

**EFFECTS OF DOMESTIC VIOLENCE ON THE PSCHO-SOCIAL WELL-BEING  
OF THE WOMAN IN NANSANGA SUB-COUNTY BUDAKA DISTRICT**

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**UGANDA CHRISTIAN  
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## DECLARATION

I SULWA Justine, hereby declare that, the ideas contained in this dissertation are originally the work of my own creation and effort. This work has never been handed to any institution of higher education for the award of a degree in any field.

Signature.



RESEARCHER: SULWA JUSTINE

DATE 27/09/2024

## **DEDICATION**

This book is mainly to my dear parents Mr. Mayoka Vincent Apollo and my mother Mrs. Namakanda Grace for being such wonderful and caring throughout my academic endeavors.

**APPROVAL**

This dissertation has been for examination under the approval of my supervisor.

SUPERVISOR: Madam Pimer Jessica Ukoku

Signature *Jessica*.....

Date *27<sup>th</sup> - SEPT - 2024*.....

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It is my humble prayer that the almighty God rewards each of them abundantly.

## **LIST OF ABBREVIATIONS.**

UNIFEM.	United Nations Development Fund for Women.
UNGA.	The United Nations General Assembly.
ASBOS.	Anti- Social Behaviors Orders
CAO.	Chief Administrative Officer.
UN.	United Nations
YRBS.	Youth Risk Behaviors Surveillance.

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## ABSTRACT

The main source of the study was to assess domestic violence on the lives of women in Nansanga sub county Budaka district. It was guided by three major objectives:

To investigate the various forms of domestic violence that exists in Nansanga sub county, Budaka district.

To determine the effects of domestic violence on the psycho-social well-being of the rural women in Nansanga Sub county, Budaka district.

To explore interventions necessary to handle domestic violence on rural women in Nansanga sub county, Budaka district.

In data collection, two tools were used namely questionnaires and interviews guides. The subjects who participated in the study were the local council, police, women and finally parents

The study revealed the various forms of domestic violence being experienced by the women and this included sexual abuse, financial abuse, physical abuse, emotional abuse and others. These lead to effects like disabilities, death, development of aggressive behaviors, and anxiety, sleeping disorders and others.

Recommendations were made on the basis of domestic violence in that government should strengthen its legislation on issues concerning domestic violence because it is rampant. It should empower women to take part in income generating activities so that they can survive on their own.

There is also need for more guidance majorly for those affected by domestic violence finally those affected with the violence should always report such cases so that there is quick interventions, others can be referred to where they can be helped.

## CHAPTER ONE

### INTRODUCTION AND BACKGROUND

#### 1.1 Introduction

This study seeks to examine effects of domestic violence on the psycho-social well-being of rural women in Nansanga sub-county, Budaka district. Rural women in the context of this proposal aim at improving the rural women psycho-social well-being. This proposal is organized in three chapters. This chapter covers the background of the study, the problem statement, the research objectives and questions, justification and the significance of the study, the scope of the study, the conceptual framework of the research, variable definitions of the key words used in the study and conclusion of the chapter.

#### 1.2 Background of the study

Domestic violence is defined as a pattern of behavior in any relationship that is used to gain control or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional or psychological actions or threats of action that influence another person. This include any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone. Domestic violence can happen to anyone of any race, age, sexual, orientation, religion, or gender. It can occur within a range of relationship including couples who are married living together or dating. Domestic violence affects people of all socioeconomic backgrounds and education levels. Victims of domestic violence may include a child or other relative or any other household member. Rural women are women living in rural areas who tend to adopt traditional gender roles, have large families and often face challenges such as limited social support and lower participation in the labor force compared to urban women.

##### 1.2.1 Global Status of domestic violence

The family is meant to be a peaceful, smallest unit of a nation where members should live and work together in peace and harmony. However, most families today are associated with violence especially against women- Craig (2005) proposed that domestic violence is an aggression in violence that happens in a home where grown-ups especially men attack and threaten women and children.

According to Amnesty international (2002:3) domestic violence against women is any act of gender based violence direct to women that results to physical, sexual, psychological, social harm and suffering. Domestic violence can take many forms including physical aggression assaults threat human rights, abuse intimidation, stalking and economic depression. This may result into physical sexual, social harm and the affect gender.

Annan Secretary General of the United Nations declared in a 2006 report posted on the United Nations Development Fund For Women (UNIFEM) website that;

Violence against women and girls is a problem of pandemic proportions. At least one out of the every three women around the world has been beaten, coerced into sex/ otherwise abuse in her lifetime with the abuser usually someone known to her.

