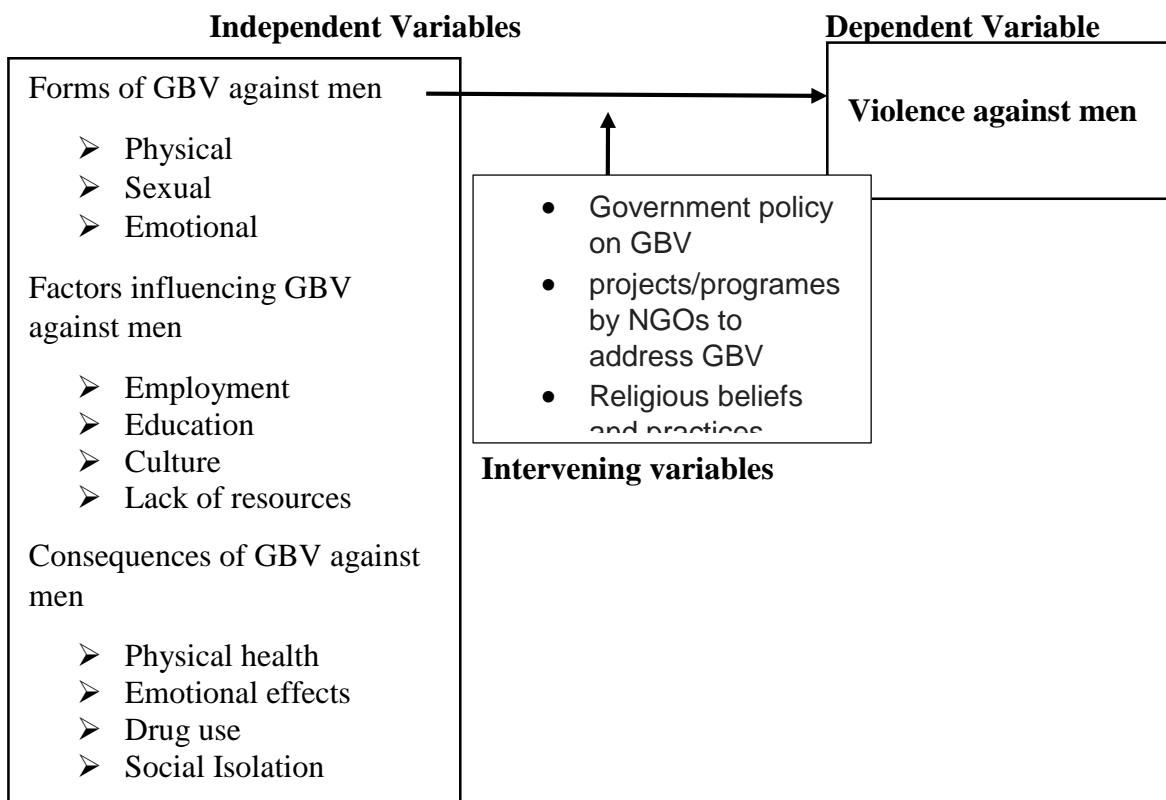
Furthermore, Henry and Lanier (2018) argue that gender theory stresses the importance of intersectionality, acknowledging that gender intersects with other aspects of identity, such as race, class, sexuality, and disability, to create diverse experiences and forms of

discrimination. They argue for a deeper understanding of how power structures operate within societies, particularly patriarchal systems, and advocate for social change and activism to dismantle these structures and achieve gender equality and justice.

Integrating gender theory and social learning theory into research on the determinants of gender violence against men in Tigania West, Meru offers a comprehensive lens through which to understand this complex issue. Gender theory emphasizes how societal expectations and norms construct masculinity, highlighting the role of hegemonic masculinity in perpetuating violence against men. Social learning theory complements this perspective by positing that individuals acquire behaviors, including those related to violence, through observation and reinforcement within their social environment

2.6 Conceptual Framework

Figure 2.1: Variable description



Source: Researcher own work

Violence against men served as the dependent variable, influenced by independent variables, including the forms of GBV against men, factors contributing to GBV, and its consequences. Male victims experienced physical, emotional, and sexual violence, which were shaped by unemployment, low education, financial dependence, and societal stigma. These factors led to severe psychological distress, economic instability, and social isolation. Intervening variables, such as government policies, NGO programs, and religious beliefs, played a crucial role in either mitigating or exacerbating GBV against men. While government policies often failed to recognize male victims, NGOs provided limited support, and religious beliefs either reinforced silence or encouraged gender-inclusive interventions.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

This chapter presents tools and strategies that were used in carrying out the study. It presents the research design, sampling strategies as well as methods of data collection and analysis. It also discusses the ethical considerations for the study.

3.2 Research Design

This study adopted an exploratory cross-sectional case study, allowing for an in-depth investigation of the variables in retrospect. Case study research design facilitated a comprehensive understanding of the complex dynamics surrounding violence against men by capturing detailed contextual information (Tshoane et al. 2024). This approach was particularly useful in examining the independent variables—forms of GBV against men, factors influencing GBV against men, and the consequences of GBV against men—and their relationship with the dependent variable, violence against men. Additionally, intervening variables such as government policies on GBV, projects and programs by NGOs, and religious beliefs and practices were considered, as they potentially shaped the extent and nature of GBV against men. By adopting a cross-sectional perspective, the study analyzed these factors within a specific time frame, providing critical insights into how they interplayed in shaping male victimization (Mphatheni 2024; Seun 2019; Lien & Lorentzen 2019).

3.3 Location of the Study

The study was conducted in Tigania West Sub-County, Meru County, comprising five wards which are Athwana, Akithii, Kianjai, Nkomo, and Mbeu. Tigania West borders Tigania East, Buuri, Imenti North, and Isiolo. Agostino (2015) reported that GBV against men in Tigania West was highly prevalent and was particularly reported at the Mwangaza GBV Rescue Centre. Additionally, Gikui Mweu in Igoji, Meru, faced similar issues of GBV against men, highlighting the necessity for further investigation into these occurrences.

Tigania West was chosen due to its higher reported incidence rates of such violence, providing a more substantial sample size for research. Additionally, Tigania West has the

Mwangaza GBV Rescue Centre and better data collection mechanisms, which facilitate a more accurate and detailed analysis. Furthermore, Meru is a patriarchal society, making it a particularly relevant context for examining the underlying causes and effects of GBV against men.

3.4 Target Population

A target population referred to a group of individuals, objects, or events that shared specific characteristics and from which the researcher sought to collect relevant data (Mphatheni 2024). In this study, the target population comprised residents of Tigania West, whose total population stood at 135,980, with 64,981 men and 70,999 women, as reported in the National Census (2019). The constituency consisted of approximately 29,810 households, each with an average household size of four people. The male-to-female ratio was 1:1, with a population growth rate of 3 percent. Additionally, the average life expectancy was 64 years for females and 59 years for males. Given these demographic characteristics, Tigania West provided a suitable context for investigating the prevalence, influencing factors, and consequences of gender-based violence against men (Tshoane et al. 2024).

3.5 Sampling Procedure

The researcher used simple random sampling where 159 households were randomly selected within the study area totaling to 318 then we added the 80 from the FGD to make it 398. Two participants from each household were given the questionnaire. 8 Focus Group Discussions (FGDs), each with 10 participants were conducted. The researcher requested a list of all those willing to participate in the FGD. The researcher proceeded to serialize their names by giving each of the participant in the list a number, later the researcher wrote the numbers on a piece of paper and folded them well. The researcher kept the male participants separate from female names. The folded piece were kept in a jar, then it was stirred and the researcher randomly picked randomly 40 pieces from the jar with male names and 40 randomly from female jar. The selected participants were informed and allowed to participate in the FGD. These FGDs served as a valuable source of qualitative data that addressed the objectives. The discussions within the FGDs were recorded and

subsequently transcribed for analysis. The finding serves as a basis for developing targeted interventions and support programs.

3.6 Sample Size

The participants' sample size was determined using Yamane's formula (1967) as described by (Musau & Abere, 2015).

Researchers calculated the sample size as described in Equation 1.

$$n = N/(1 + Ne^2) \quad (1)$$

Where n is the sample size, N is the total population (135,980), and e is the margin of error (0.05 margin of error). Therefore, the sample size was 398 .

3.7 Research Instruments

The FGDs and questionnaires were the primary research tools employed during the data collection process. The questionnaires were 318 in number which included carefully crafted questions comprising both open and close-ended. The questionnaire addressed various forms of GBV, such as physical violence, sexual violence, emotional abuse, and economic exploitation. Additionally, the questionnaire inquired about the frequency and severity of GBV experiences, the relationship dynamics with perpetrators, and the availability and utilization of support systems. Data obtained through the questionnaire was analyzed using descriptive statistics to calculate prevalence rates of different forms of GBV against men in Tigania West.

The researcher proceeded to organize 8 FGDs, with each group comprising 10 members.

3.8 Pilot of the Study

The primary objective of this preliminary phase was to assess the effectiveness of the questionnaires in gathering the expected results. The researcher carefully analyzed the responses and feedback from the participants to gauge whether the questions were clear, comprehensive, and capable of capturing the necessary insights. Where discrepancies or issues arose during this phase, adjustments and amendments to the questionnaires were promptly made to ensure that the final data collection process yielded the valuable and accurate data needed to address the issue of gender violence against men in Tigania comprehensively. To ensure cultural sensitivity, the questionnaire was piloted and refined

based on feedback from local experts and community members. The pilot study involved 80 participants who did not form part of the study sample.

3.9 Validity and Reliability of Research Instruments

Mahajan (2023) emphasized that validity was a crucial and necessary aspect when evaluating any research instrument. In this study, the researcher ensured the validity of the questionnaires by incorporating feedback and assessments from two research supervisors. The supervisors evaluated the relevance of the questionnaire content, providing critical insights to enhance its effectiveness. Following their appraisal, necessary adjustments were made to achieve content validity, ensuring that the instruments accurately captured the intended data (Tshoane et al. 2024).