The United Nations General Assembly (UNGA) in its resolutions on the declaration on the eliminations of violence against women defines violence against women as any act of gender based violence that results in or it's likely to result in physical, sexual/mental harm/suffering to women including threats of such acts, coercer/arbitrary deprivation of liberty whether occurring in public or private life.

The history of violence against women remains rogue in scientific literature. This is in part due to the fad that many kinds of violence against women especially rapes, sexual assaults often go unreported/under reported due to societal norms, taboos, stigma and sensitive nature of the subject.

The declaration on the elimination of violence against women (1995) states that violence against women is a manifestation of historically unequal power relations between men and women which have led to domination over and discrimination against women by men and the prevention of the full advancement of women and that violence against women is one of the crucial social mechanisms by which women are forced into a subordinates position compared to men.

According to a UN study, only 40 percent of women seek help after experiencing violence, making the outreach work of women's rights organizations even more critical. Women's rights organizations empower women and girls to assert their rights and seek help when they experience violence. Through education, training, and community initiatives, women's organizations build resilience among women, which can be key in breaking the circle of violence.

Through the UN Joint Global Programme on Essential Services, UN Women is working to improve the quality of, and access to comprehensive essential services for survivors of violence. With support from various government partners, we are providing technical guidance on how to develop and implement global norms quality multi-sectoral services and responses. In Viet Nam, for example, with support from the UN Joint Programme, a Domestic violence Rapid Response Team is being piloted in Ben Tre province. This team consists of local women's organizations and local authorities who respond to high-risk domestic violence incidents in a coordinated manner

Globally most of the countries have provided training to support the survivors of violence against women; more than 15 percent of institutional mechanisms for domestic violence were established after the adoption of Beijing Platform for Action 1995

### **1.2.2 The African status of domestic violence**

The South African domestic violence act 1998 identifies domestic violence as;

Physical abuse, sexual abuse, emotional, verbal and psychosocial abuse, economic abuse, intimidation, harassment, stalking, damage to property entering into the complaints residence without consent where the parties do not share the residence and other controlling/abusive behavior towards complaints where such conduct harms /may cause immediate harm to the safety health/wellbeing of the complaint.

The South African Medical center released a study in 1998 saying that the act of the 1394 men interviewed, 50 percent physically abused their female partner at their homes.

In a study done by a world health organization, it was found that 60,000 women and children are victims of domestic violence in South African. It is hard to gather accurate statistical data in South African because domestic violence is rarely reported. On average in a cross sectional study conducted in 2002, the women who were abused came from a Lower secondary Education and were unemployed. The same study indicated that 9.5 percent of women reported being abused in their past years.

In 2013, 30 percent of women surveyed that they had suffered emotional and verbal abuse of the women who were in violent relationship, 45.9 percent of them reported injury. In the same study, it was found out that typically the women who do witness and feel the violence came from a rural childhood compared to those raised in urban areas.

Jewkes et-al (2002) conducted the study and found out that over 97 percent of every black African woman who were interviewed had experienced physical violence at the same point out of that, 9.5 percent who were interviewed had experienced physical violence with the past years. The women in this study were from the province of Eastern Cape, Mpumalanga and Northern Province with the mean age of 32.

Community based study conducted in April 2010 stated that globally domestic violence against females is common across culture, religion, class.

According to the World Health Organization (WHO), domestic violence is a global problem affecting millions of women. In a 2005 study on women's health and domestic violence, the (WHO), found that 56 percent of women in Tanzania and 71 percent of women in Ethiopia's rural areas reported beatings or other forms of violence by husbands or other intimate partner

In Africa women, however, are not just victim. They have been working actively to gain better mechanisms to protect themselves. This has included successfully pushing for adoption of international treaties and instruments such as the 1979 United Nations Convention on the Elimination of All Forms of Discrimination against women. The convention commits governments to change discriminatory practices and laws, including those that permit early marriage, bar women from inheriting property or relegate them to a secondary status.

The Convention entered into force in 1981, and as a result the committee on the Elimination of Discrimination against Women [CEDAW] was officially established. In 1992, the committee affirmed that violence against women was a "violation of their internationally recognized human rights" and "a form of discrimination " that "nullified their right to freedom, security and life

The committee asked governments to identify and end custom and practices that perpetuate violence against women. It urged them to conduct public education, create safe havens, institute counseling and rehabilitation programmes for victims, sensitize law- enforcement officials and draft relevant laws to protect women against all kinds of violence

### **1.2.3 Ugandan status of domestic violence**

Male to female domestic violence levels in rural Uganda are high associated with both alcohol consumption and the male partners' perceived risk of HIV. According to the study conducted by the researchers from Bloomberg school of public health. The study found out

that approximately one in three women living in rural Uganda reported being physically abused/assaulted by her current partner. The findings from the study suggest possible links between the risk of domestic violence and alcohol consumption and women perceived risk of HIV of their male partner. The study is published in January 22, 2003 edition of the Bulletin of the world health organization.