3.10 Data Collection

The FGDs and questionnaires were the primary research tools employed during the data collection process. The questionnaires were 318 in number which included carefully crafted questions comprising both open and close-ended. The questionnaire addressed various forms of GBV, such as physical violence, sexual violence, and emotional abuse. Additionally, the questionnaire inquired about the frequency and severity of GBV experiences, the relationship dynamics with perpetrators, and the availability and utilization of support systems. Data obtained through the questionnaire was analyzed using descriptive statistics to calculate prevalence rates of different forms of GBV against men in Tigania West. Participants were provided with the questionnaires after a thorough explanation of the purpose and content. Privacy was ensured while filling the questionnaire. They were encouraged to seek clarification on any question they didn't understand. The researchers by help of the rescue center proceeded to organize 8 FGDs, with each group comprising 10 members. The FGDs were composed of 40 women and 40 men in total. The FGD respondents comprised only those who had faced GBV and reported to Mwangaza GBV Rescue Centre which is for both men and women. The management sensitized them on this research and its importance where the participants volunteered to participate. These FGDs served as a valuable source of qualitative data that addressed the objective. Given the sensitive nature of the topics, particularly when

discussing experiences of GBV, precautions were taken for participants who may be known to each other within the community. Alsawalqa (2023) to manage this, anonymity and confidentiality were paramount. Participants were assured that their responses would remain confidential and were reminded of the importance of respecting each other's privacy. Additionally, focus group discussions were facilitated in a manner that encouraged open dialogue while ensuring that no individual felt pressured to disclose personal information beyond their comfort level and also participants had the right to withdraw at any time they wanted. The FGDs were separated in terms of gender where discussions with female GBV survivors were separately done on a different day from that of men. The discussions within the FGDs were recorded and subsequently transcribed for analysis. The finding serves as a basis for developing targeted interventions and support programs.

3.11 Data Analysis

The data were analyzed using descriptive statistics to summarize key characteristics of the participants and study variables, consistent with established methodologies in social research (Botha, 2020; Lien & Lorentzen, 2019). Prior to statistical analysis, data coding and cleaning were conducted to ensure accuracy and consistency, as recommended by Tshoane et al. (2024) in studies on gender-based violence (GBV) research. Descriptive statistical measures, including percentages, means, standard deviations, and standard errors, were employed to examine the distribution of responses and the variability in the dataset, following approaches utilized in previous research on violence against men (Seun, 2019; Thobejane, Mogorosi, & Luthanda, 2018). Visual representations, such as pie charts and bar graphs, facilitated a clearer interpretation of trends and patterns emerging from the data, which has been emphasized as an effective strategy for conveying findings in studies on GBV (Mphatheni, 2024; Khan & Arendse, 2021).

To ensure the validity of the research instruments, the questionnaire underwent rigorous review by academic supervisors and subject matter experts, whose feedback refined the tool to enhance its capacity to measure the intended constructs, aligning with validation approaches outlined by Hines & Douglas (2009) and Nwanna & Kunnuji (2016). Expert validation has been recognized as essential in ensuring content validity in social science

research (Lien & Lorentzen, 2019; Mogire & Mkutu, 2020). The analysis of focus group discussion data followed a systematic qualitative approach, beginning with verbatim transcription to maintain the integrity of participants' perspectives, in line with methods recommended by Tshoane et al. (2024) for studying the lived experiences of victims of GBV. A thematic analysis was then performed to identify key patterns and emerging themes, as supported by previous research on violence dynamics (Mphatheni, 2024; Khan & Arendse, 2021). Thematic coding was employed to categorize responses into distinct analytical themes, with iterative refinements ensuring that the coding framework captured nuanced insights, consistent with methodologies outlined by Lien & Lorentzen (2019). Direct quotes were integrated into the analysis to support the findings, providing contextual depth and illustrating lived experiences relevant to GBV against men, an approach previously used in research on underreported violence (Tshoane et al., 2024; Nwanna & Kunnuji, 2016).

The study ensured data reliability through diagnostic tests, including the Cronbach's alpha test, to assess internal consistency, in line with best practices in research on intimate partner violence (Seun, 2019; Thobejane, Mogorosi, & Luthanda, 2018). Descriptive statistics facilitated the categorization of participants by gender and other demographic variables, allowing for a comprehensive presentation of the relationships between explanatory variables, an approach commonly used in studies on male victimization (Mphatheni, 2024; Hines & Douglas, 2009). The analysis focused on identifying patterns and associations without incorporating time-series effects, making advanced econometric models unnecessary, which aligns with previous research on non-longitudinal GBV studies (Khan & Arendse, 2021; Mogire & Mkutu, 2020). Additionally, visual representations such as bar graphs and pie charts effectively communicated the frequency and distribution of various forms of violence—physical, emotional, sexual, and economic—ensuring that the findings were easily interpretable for policymakers and practitioners addressing GBV, as recommended by Thobejane, Mogorosi, & Luthanda (2018) and Tshoane et al. (2024).

3.12 Ethical Consideration

The study observed the ethical rules suggested by the Board of Postgraduate Studies at the University of Embu. A research approval letter was received from the National Council for Science and Technology in the Ministry of Higher Education, Science, and Technology (NACOSTI number 257549) and Ethical Review Certificate obtained from Kenyatta University before the data collection in the field. Confidentiality and anonymity measures were implemented to protect sensitive information and survivor privacy. Collaborative efforts with the local community ensured that the researcher respects cultural norms and promotes gender inclusivity and respect.

CHAPTER FOUR

RESULTS AND DISCUSSIONS

4.1 Introduction

This chapter presents a statistical analysis of gender-based violence (GBV) against men, highlighting various forms and their prevalence. It examines factors influencing GBV and their complex interplay, and explores the consequences on men's physical health, emotional well-being, social isolation, and substance Abuse.

Education levels of the respondents

On education, the findings indicated that 337 (84.7 %) of the respondents had attained primary education, while 52 (13.1 %) had attained secondary education as shown in Figure 4.1 below. Additionally, 5 (1.3 %) of the respondents had diplomas and bachelor's degrees. 4 (1%) of the respondents had a master's or PhD as summarized in Figure 4.1 below. Thus, none of the respondents had an informal education background. The educational level defines the survivors' knowledge of the care-seeking procedures and the authorities that one should inform.

The fact that 84.7 % of the respondents had only completed primary as their highest level of education drew the attention of the researcher to discern if low education level could be a factor influencing GBV against men.

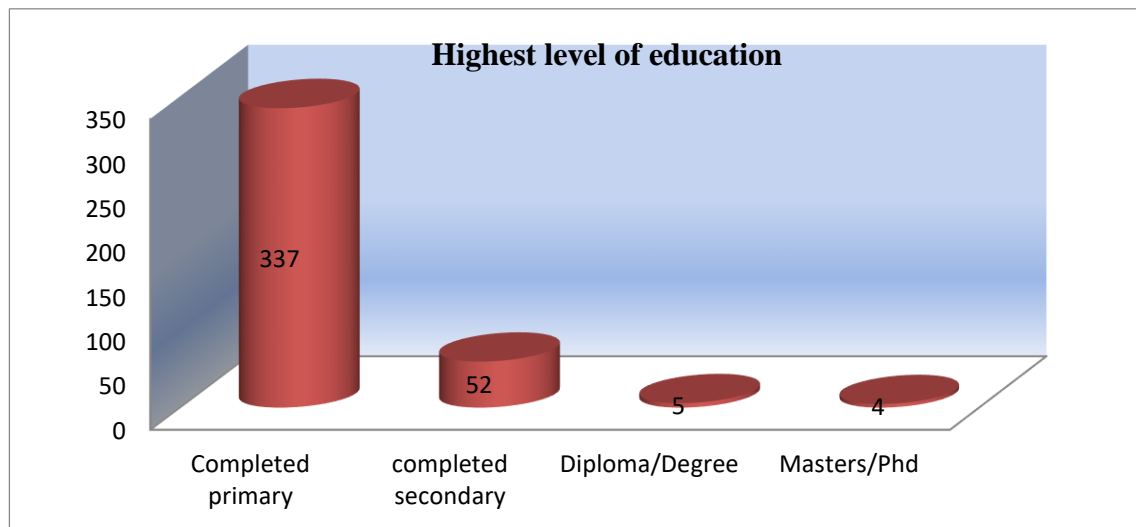


Figure 4.1 Education levels of the respondents

4.2 Age of the respondents

The study sought to find out the age distribution of the respondents who were participating in the study. The results in Figure 4.2 show that (2%) of the respondents were below 20 years, 7.8 % were aged between 20 and 30 years, 61.8 % were aged between 31 and 40 years, while those aged 40 years and above comprised 28.4 % as summarized in Figure 4.3 below..

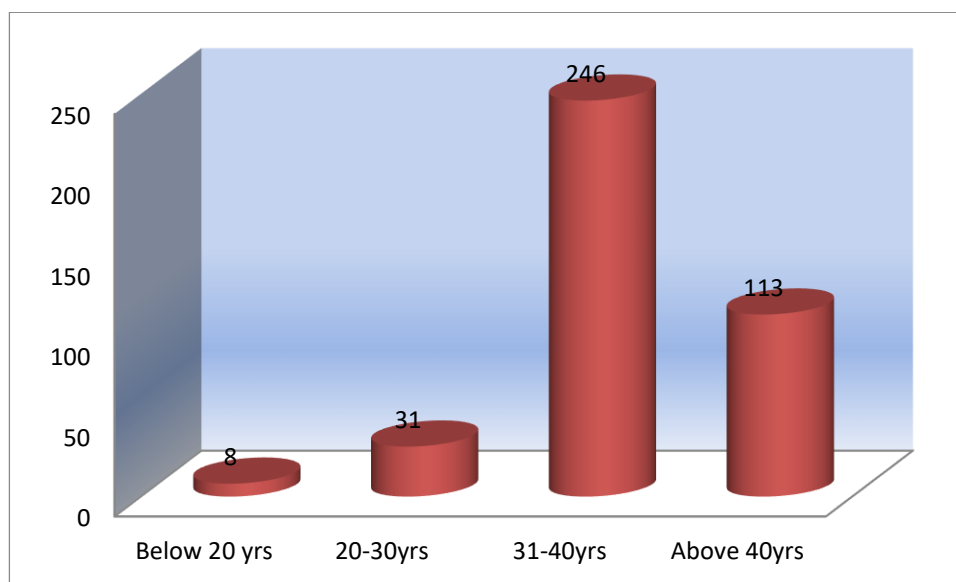


Figure 4.2 Age distributions of the respondents.

4.2.1 Qualitative analysis of forms of GBV against men

Table 4.1 below presents the "Percentage Agreement on the Existence of Various Types of Violence against Men in FGD Discussions." It highlights the frequency, which represents the number of people who agreed that GBV against men occurs, and the percentage, which reflects this agreement as a proportion of the total participants. These participants had suffered GBV (Victims) and reported to Meru Mwangaza Gender Based Rescue Centre. The 80 participants in the focus group discussion comprised of 40 men and 40 ladies.

Table 4.1: Agreement on Existence of various types of violence against men in FGD''

Variables	Gender	Frequency	%
Physical violence	Male	50	63
	Female	30	37
Emotional Violence	Male	35	43
	Female	45	57
Sexual Violence	Male	26	67
	Female	54	33

Source: Own source from analysis of results

The participants engaged in a candid exploration of GBV against men within the community (Table 4.1). Their insights shed light on several prevalent forms of GBV and their far-reaching consequences. During these discussions, participants shared personal experiences and expressed their views on the matter, providing a deeper understanding of the challenges faced by men in the community.

Physical violence emerged as one of the prominent forms of GBV against men in Tigania West. One participant recounted, *imboneete Nakuru bakuurwa ni aka baoo* translated as "I've witnessed men who have been physically abused by their partners. It's not easy for them to talk about it, but it happens." This assertion highlighted the often-hidden nature of physical violence targeting men, reflecting the stigma associated with male victims of abuse.

The discussions also revealed that emotional and psychological abuse are prevalent forms of GBV in the community. A participant shared a personal experience, saying, *mathugaanio ijatumiite inya arume bamwe bachiona bati na bata buruu* "Emotional abuse can be incredibly damaging. I've seen men enduring constant humiliation and belittling from their partners, and it takes a toll on their mental health." This perspective underscored the significance of acknowledging the psychological impact of such abuse on men.

Sexual violence was another distressing issue that surfaced during the discussions. One participant voiced their concern, stating, *arume ibaatagwa ni akaa baoo inya mantu ja gitanda indi mantu jau jatiaragua*" translated as Sexual abuse against men happens, but it's rarely discussed openly. Some men may experience unwanted sexual advances or coercion, and they often suffer in silence." This acknowledgment sheds light on the hidden nature of sexual violence against men and the challenges they face in seeking help.

Economic abuse was identified as a form of GBV against men in Tigania West. A participant offered their perspective, saying, *arume bamwe kinya ibaatawa ni akaa baoo kuuria mbecha* translated as "Some men are denied access to their earnings and earnings from their partners, making them financially dependent and vulnerable." This insight underscored the power dynamics at play in economic abuse and its implications for men in the community.

The discussions also brought to the fore social and verbal abuse as prevalent forms of GBV targeting men. A participant reported that *baria bainyagiirua ibaitenganga bagakara bonka buru maita jamaingii*, translated as "Men experiencing GBV are often socially isolated. The participant added, *ibaatagwa kinya kuriungira acore bao kana kinya kurita ngugi cia gukuria ntuura* translated as they (men) are prevented from seeing their friends and family or participating in community activities, which can lead to a sense of helplessness." This discussion emphasized the importance of understanding the broader impact of social isolation and verbal abuse on male victims.

4.3 Quantitative Analysis of forms of GBV against men

Detailed systematic reading, of the following factors including Physical violence, Emotional violence, Sexual violence, Economic abuse, Verbal abuse, indulgence in Alcoholism, and Divorce was done to determine the prevalent forms of violence against men.

4.3.1 Physical Violence as a prevalent form of GBV against Men

Figure 4.3 below represents analysis of factors facilitating physical violence as a form of GBV against men.

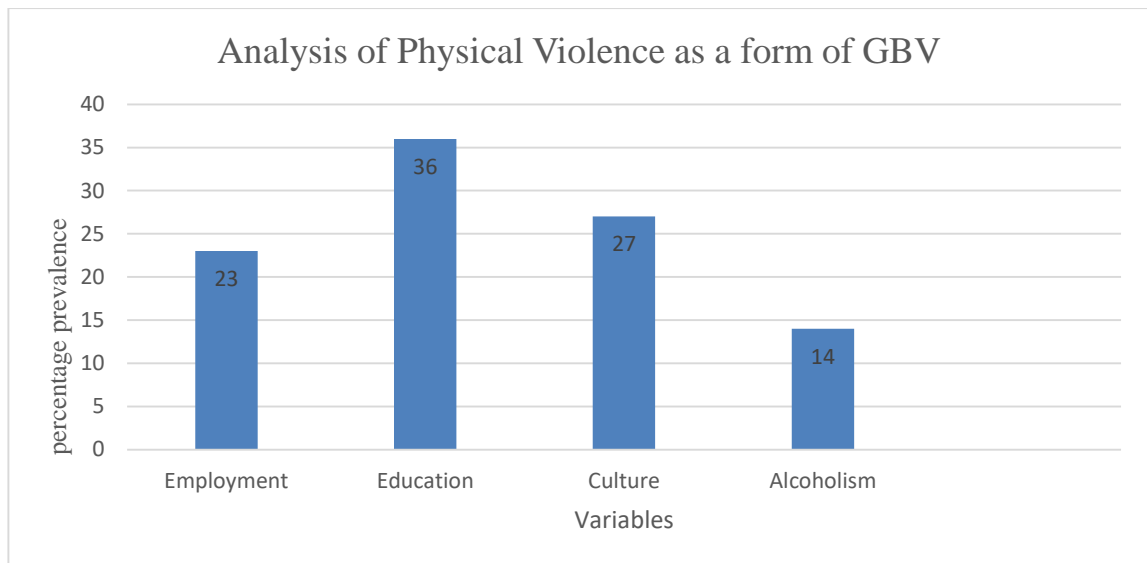


Figure 4.3: Analysis of Physical Violence as a form of GBV

The study results on Figure 4.3 above into the occurrence of physical violence against men revealed that key variables such as employment, education and Culture each played a role in shaping the likelihood of experiencing violence, though none emerged as definitive predictors in isolation. The data analysis presented a breakdown of how each of these factors contributes to the phenomenon of physical violence against men, a form of gender-based violence (GBV).

First, employment status was associated with 23% of the cases of physical violence. This indicates a moderate link between employment and the likelihood of violence. This result aligns with the work of Barber and Christopher (2013) and Gricourt (2015), who also found that employment status alone did not significantly correlate with victimization. Interestingly, this finding contrasts with the study by Kolbe and Büttner (2020), which reported a higher prevalence of violence among unemployed men. This suggests that while unemployment may influence violence in certain contexts, it is not a universal determinant. FGD participants echoed this sentiment, noting that employment alone does not explain the violence many men face. One participant shared that, “It’s not just about having a job or not. There are deeper issues that lead to violence, like family or financial pressures.”

In contrast, education had a more pronounced association with 36% of cases of physical violence against men. This suggests that men with lower levels of education may be at increased risk of experiencing violence, a finding consistent with the research by Malik and Nadda (2019), Reis et al. (2023), and Sivakumaran (2007), who also identified education as a key factor in vulnerability to violence. FGD participants highlighted the challenges that low educational attainment can create, both in terms of social status and economic opportunities. One respondent noted, “Without education, you’re more likely to feel stuck in situations where violence becomes more common, and you don’t know how to escape.” This observation underscores the idea that education may serve as a protective factor, and its absence can increase susceptibility to violence, particularly in socioeconomically disadvantaged contexts.

Cultural factors, which were associated with 27% of cases of violence, also played a role, though it was less pronounced compared to education. This suggests that cultural norms, practices, and societal expectations around masculinity may contribute to men’s vulnerability to violence. However, the findings here were more mixed. Zinyemba and Hlongwana (2022), Thobejane and Luthada (2018), and Obarisiagbon and Omage (2022) all found that while culture may shape behaviors and attitudes toward violence, it is not the dominant factor in explaining men’s victimization. In contrast, Mwebia et al. (2019) and Mundando et al. (2020) observed that cultural norms, such as traditional views on masculinity and gender roles, may influence the physical victimization of men. One FGD participant stated, that “Some cultures expect men to take everything, even abuse, and keep quiet. That makes it hard for men to speak up when violence happens.” This insight suggests that cultural norms around masculinity could contribute to the silencing of men’s experiences with violence, potentially allowing it to go unaddressed.

The influence of Alcohol consumption, though present, was the least significant among the factors studied, with an association to 14% of physical violence cases. While alcohol is often cited as a contributing factor to violent behavior, the data here suggest that it is not a primary cause of violence against men. This finding is in line with Carpenter (2006), who found no strong correlation between alcohol use and physical violence against men. However, it contrasts with studies by Mokebo (2018) and Miller and McCaw (2019), who

noted that Culture can increase the likelihood of violence. One FGD respondent shared, “Yes, alcohol can make things worse, but it’s not the reason why violence happens. It’s the situations that lead to violence that matter more.” This aligns with the idea that while alcohol can exacerbate violent situations, it is not a sufficient explanation for the occurrence of physical violence against men. Instead, other underlying factors such as power dynamics, relationship stress, and societal pressures may play a more significant role.

Taken together, the percentages—employment (23%), education (36%), culture (27%), and Culture (14%)—indicate that while these factors may each contribute to the occurrence of physical violence against men, they are not the sole drivers. The relatively higher association with education suggests that men with lower educational levels are more likely to be exposed to violence, possibly due to socio-economic disadvantages or lack of resources to escape violent situations. Employment and culture also played moderate roles, while Culture appeared to be less influential in isolation.

FGD insights further emphasized that physical violence against men cannot be explained by these factors alone. Participants pointed out that while employment, education, and culture are relevant, other dynamics—such as power, control, and emotional factors—are critical to understanding the full scope of GBV against men. One FGD respondent noted, that “Men are often expected to be strong and not show weakness. That means when violence happens, they may not report it, or even realize its happening until it’s too late.” This highlights the importance of addressing the societal expectations around masculinity and gender roles, which may contribute to the invisibility of GBV against men.

4.3.2 Emotional violence as a prevalent form of GBV against men

The Figure 4.4 below represents analysis of factors facilitating Emotional violence as a form of GBV against men.