Michael A, et-al a PHO associate with the department of population and family health science and Ronald Gray. They surveyed 5109 women and 3881 men living in Rakai district of Uganda which is at the center of the country's Aids epidemic. The women and men were asked detailed questions about their experiences and attitudes concerning domestic violence and sexual relationships.

The study found out that 30percent women had experienced physical threats/abuse experienced three or more specific acts of violence during the previous year. 5 percent of women in the study said they had physically threatened or assaulted by their male partners.

Furthermore, women whose partners frequently consumed alcohol had approximately four times higher risk of domestic violence than women whose partners do not drink.

The study on domestic violence issues by the Uganda Law reform commission in April 2006 revealed that 66 percent of the homes in Uganda had incidences of domestic violence in Kabale district at 75-80 percent while figure of Eastern and Northern Uganda are at 70 percent and above Kabale is one of the Uganda's highest rates of domestic violence and according to data from all Africa, com (2008)) the rates is still raising among communities. The problem is further worsened by the fact that support services if any are under staffed with inexperienced persons.

Budaka is one of the 146 districts in Uganda experiencing domestic violence wit 5016 cases, recorded 2020. This was a significant number with obvious development repercussions despite relevant regulations prohibiting the vice.

Most of the victims lack confidentiality and are blamed/ humiliated by government institutions that are supposed to support them. Therefore domestic violence in women in Nansanga sub county has a great impact on the lives, their potential and self- confidence which is in the long run determines their standard and cost of living, it is on this note that the researcher was prompted to find out the impact of domestic violence on women so that

possible strategies can be based on findings to reduce domestic violence on women hence develop families.

In Uganda, for nearly two decades, the women's movement in Uganda has been drawing attention to the gaps in policy and legislation that hold back gender equality and women's rights in the country. Recognizing the importance of the fight to change discriminatory legislation, UN women, as part of the multi-year EU-UN spotlight initiative to eliminate violence against women and girls, began providing resources and support to CEDOVIP and other women's right organizations in 2

### **1.3 Problem Statement**

Despite the intervention from a number of non- governmental organizations, religious sects and government enforcement of Laws against domestic violence and some mothers and children end up dying in the process so it's upon this background that the researcher wants to ascertain domestic violence on women in Nansanga sub county' Budaka district.

### **1.4 Purpose of the study**

The purpose of the study was t explore into domestic violence on the psycho-social well-being of women in Nansanga, Budaka district.

### **1.5 Objectives of the study**

- i. To investigate the various forms of domestic violence those exist in Nansanga sub-county, Budaka district.
- ii. To determine the effects of domestic violence on the psycho-social well-being of rural women in Nansanga sub-county, Budaka district.
- iii. To explore interventions necessary to handle domestic violence on rural women in Nansanga sub-county Budaka district.

### **1.6 Research Questions to be investigated**

- i. What are the various forms of domestic violence that exist in Nansanga sub-county, Budaka district.
- ii. What are the effects of domestic violence on the psycho-social well-being of rural women in Nansanga sub-county, Budaka district.

iii. What are the interventions necessary to handle domestic violence on rural women in Nansanga sub-county, Budaka district.

### **1.7 Justification of the study**

The research study was justified to acknowledge the significance of investigating domestic violence to create positive change and improve the psycho-social well-being of rural women in Nansanga sub-county Budaka district.

### **1.8 Significance of the study**

The study will benefit categories of people like women, children, families, local leaders, district leaders and the researcher in the following ways;

The findings will be expected to be used by the local leaders to rouse awareness to the rest of the people on the impacts of domestic violence on the psycho-social well-being for example low self-esteem, trauma and neglect.

The findings of the study will help the parents to realize the various forms of domestic violence affecting the psycho-social well-bring.

The research will help the women suffering domestic violence to get helped.

The findings will help the researcher to enhance on her skills in problem solving in the community and generally enhance skills in conducting research studies on social problem.

### **1.9 Scope of the study**

#### **1.9.1 Time scope**

The study focused on a period between 2020-2023. This period was chosen because it is during this time more cases of domestic violence were registered (Budaka district report 2020)

#### **1.9.2 Geographical scope**

The research will be carried out in Nansanga sub-county, Budaka .