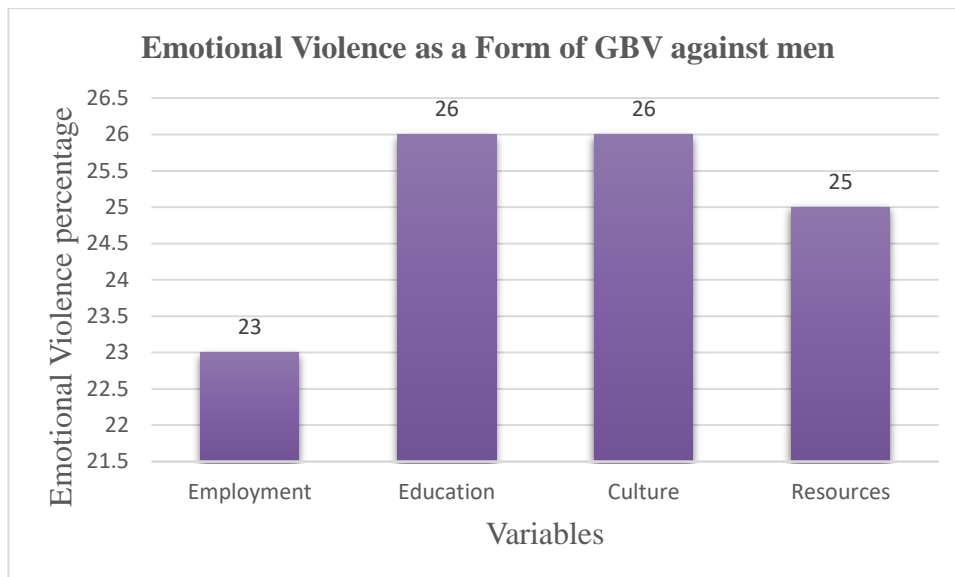


Figure 4.4: Emotional Violence as a Form of GBV against men

The analysis of factors contributing to emotional abuse against men, a significant form of gender-based violence (GBV) as shown in Figure 4.4 above, reveals the various roles that employment, education, culture, and Culture play in shaping men's experiences with emotional violence. The results indicate that these factors affect emotional abuse in varying degrees. Specifically, employment was associated with 23% of emotional abuse cases, education with 26%, culture with 26%, and Resource with 25%. These percentages suggest that while each factor is linked to emotional violence, none of them independently explains the entirety of the phenomenon.

Employment emerged as a notable contributor to emotional abuse, with 23% of the cases linked to men's employment status. Men who are unemployed or in unstable employment situations are particularly vulnerable to experiencing emotional abuse, such as control, manipulation, humiliation, and blame. These forms of abuse often stem from financial strain and societal expectations around a man's role as a provider. Research by John et al. (2020) similarly found that unemployed men are more likely to be subjected to emotional abuse, as they face increased pressure to meet family expectations, which can lead to blame and humiliation. In the focus group discussions (FGDs), participants echoed these findings, with one respondent noting, "When you don't have a job, it feels like you're nothing. You're blamed for everything, and that can make you feel small." This insight

underscores the emotional toll of unemployment, where men not only suffer from financial strain but are also emotionally manipulated due to their perceived inadequacy.

Education had the strongest association with culture, accounting for 26% in each of the the cases. Men with lower levels of education appear to be more susceptible to emotional violence, including verbal abuse, belittling, and criticism. This aligns with findings from Ezebuilo (2020), which suggested that men with limited education are more likely to experience emotional abuse due to challenges in communication and societal stigma surrounding educational attainment. In FGDs that were conducted, participants discussed how the lack of education could lead to social isolation and make it more difficult to navigate relationships. One respondent shared, that “When you don’t have a good education, people don’t take you seriously. It’s like they look down upon you, and that just adds to the abuse.” This comment highlights the emotional vulnerability that often accompanies lower educational levels, as men may be subjected to criticism or belittlement due to their perceived intellectual inferiority or inability to express themselves effectively.

Culture was associated with 26% of emotional abuse cases, pointing to the influence of cultural norms and societal expectations on men’s vulnerability to emotional violence. While culture did not emerge as the most significant factor in predicting emotional abuse, it nonetheless plays an important role. Cultural norms related to masculinity often encourage emotional suppression, which can create a climate where emotional abuse is more likely to occur. This is consistent with the research by Malik & Nadda (2019), which found that cultural expectations surrounding male behavior can facilitate emotional abuse in intimate relationships. However, in this study, cultural factors did not attain statistical significance in predicting emotional abuse, suggesting that while culture influences how emotional violence is experienced, other factors, such as employment and education, may have a stronger impact. One respondent in the FGDs commented, that “In our culture, men are supposed to be tough, never show weakness. But that expectation can be heavy, and it’s a way for others to emotionally control you.” This comment highlights how the societal expectation of men to conform to an ideal of strength and emotional stoicism can contribute to emotional manipulation and control within relationships.

Culture was associated with 14% of emotional abuse cases, suggesting that while alcohol may exacerbate emotional violence, it is not as significant a predictor as employment or education. These findings are in line with previous research by Carpenter (2006), which noted that while alcohol use can heighten the likelihood of violent behavior, it does not independently account for emotional abuse. In the FGDs, participants acknowledged that alcohol could be a trigger for emotional abuse but emphasized that it was often an underlying emotional or financial stress that led to abusive behavior. One respondent stated, “Alcohol can make things worse, but it’s not the main reason for the abuse. The real problem is the anger and stress that’s always there.” This comment illustrates how alcohol may act as a catalyst, but the root causes of emotional abuse often lie in deeper emotional and relational dynamics.

The overall findings suggest that emotional abuse against men is shaped by a complex interplay of various factors, with employment and education being the most significant contributors. Men who face unemployment or have limited education are particularly vulnerable to emotional violence, which often manifests as control, manipulation, and humiliation. While cultural norms and Culture also play a role, they are not as decisive as the socioeconomic factors of employment and education. These findings point to the need for targeted interventions that address the root causes of emotional abuse, such as providing support for men facing unemployment or educational challenges, as well as challenging cultural norms that perpetuate emotional violence against men.

The FGDs provided further insight into the lived experiences of men affected by emotional abuse. Participants emphasized that emotional violence is not always visible and often manifests in subtle forms, such as ongoing manipulation or belittling, which can be difficult to recognize and address. One participant shared, “Men are told to be strong, to never show emotion, but when we do, we get punished for it. Emotional abuse is not always obvious, but it eats at you every day.” This statement speaks to the emotional toll of abuse, which may be harder to detect but equally damaging. It underscores the importance of recognizing the often invisible nature of emotional abuse and understanding how societal expectations of masculinity contribute to the emotional vulnerability of men.

4.3.3 Sexual /Biological Violence as a prevalent form of Violence against Men

The Figure 4.5 below represents analysis of factors facilitating sexual violence as a form of GBV against men.

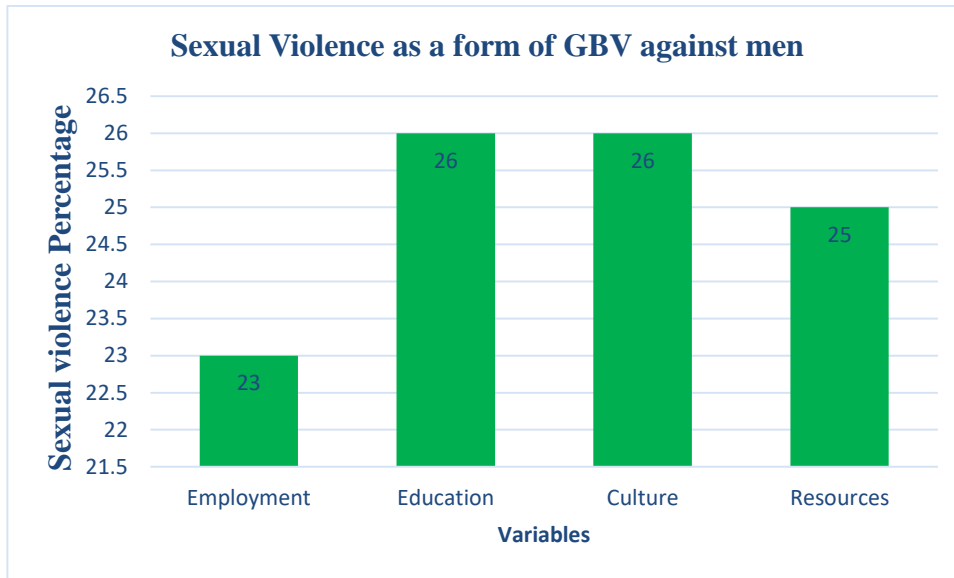


Figure 4.5: Sexual Violence as a form of GBV against men

The analysis of the factors contributing to sexual violence against men as shown in Figure 4.5 above highlights the varying impacts of education and culture. Each accounting for different percentages of the risk associated with such violence. Specifically, the results show that education was associated with 26% of the cases of sexual violence, culture with 26%, and Lack of Resources with 25%. These findings underscore the multifaceted nature of sexual violence against men and point to a need for tailored interventions that address each factor accordingly.

Education emerged as a significant factor, with 26% of the cases of sexual violence linked to men's educational background. Uneducated men, particularly those with limited or no formal education, were found to be more vulnerable to experiencing sexual harassment, especially within intimate partner relationships. The absence of education was associated with economic insecurity and an inability to provide for the family, which exacerbated power imbalances in relationships. These vulnerabilities made uneducated men more susceptible to sexual violence, as their perceived dependence on their partners or the lack of financial independence often led to exploitation and abuse. These findings align with

the work of Ezebuilo (2020), which similarly highlighted the relationship between lower educational attainment and increased vulnerability to sexual violence, particularly within domestic contexts. In focus group discussions (FGDs), participants emphasized that educational challenges and financial insecurity made it harder for some men to assert themselves within relationships, further increasing their risk of sexual violence. One respondent noted, that “If you are not educated, you feel trapped in a relationship. It is like you cannot leave because you don’t have the means to support yourself, and that’s when abuse can happen.” This comment illustrates the connection between economic dependence, educational background, and the heightened risk of sexual harassment within intimate relationships (Ezebuilo, 2020).

Cultural factors also played a crucial role in shaping men's experiences with sexual violence, accounting for 26% of the cases. The societal expectations surrounding traditional masculinity often discourage men from reporting instances of sexual violence, creating a culture of silence and underreporting. These deeply ingrained cultural beliefs about male strength and stoicism prevent many men from acknowledging their vulnerability and seeking help. Research by Carlson (2006) highlighted this cultural barrier, noting that societal norms often dissuade men from speaking out about sexual violence for fear of being stigmatized or perceived as weak. The study's findings were echoed in FGDs, where participants discussed how cultural norms of masculinity shaped their reluctance to report abuse. One respondent shared, “In our culture, men are supposed to be strong. If you are abused, you are not supposed to show it. That is why many men do not talk about it.” This insight speaks to the powerful influence of cultural norms on the willingness to report sexual violence, reinforcing the need for interventions that challenge these societal expectations and encourage men to seek support without fear of shame or judgment (Carlson, 2006).

Culture was associated with 25% of sexual violence cases, yet it did not emerge as a statistically significant predictor of sexual violence against men in this study. The analysis showed no clear link between alcoholism and an increased likelihood of sexual abuse. These findings suggest that while alcohol may contribute to the escalation of violence in certain contexts, it was not identified as a primary factor influencing sexual violence

against men in this particular study. These results are consistent with previous research that has indicated that while alcohol can act as a catalyst in violent situations, it is not the sole or most significant factor in predicting sexual violence (Carpenter, 2006). In the FGDs, participants recognized the role of alcohol in increasing the intensity of conflicts but noted that the root causes of sexual violence often lie deeper, in power dynamics and economic instability. One participant commented, “Alcohol can make things worse, but the real issue is the control and manipulation. If there’s abuse, it’s not just the drinking—it’s everything else that leads to it.” This reflection emphasizes that while alcohol may aggravate abusive behaviors, it is not the fundamental cause of sexual violence against men (Carpenter, 2006).

4.3.4 How analysis on Forms of GBV against men inform the theory

Gender theory provides a lens through which we can understand how societal expectations and norms around masculinity and femininity influence the forms of GBV experienced by men. Traditionally, masculinity has been associated with physical strength, dominance, and emotional stoicism, whereas femininity has been linked with passivity, nurturing, and emotional sensitivity. In this context, the perpetration of physical violence against men can be seen as a manifestation of the expectation that men should be strong and assertive, and any deviation from these norms can lead to violent acts as a means of asserting control or power.

Emotional violence against men, such as psychological abuse, insults, or manipulation, also reflects gendered expectations around emotions and vulnerability. Men are often socialized to suppress emotions like fear, sadness, or vulnerability, which can make them more susceptible to emotional manipulation or gaslighting in abusive relationships. Gender theory helps us understand how societal norms around masculinity discourage men from seeking help or reporting emotional abuse, reinforcing a cycle of silence and normalization of harmful behaviors.

Sexual violence against men challenges traditional notions of gender roles and power dynamics within relationships. Gender theory highlights how sexual violence can be used as a tool to exert dominance, control, or humiliation over men, undermining their sense of

autonomy and agency. Societal norms that equate male sexual prowess with power can further complicate perceptions and responses to sexual violence against men, often leading to underreporting or disbelief when men disclose their experiences.

Social learning theory complements gender theory by focusing on how behaviors are learned and reinforced through observation, imitation, and reinforcement within social contexts. Perpetrators of GBV may learn and justify their actions through exposure to violent or abusive behaviors in their upbringing or environments. For instance, individuals who witness or experience violence in childhood may be more likely to perpetrate violence as adults, perpetuating cycles of abuse across generations.

Moreover, social learning theory helps us understand how cultural scripts and media portrayals of masculinity and femininity can influence attitudes and behaviors related to GBV. Media representations that glorify aggression or depict women as objects of conquest can reinforce harmful stereotypes and normalize violent behaviors among men. Similarly, societal attitudes that minimize or dismiss violence against men as less serious than violence against women contribute to a culture of silence and stigma that inhibits reporting and support-seeking behaviors.

In conclusion, the recognition of physical violence, emotional violence, and sexual violence as forms of GBV against men underscores the importance of gender theory and social learning theory in understanding the complex dynamics of violence within intimate relationships. By addressing societal norms, cultural attitudes, and learned behaviors that perpetuate GBV, interventions can be tailored to challenge harmful stereotypes, promote healthy relationship dynamics, and support survivors regardless of gender identity.

4.4 Factors influencing GBV against Men

The Figure 4.6 below represents analysis of different factors influencing GBV against men.

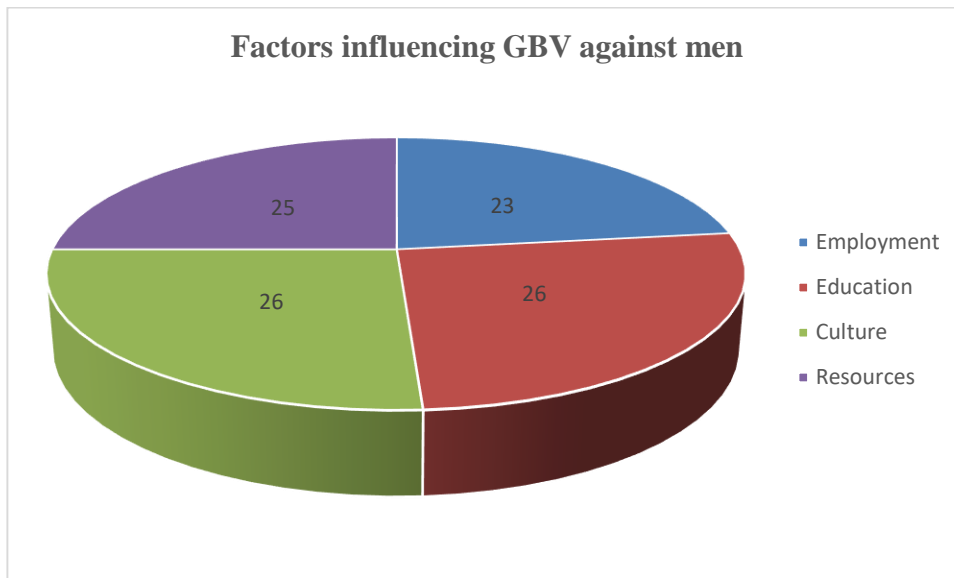


Figure 4.6: Factors influencing GBV against men

This study aimed to explore the relationship between gender-based violence (GBV) and various socio-economic factors among men as analyzed in Figure 4.6 above, using both quantitative and qualitative approaches. The research highlighted how employment status, education, resources, self-esteem, and cultural norms contribute to the likelihood of men experiencing GBV. While quantitative data from surveys provided statistical evidence of these relationships, qualitative insights gathered from focus group discussions (FGDs) offered deeper context and understanding of the lived experiences of men, further enriching the findings.

The quantitative analysis revealed that unemployed men were significantly more likely to experience GBV. About 23% of the men surveyed reported being unemployed, and this was strongly associated with higher levels of violence. Focus group participants echoed this finding, emphasizing how economic hardship and the pressure to provide for one's family can lead to feelings of frustration and inadequacy. One participant shared: "Riria arume baremagwa ni kuuriria family ciao niuntu bwa kuumirwa ni maicha ibawatagwa ni mathogaanio," (When men are unable to provide for their families due to economic hardships, it can lead to feelings of frustration and inadequacy.)

This insight reflects the connection between unemployment and GBV, suggesting that the inability to fulfill traditional masculine roles—such as being the family’s primary provider—creates significant psychological stress. These findings align with Patel and Sharma (2020), who argued that economic stress and unemployment are key factors contributing to men’s use of violence, often as a coping mechanism for frustration.

Similarly, the study found that men with lower educational attainment were more likely to experience GBV. 26% of participants reported limited education, and this group had a higher likelihood of experiencing violence. The pressure to conform to societal ideals of masculinity—where education is often linked to success and authority—was a recurring theme in the focus group discussions. One participant observed: "Inya nthaka impithi iciigakua ta arume na baumba utumira kinya fuunjo keenda boonania urume bwaa," (Young men often feel pressure to prove themselves and assert their masculinity, which can lead to aggressive behavior.)

The quantitative results and qualitative feedback both suggest that low educational attainment can exacerbate feelings of inadequacy and frustration in men, particularly in societies where education is closely tied to identity and power. These findings align with Nguyen and Kumar (2021), who found that young men with lower education levels are often at a higher risk of engaging in aggressive behaviors due to societal pressures to assert dominance and masculinity. However, these results differ from Smith et al. (2022), who reported that education alone did not predict GBV outcomes in their study, suggesting that other contextual factors, such as family structure or community support, may also play a role.

Additionally, men with limited resources were more likely to experience GBV, with 25% of respondents identifying financial hardship as a stressor. The pressure to meet traditional male provider roles, coupled with the stress of financial instability, was frequently mentioned in the focus groups. One participant reflected: "Mathuganio jau ja kwigua yakaa batikuumba family yaoo niyatumaga arume bamwe baambiriria mantu ya ndua kenda bathiria mathiuanio yau," (This sense of failure may manifest in violent behavior as a way to cope with stress and assert authority.)

The data suggests that men experiencing financial strain often resort to violence as a way to reassert control over their circumstances. These findings align with the work of Sharma and Patel (2020), who highlighted the role of economic instability in triggering violent behavior, particularly among men who feel disempowered by their inability to fulfill the provider role. However, they contrast with Jones (2023), who found that while financial stress was a contributing factor, it was not always the primary cause of GBV, with psychological factors and family dynamics emerging as more significant predictors in their study.

Low self-esteem was also found to be a critical factor in the likelihood of men experiencing GBV. 17% of participants reported struggling with low self-esteem, which was often linked to societal expectations of men to be strong, assertive, and in control. One participant shared: "In our culture, men are supposed to be strong and in control. When they feel threatened or challenged, they may resort to violence to assert their dominance and maintain their status."

The societal norm that men must remain dominant and in control appeared to exacerbate feelings of inadequacy among those with lower self-esteem, increasing their likelihood of resorting to violence as a means of restoring their sense of power. This aligns with Wilson and Hernandez (2019), who found that self-esteem is a significant predictor of aggressive behavior in men, particularly when they feel that their masculine identity is being threatened. This finding also adds to existing research by Rosenberg and Smith (2021), who emphasized the role of cultural pressures in shaping men's self-perceptions and responses to stress, though they did not directly link low self-esteem to GBV.

Finally, the role of cultural norms, especially those related to male chauvinism and patriarchal values, was identified as another key factor influencing GBV. The survey indicated that 26% of men from patriarchal cultures were more likely to experience GBV. Focus group participants underscored the belief that men are expected to maintain control and dominance, and that any perceived loss of control could lead to violence as a way of reasserting authority. One participant remarked: "There's this belief that men should always be in charge, and when they feel like they're losing control, they may resort to violence to regain power."

This finding resonates with the work of Kumar and Nguyen (2021), who argued that patriarchal cultures often exacerbate the vulnerabilities of men by enforcing rigid gender roles that link masculinity to dominance and control. It also aligns with Connell (2005), who identified that in societies with strong patriarchal values, men are often socialized to view violence as a legitimate means of asserting power. However, this study contrasts with Miller et al. (2018), who found that while patriarchal culture may increase the risk of violence, it is not always a direct cause, suggesting that individual coping mechanisms and family dynamics may mediate the effects of cultural norms.

4.4.1 How analysis of factors influencing GBV against men informs the theory

The study findings indicate that factors such as lack of employment, education, socioeconomic resources, low self-esteem, and cultural influences contribute to GBV against men are significant from the perspective of gender theory. Gender theory suggests that societal expectations and norms about masculinity and femininity play a crucial role in shaping individuals' behaviors and interactions. In the context of GBV against men, societal norms that prescribe men to be providers and dominant in relationships can lead to violence when men fail to meet these expectations. For instance, men facing unemployment or lacking education may feel a sense of emasculation or inadequacy, which can contribute to violence as a way to assert control or maintain perceived dominance.

From the standpoint of social learning theory, which emphasizes how behaviors are learned and reinforced through observation, imitation, and reinforcement, these findings highlight the role of environmental and cultural factors in perpetuating GBV. Men may learn violent behaviors as a means of resolving conflicts or asserting power, particularly in environments where aggression is normalized or accepted as a way to manage interpersonal dynamics. Cultural norms that endorse traditional views of masculinity, equating strength with dominance and control, can further reinforce these behaviors among men who feel marginalized or disempowered due to socioeconomic factors.

Moreover, the association between low self-esteem and GBV against men underscores how internalized beliefs about masculinity and self-worth can influence behavior. Men with low self-esteem may use violence as a misguided attempt to restore a sense of power

or agency within their relationships, influenced by societal pressures to conform to rigid gender roles.

Additionally, the impact of socioeconomic disparities, such as lack of resources or financial stress, on GBV highlights how economic hardships can exacerbate tensions within relationships. Financial insecurity may contribute to feelings of frustration or powerlessness, which can escalate into violence as a maladaptive coping mechanism in stressful situations.

In summary, these findings provide insights into how gender theory and social learning theory can elucidate the underlying dynamics of GBV against men. Understanding these dynamics is crucial for developing comprehensive interventions and policies aimed at addressing and preventing GBV, taking into account the complex interplay of societal expectations, cultural influences, and individual experiences that shape behaviors within intimate relationships.

4.5 Consequences of GBV against Men

Figure 4.7 below represents an analysis of consequences of GBV against men.

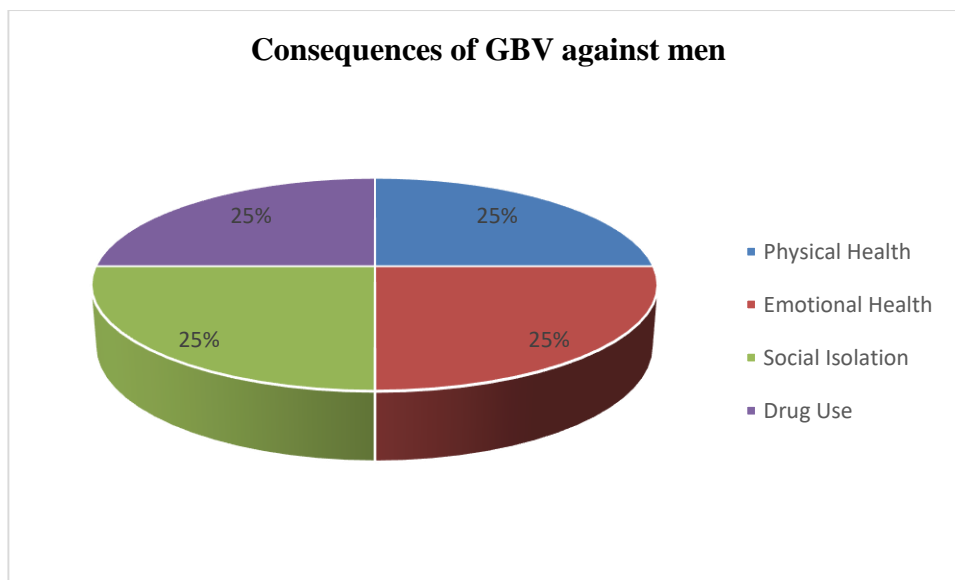


Figure 4.7: Consequences of GBV against men

4.5.1 Findings on Consequences of GBV against men

This study explored the consequences of gender-based violence (GBV) on men as shown in Figure 4.7 above, focusing on the impact on physical health, emotional well-being, social isolation, and substance use. The research combined descriptive statistics from surveys with qualitative insights from focus group discussions (FGDs) to provide a comprehensive understanding of how GBV affects men's lives. The findings highlighted the long-lasting and multidimensional effects of GBV, particularly in the areas of health, mental well-being, social relationships, and behavior.

The study found that physical health was significantly impacted by GBV. A majority of male respondents (25%) reported experiencing physical health consequences due to violence, with 25% of female respondents acknowledging similar outcomes. Many participants in the FGDs shared personal accounts of the enduring physical toll GBV had on their lives. One participant noted, that "Maringangirwa ya ndua cia kiwendo na kimucii iria cijagiira arume ichibachumburaga kiri mantu jao ja ntuku kwa ntuku," meaning, "The injuries from GBV can linger, affecting our daily lives." Another participant said, "Ti maroonda akii inya mantu jangi ja kimwiri jara jachumburanaga iita ririingi iyajagiira," or "It's not just the bruises; it's the long-term health issues that follow." These accounts emphasized that the physical consequences of GBV are not always immediately visible, as the pain and disabilities that result can persist for extended periods. These findings are consistent with those of Sivakumaran (2007), Thureau et al. (2015), and Thobejane & Luthada (2018), who similarly found that men subjected to GBV suffer from substantial physical health problems that can affect daily functioning and long-term well-being.

Emotional health also emerged as a significant consequence of GBV. A substantial proportion of male respondents (25%) reported emotional violence as a major outcome of GBV, with many of the participants in the FGDs describing the profound psychological impact of violence. One participant shared, that "Maroonda jau jaikiri mathoganiye yaithairwa yari ya ndeene na muntu atumba kugwitikia riingi," meaning, "The emotional scars run deep; it's hard to trust again." Another stated, that "There's a constant fear and anxiety that never seems to go away." These personal reflections underscore the long-term emotional toll that GBV has on men, including feelings of anxiety, depression, fear, and

distrust. These findings align with the work of Grönlund et al. (2019) and Henry et al. (2020), who similarly highlight the psychological consequences of GBV, particularly the emotional trauma that can persist long after the violence itself has ended. However, unlike some studies that focus primarily on women as victims of emotional violence, this study underscores the emotional suffering of male survivors, highlighting an often-overlooked aspect of GBV.

Social isolation was another prominent consequence identified in both the survey and FGDs. Many participants reported that social withdrawal was a common outcome of experiencing GBV. The survey showed that 70% of female respondents and 25% of male respondents recognized social isolation as a key consequence of GBV. Focus group participants described how violence led them to withdraw from their social circles due to shame and the stigma associated with being a male victim of GBV. One participant shared, that "Indaikirue nthonii munoo mwanka inya ndaarekana na achoree," meaning, "I withdrew from friends and family; I felt ashamed." Another noted that, "People don't understand why it's hard to move on; it's isolating." These statements reflect the social stigma that male survivors of GBV often face, which leads to feelings of disconnection and loneliness. This aligns with the work of Carlson (2006) and Carpenter (2006), who emphasize the social isolation that victims of violence experience, particularly in settings where male victimization is not widely recognized or discussed. While social isolation is commonly noted in studies of GBV against women, this research highlights the gendered nature of stigma and how it uniquely affects male survivors, often causing them to shun support networks.

Finally, the study found that substance use was a significant behavioral response to GBV. Many male participants in the FGDs shared how they turned to drugs or alcohol as a way to cope with the trauma caused by GBV. One participant explained, "Indaambiriirie ni kunyua ndaawa cia kuleebia keenda inya mbulwa ni mantu kuurwa ni muka okwa," meaning, "I turned to drugs to numb the pain; it seemed like the only escape." Another participant remarked, "It's a cycle of self-destruction; the violence leaves scars that are hard to heal without help." These accounts highlight the intersection of trauma and substance abuse, illustrating how GBV can lead men to adopt harmful coping

mechanisms. This finding is consistent with the work of Sivakumaran (2007), Thureau et al. (2015), and Thobejane & Luthada (2018), which also document how survivors of GBV may engage in substance abuse as a way to cope with emotional pain and stress. While substance use is often linked to violence in both men and women, this study specifically sheds light on how male survivors of GBV, in particular, may use substances to self-medicate the trauma they endure.

Taken together, the findings from this study underscore the multidimensional impact of GBV on men, revealing that its consequences are not only physical but also emotional, social, and behavioral. These results confirm the importance of considering the full scope of harm caused by GBV when designing support interventions. While the physical consequences of GBV for men have been documented in previous research, the emotional, social, and behavioral impacts are often underrepresented, particularly in studies that focus on male victims. This study adds to the literature by highlighting how emotional trauma, social stigma, and substance use are interlinked outcomes of GBV among men, contributing to a deeper understanding of the long-term effects of violence.

These findings align with the work of Musau and Abere (2015), Mwebia et al. (2019), and Obarisiagbon and Omage (2022), who similarly discuss the emotional and social dynamics of GBV. However, unlike some studies that focus on female victims, this research emphasizes the gendered nature of these consequences, illustrating how male survivors of GBV experience unique challenges in coping with the physical, emotional, and social repercussions of violence. The study highlights the importance of comprehensive interventions that not only address the physical injuries of GBV but also the emotional healing, social reintegration, and behavioral support necessary for long-term recovery.

4.5.3 How the analysis of consequences of GBV against men informs the theory

From a gender theory perspective, societal norms and expectations around masculinity deeply influence men's responses to GBV. In discussions on physical health, male respondents in focus group discussions (FGDs) often highlighted feelings of shame or reluctance to seek medical help, influenced by societal ideals of male toughness and stoicism. This conflict underscores how traditional gender roles shape men's perceptions

of vulnerability and their willingness to acknowledge and address physical injuries resulting from violence. Moreover, emotional effects such as distress or trauma are often compounded by norms that discourage men from expressing vulnerability, seeking emotional support, or acknowledging the psychological impacts of violence. This internalization of gender norms can exacerbate emotional suffering and hinder recovery among male survivors of GBV.

4.5.4 Conclusion

Social isolation among men who experience GBV also reflects gendered expectations of independence and self-reliance. Male respondents frequently expressed a sense of isolation or withdrawal from social interactions, influenced by fears of stigma or judgment associated with victimization. These behaviors align with societal norms that valorize self-sufficiency and resilience, sometimes at the expense of seeking necessary social support. Additionally, substance and drug use as coping mechanisms may stem from learned behaviors that suggest substance use as a means to manage emotional distress or numb psychological pain. This response underscores how cultural scripts of masculinity can influence harmful coping strategies among male survivors of GBV.

From a social learning theory perspective, individuals learn behaviors and responses through observation, imitation, and reinforcement within their social environments. In the context of GBV against men, social learning theory helps explain how men may adopt specific behaviors based on observed consequences and responses to violence. For instance, behaviors related to managing physical health issues after violence, such as seeking medical care or avoiding perceived risks, can be learned responses influenced by witnessing others' experiences and actions in similar situations. Similarly, emotional responses and coping strategies may be learned through observing peers or media representations, shaping how men navigate and process emotional distress in the aftermath of violence.

Social isolation among male survivors may also be a learned response, influenced by observations of how others manage safety and well-being in the face of threats or violence. This can include withdrawing from social interactions or limiting exposure to potential risks, guided by perceived strategies for self-protection and avoidance of further harm.

Furthermore, substance and drug use as a coping mechanism may be learned behaviors acquired through exposure to others who use substances to manage trauma or emotional pain. Observing such behaviors can reinforce the belief that substance use offers effective relief or escape from the psychological effects of GBV.

In conclusion, integrating gender theory and social learning theory offers a comprehensive framework for understanding how the consequences of GBV against men are shaped by societal norms, learned behaviors, and individual responses. These theoretical perspectives illuminate the complex interplay between gender expectations, coping strategies, and the impacts of violence on men's physical and mental health. By recognizing and challenging harmful gender norms while promoting supportive environments and interventions, we can better address the needs of male survivors, foster healing, and promote resilience in the aftermath of GBV.

CHAPTER FIVE

CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter provides a comprehensive exploration of GBV against men, examining its pervasive forms of physical, emotional, and sexual violence. It analyzes how socioeconomic disparities, cultural norms, and societal expectations contribute to the perpetuation of GBV. Recommendations for addressing these challenges include targeted interventions, policy reforms, future research gap and awareness initiatives aimed at enhancing support services and fostering a more inclusive environment for male survivors of GBV.

5.1.1 Conclusion on forms of GBV against men

The research conducted highlights three primary forms of GBV against men: physical, emotional, and sexual violence. Physical violence manifests through direct acts of aggression, including hitting, punching, or other forms of bodily harm inflicted upon male victims. This form of violence is particularly detrimental, often leading to visible injuries and long-term physical health consequences. The findings resonate with previous studies such as those by Sivakumaran (2007), which underscore the physical brutality endured by male victims in various contexts, contributing to a growing understanding of the multifaceted nature of GBV.

Emotional violence emerges as another significant form of GBV, involving psychological manipulation, verbal abuse, and threats designed to exert control and induce fear in male victims. This form of violence undermines emotional well-being and can lead to lasting trauma and mental health issues. The research aligns with the insights from Grönlund et al. (2019), highlighting the pervasive nature of emotional abuse experienced by men and its profound impact on their psychological resilience and overall quality of life.

Sexual violence against men, as revealed by the research, encompasses non-consensual sexual acts and coercion, often perpetrated through physical force or psychological pressure. This form of GBV challenges traditional gender stereotypes and underscores the vulnerability of men to sexual exploitation and abuse. These findings are consistent with

the observations of Thureau et al. (2015), emphasizing the prevalence of sexual violence against men and the urgent need for inclusive support mechanisms and legal protections.

In conclusion, the research findings underscore the complex and often overlooked reality of GBV against men, encompassing physical, emotional, and sexual violence. Each form of violence takes a significant toll on male survivors, affecting their physical health, emotional well-being, and social integration. These insights not only reinforce existing literature on GBV but also advocate for comprehensive interventions that address the specific needs of male victims, challenge harmful gender norms, and promote societal change toward greater gender equity and violence prevention.

5.1.2 Conclusion on factors influencing GBV against men

The study investigating factors influencing GBV against men has revealed several key determinants, emphasizing the complexity and multifaceted nature of this issue. One of the primary factors identified is the lack of employment among men. Unemployment can lead to economic dependency, feelings of inadequacy, and heightened stress, which in turn can increase vulnerability to GBV. Men who are unable to secure stable employment may face societal pressures and stigmatization, exacerbating their risk of experiencing violence. These findings align with the work of Sivakumaran (2007), who also identified economic instability as a significant factor in GBV against men.

Another critical factor influencing GBV against men is the lack of education. The study found that men with limited educational opportunities are more susceptible to GBV, as education plays a crucial role in empowering individuals with knowledge, critical thinking skills, and socio-economic opportunities. Educated men are better equipped to navigate societal challenges and assert their rights, reducing their vulnerability to violence. This aligns with the findings of Thobejane and Luthada (2018), who emphasized the role of education in mitigating GBV against men.

The lack of socio-economic resources also emerged as a significant factor contributing to GBV against men. Men who lack access to financial resources, social support networks, and community services are more likely to experience violence. Socioeconomic deprivation can limit men's ability to seek help, escape abusive situations, or protect themselves from perpetrators. This finding aligns with the research conducted by Thureau

et al. (2015), which highlighted the impact of socioeconomic constraints on the prevalence of GBV against men.

Low self-esteem was identified as another influential factor in GBV against men. Men with low self-esteem may struggle with feelings of worthlessness, powerlessness, and isolation, making them more vulnerable to manipulation and abuse. Addressing self-esteem issues through psychological support and counseling can play a crucial role in preventing GBV and promoting the well-being of male survivors. These findings are consistent with the work of Grönlund et al. (2019), who explored the psychological dimensions of GBV against men.

Finally, cultural norms and societal expectations were found to be significant contributors to GBV against men. In many cultures, traditional gender roles and expectations can perpetuate violence against men who deviate from these norms. Cultural beliefs that stigmatize male victimhood and prioritize female vulnerabilities can hinder men's ability to report violence and seek support. This study's findings resonate with those of Reis et al. (2023), who examined the cultural and societal factors influencing GBV against men.

In conclusion, the study has highlighted several critical factors influencing GBV against men, including lack of employment, lack of education, lack of socio-economic resources, low self-esteem, and cultural norms. Addressing these factors requires a comprehensive approach that includes policy interventions, educational programs, economic empowerment initiatives, and cultural change efforts. By acknowledging and addressing the unique challenges faced by male survivors of GBV, we can work towards a more inclusive and supportive environment that protects and empowers all individuals, regardless of gender.

5.1.3 Conclusion on consequences of GBV against men

The research revealed that physical health consequences are a significant form of GBV against men. The statistical analysis indicated a strong association between GBV and adverse physical health effects, with a notable proportion of respondents in both questionnaires and focus group discussions (FGDs) acknowledging these impacts. Such findings highlight the severe toll that GBV takes on men's physical well-being, often leading to chronic health issues and impairing their overall quality of life. These findings

align with the work of Sivakumaran, S. (2007), Thureau, S. et al. (2015), and Thobejane, T. D., & Luthada, N. V. (2018).

Emotional effects were also identified as a significant consequence of GBV against men. A substantial number of respondents in the questionnaires and FGDs recognized emotional violence as a major issue, underscoring the psychological distress and mental health challenges faced by male survivors of GBV. The emotional impact of GBV can lead to long-term psychological trauma, affecting men's ability to form healthy relationships and maintain mental stability. These findings align with the work of Grönlund, C. F. et al. (2019), Henry, N. et al. (2020), and Mwebia, F. K. et al. (2019).

Social isolation emerged as another critical consequence of GBV against men. The research showed that many men who experience GBV tend to isolate themselves due to the stigma and shame associated with being victims. This isolation exacerbates their vulnerability and hinders their access to support systems, further entrenching the cycle of violence and abuse. The significant statistical association between GBV and social isolation highlights the need for interventions that address the social dimensions of male victimhood. These findings align with the work of Carlson, E. (2006), Carpenter, R.C. (2006), and Ezebuilo, H. C. (2020).

Substance and drug use were identified as coping mechanisms for men facing GBV, with a significant portion of respondents indicating a tendency to resort to these measures to manage their trauma and distress. The statistical analysis confirmed the strong link between GBV and substance abuse, underscoring the need for comprehensive support systems that address both the immediate and long-term needs of male survivors. These findings align with the work of Musau, L. M., & Abere, M. J. (2015), Obarisiagbon, E. I., & Oimage, M. I. (2022), and Isaboke, W. M. (2015).

5.2.1 Recommendation on forms of GBV against men

Based on the conclusions drawn from the study on GBV against men, it is crucial to formulate recommendations aimed at addressing and mitigating the impact of such violence:

Firstly, there is a pressing need to enhance awareness and understanding of the diverse forms of GBV against men among healthcare providers, law enforcement agencies, and social service providers. Training programs should be implemented to equip professionals with the knowledge and skills to recognize, respond to, and support male survivors of GBV effectively.

Secondly, policy interventions should prioritize the inclusion of male-specific perspectives within existing GBV frameworks. This includes revising legislation to ensure that all forms of GBV, including physical, emotional, and sexual violence against men, are comprehensively addressed. Legal protections should be strengthened to facilitate access to justice and support services for male survivors.

Lastly, community-based initiatives and support networks should be established or expanded to provide safe spaces and resources for male survivors of GBV. These initiatives should focus on fostering resilience, promoting healing, and combating social stigma associated with male victimization. Peer support groups and counseling services tailored to the needs of male survivors can play a pivotal role in facilitating recovery and empowerment.

By implementing these recommendations, stakeholders can contribute to a more inclusive approach to combating GBV against men, promoting gender equality, and creating a supportive environment where all survivors receive the respect, protection, and care they deserve.

5.2.2 Recommendation on Factors Influencing GBV against Men

Economic Empowerment Programs: There is a need to implement targeted economic empowerment programs for men, focusing on job creation, skill development, and financial literacy. Providing stable employment opportunities and economic independence can significantly reduce the vulnerability of men to GBV.

Educational Initiatives: Enhancing access to education for men is crucial. Educational programs should aim not only to increase literacy and vocational skills but also to

incorporate awareness about GBV and promote healthy relationships. This can empower men with the knowledge and skills necessary to avoid and combat GBV.

Strengthening Social Support Systems: Developing robust social support networks and community services is essential. This includes creating safe spaces for men to seek help, providing counseling services, and facilitating peer support groups. Ensuring men have access to social and economic resources can help them escape abusive situations and rebuild their lives.

Psychological Support and Counseling: Implementing programs that address low self-esteem and psychological trauma among men affected by GBV is critical. Counseling and mental health services should be made accessible to help men overcome feelings of worthlessness and powerlessness, thereby reducing their susceptibility to violence.

Cultural and Social Norms Change: Efforts should be made to challenge and change harmful cultural norms and societal expectations that perpetuate GBV against men. This includes public awareness campaigns, educational outreach, and policy advocacy to promote gender equality and reduce the stigma around male victimhood. Encouraging an inclusive dialogue that recognizes and supports male survivors of GBV can foster a more supportive and understanding society.

5.2.3 Recommendation on Consequences of GBV against Men

Based on the findings, several key recommendations emerge to address the consequences of GBV against men effectively. Firstly, there should be increased awareness and education programs that specifically address the physical health impacts of GBV on men. These programs should aim to destigmatize male victimhood and encourage men to seek medical help when needed, ensuring they receive the necessary healthcare services to manage and mitigate the physical consequences of abuse.

Secondly, mental health services must be expanded and made more accessible to male survivors of GBV. Counselling and therapy services tailored to address the emotional and psychological impacts of GBV should be integrated into existing support structures. Training mental health professionals to recognize and treat the unique psychological

traumas experienced by male survivors will help in providing appropriate care and fostering mental well-being.

Thirdly, efforts should be made to combat the social isolation faced by male survivors of GBV. Support groups and community-based interventions that provide safe spaces for men to share their experiences and receive peer support can play a crucial role. Creating awareness campaigns that challenge societal norms and reduce the stigma associated with male victimhood will also help men feel more comfortable seeking help and connecting with support networks.

Lastly, addressing substance and drug use as a coping mechanism requires a multifaceted approach. This includes providing access to addiction treatment programs that understand the link between GBV and substance abuse. Prevention programs should focus on early intervention, helping men develop healthy coping strategies and providing them with resources and support to avoid turning to substances as a means of managing their trauma.

By implementing these recommendations, we can create a more supportive and effective framework to address the consequences of GBV against men, promoting their health, well-being, and recovery.

5.2.3 Recommendation for Future Research

For future research, building upon the findings of this study on GBV against men in Tigania West, Meru County, Kenya, several recommendations emerge. Firstly, further investigation could delve deeper into the interplay between different forms of violence—physical, sexual, and emotional—experienced by men. Understanding how these forms intersect and their varying impacts on male victims' wellbeing and recovery processes would provide critical insights.

Additionally, exploring the socio-economic factors identified in this study—such as unemployment, educational attainment, and their correlation with GBV—could enhance understanding. Research could focus on interventions that address these underlying issues, potentially mitigating the risk factors associated with GBV perpetration and victimization among men in similar rural contexts.

Moreover, investigating the cultural and social dynamics influencing attitudes towards male victims of GBV is crucial. This includes examining how traditional gender roles and societal expectations contribute to stigma, barriers to reporting, and access to support services for male survivors. Future studies could explore community-level interventions aimed at shifting harmful norms and fostering supportive environments for all GBV survivors.

Finally, expanding research on the long-term consequences of GBV against men, beyond emotional impacts like trauma and depression, to include outcomes such as social isolation and substance abuse, would provide a comprehensive understanding of the broader implications for individuals and communities. Addressing these recommendations would contribute to developing tailored policies, interventions, and support mechanisms that effectively address GBV against men in Tigania West and similar settings, promoting gender equality and social justice.

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APPENDICES

Appendix 1: Questionnaire

Title: Determinants of GBV against Men in Tigania West Meru, Kenya.

Purpose: Responses will help the Kenyan government to come up with ways to do away with Gender Based Violence (GBV).

As you take time to participate in this questionnaire on gender violence against men. Your responses will contribute to a better understanding of the experiences faced by men who have encountered such violence. Please answer the following questions to the best of your knowledge and personal experiences. Your responses will remain completely anonymous and confidential.

Personal Information

Gender:

Male

Female

Age bracket (please tick your age bracket)

Below 20

20 to 30

31 to 40

Above 40

Highest level of Education

Completed primary

Completed Secondary school

Diploma/Degree holder

Master's degree/Above

Section 1: Prevalent Forms of GBV

Please indicate your level of agreement or disagreement with the following statements regarding the prevalent forms of GBV against men in Tigania West: Where (S.A) strongly agree =5, (A) agree=4, (U) Undecided=3, (D) disagree =2, (S.D) strongly disagree=1

Question	S.A	A	U	D	S.D
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Physical violence is a prevalent form of GBV against men in Tigania West.					
Emotional/psychological abuse is a prevalent form of GBV against men in Tigania West					
Sexual violence is a prevalent form of GBV against men in Tigania West					
Economic abuse is a prevalent form of GBV against men in Tigania West					
Social/verbal abuse is a prevalent form of against men in Tigania West					
Alcoholism can lead to GBV in men					
Unemployment can lead to GBV against men					
Lack of Education can lead to GBV against men					
Meru Culture facilitates GBV against men					

Can you describe any personal experiences or instances you are aware of regarding GBV against men in Tigania West? Please provide as much detail as you are comfortable with.

.....

How do you believe societal norms and cultural perceptions in Tigania West may contribute to or influence the prevalence of GBV against men? Please share your thoughts and observations.

.....

Section 2: Factors Influencing GBV against Men

Please indicate your level of concurrence or disagreement with the following statements regarding the factors influencing GBV against men in Tigania West: Where (S.A) strongly agree =5, (A) agree=4, (U) Undecided=3, (D) disagree =2, (S.D) strongly disagree=1

Question	S.A	A	U	D	S.D
GBV against men in Tigania West exists.					
Lack of awareness and understanding of GBV against men perpetuates its occurrence in Tigania West.					
Socioeconomic factors, such as unemployment and poverty, contribute to GBV against men in Tigania West.					
Substance abuse and addiction are factors that increase the likelihood of GBV against men in Tigania West					
Lack of access to support services and resources for male survivors of GBV perpetuates the cycle of violence in Tigania West.					
GBV can affect men's self-esteem and mental well-being.					
GBV can result in economic challenges, like poverty.					
Traditional norms contribute to GBV against men in Tigania West					

From your perspective, what are some of the key social, cultural, or economic factors that you believe contribute to the occurrence of GBV against men in Tigania West? Please provide specific examples or insights.

.....

.....

.....

.....

In your opinion, how might gender roles and stereotypes impact the prevalence of GBV against men in Tigania West? Please share your thoughts on how traditional beliefs and societal expectations may influence this issue.

.....

Section 3: Consequences of GBV against men

Please indicate your level of agreement or disagreement with the following statements regarding the consequences of GBV against men in Tigania West: Where (S.A) strongly agree =5, (A) agree=4, (U) Undecided=3, (D) disagree =2, (S.D) strongly disagree=1

Question	S.A	A	U	D	S.D
GBV against men in Tigania West has adverse physical health consequences.					
GBV against men in Tigania West has detrimental psychological/emotional effects.					
GBV against men in Tigania West can result in social isolation and strained relationships.					
GBV against men in Tigania West impacts work and educational opportunities.					
GBV against men in Tigania West increases the risk of substance abuse and addiction.					
GBV can affect men's social life and relationships.					
GBV against men exist in Tigania Weast					

a) In your opinion, what are the main causes of GBV against men?.....

b) Are there reported cases of GBV by men?

i. Yes

ii. No

If yes, where are these reports made?

.....
.....
.....

c) Have there been deaths caused by GBV against men? .Explain.....

.....
.....
.....

d) In your view, what are the most pressing social consequences of GBV against men?

.....
.....
.....

e) What measures or support systems do you believe are essential for addressing and preventing GBV targeting men?

.....
.....
.....

Thank you for participating in this questionnaire. Your insights are highly valuable in understanding the complexities of GBV against men and its effects.

Appendix 2: Focus Group Discussion

Objective 1To establish the prevalent forms of GBV against men in Tigania West.

Question:

"Could you please discuss the different forms of GBV against men that you believe are prevalent in the Tigania West community? Your insights on specific behaviours, actions,

or situations that men experience can provide valuable understanding of the varied manifestations of GBV targeting men."

Objective 2: To identify factors influencing GBV against men in Tigania West.

Question:

"What are some of the factors that you think contribute to GBV against men in Tigania West? These factors could be related to cultural norms, social dynamics, economic conditions, or any other aspects that you believe influence the occurrence of such violence."

Objective 3: To determine the consequences of GBV against men in Tigania West.

Question:

"In your opinion, what are the possible consequences or outcomes of GBV against men in Tigania West? These consequences could be personal, social, economic, or any other impacts that you have observed or think might result from such violence."

Appendix 4: Research Permit

REPUBLIC OF KENYA
NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
Ref No: 257549
Date of Issue: 08 February 2024

RESEARCH LICENSE



This is to certify that Mr. Mwendu John of University of Embu, has been licensed to conduct research as per the provision of the Science, Technology and Innovation Act, 2013 (Rev.2014) in Meru on the topic: DETERMINANTS OF GENDER BASED VIOLENCE AGAINST MEN IN TIGANIA WEST COUNTY, MERU-KENYA for the period ending: 08 February 2025.
License No: NACOSTI/P/24/12968

Applicant Identification Number: 257549

Researcher's Name: Mwendu John
Institution: University of Embu
Project Title: DETERMINANTS OF GENDER BASED VIOLENCE AGAINST MEN IN TIGANIA WEST COUNTY, MERU-KENYA
Period of Research: 08 February 2024 to 08 February 2025

Signature of Researcher: Mwendu John
Signature of Reviewer: [Signature]
Reviewer's Name: [Name]
Reviewer's Title: Reviewer/Chairman

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