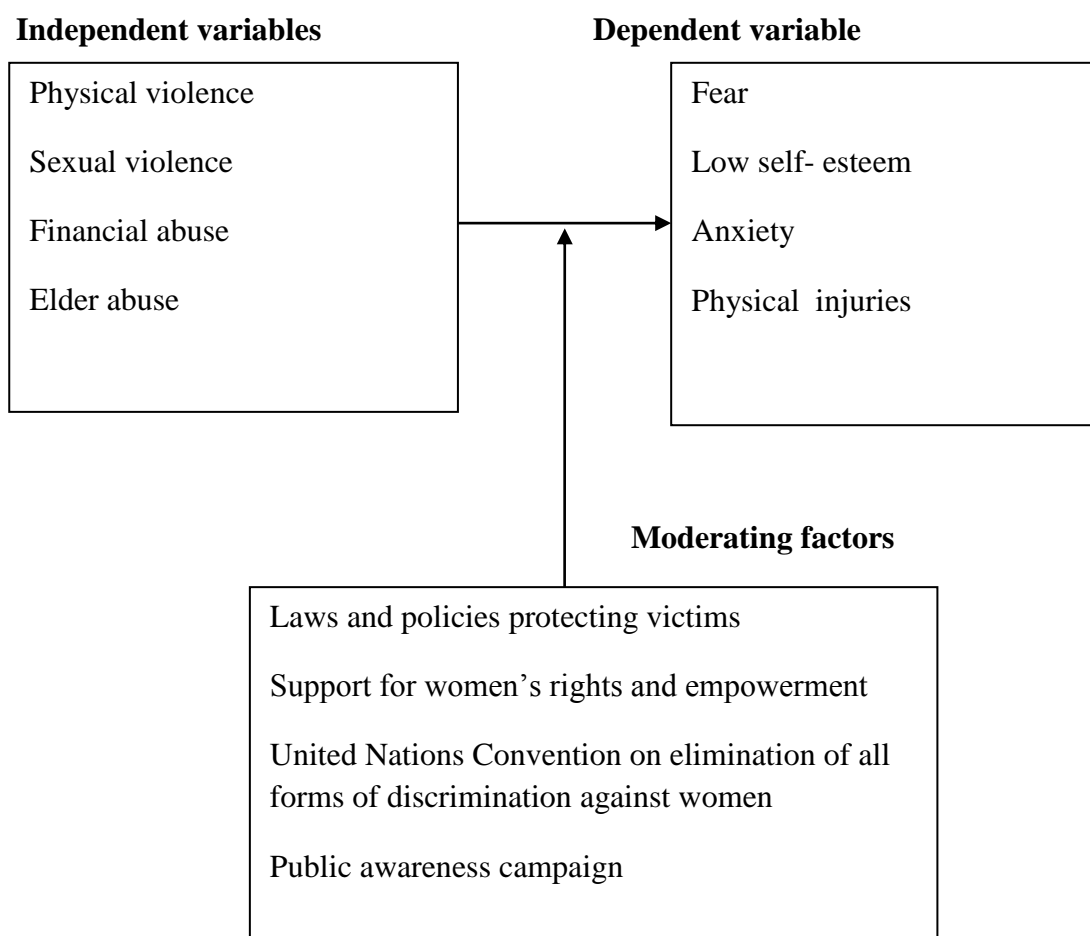
And it was carried out in all parishes of Nansanga A ward Nansanga B ward, Idudi A ward Idudi B ward

#### **1.9.3 Content scope**

The research study explored the various forms of domestic violence being experienced by the rural women in Nansanga Sub County, Budaka district. Specifically the study explored the effects of domestic violence on women in Nansanga sub county. The study also explored the various interventions taken to stop domestic violence in Nansanga sub county, Budaka district. Through this content scope the researcher was able to collect adequate and relevant information that helped her to attain reliable information in line with the study objectives.

### 1.10 The conceptual framework

The diagram below shows the relationship between the study variables.



### 1.11 Summary of Chapters of the Research Report

In summary this chapter shows the definition of domestic violence, forms of domestic violence, and effects of domestic violence on the psychosocial well-being of women in Nansanga sub-county.

## **1.12 Conclusion**

In conclusion therefore, domestic violence is a big problem widely experienced however it is majorly experienced among women and this has been manifested in the following ways. Domestic Violence has led to school dropout, family neglect, suicidal tendencies, and isolation, among others.

## CHAPTER TWO

### LITERATURE REVIEW

#### 2.1 Introduction

This chapter presents the literature from work of different scholars related to the study objectives. The works of these scholars will be reviewed according to this study's specific objectives they are; the various forms of domestic violence, the effects of domestic violence on the psycho-social well-being of rural women in Nansanga sub-county and existing interventions put in place to stop domestic violence.

#### 2.2 The various forms of domestic violence

##### 2.2.1 The international forms of domestic violence

###### Child abuse

Age, family income, and ethnicity are all are all risk factors for both sexual abuse and physical abuse. Gender is a risk factor for sexual abuse but not for physical abuse.

Each year there are over 3 million referrals to child protective authorities. Despite offer medical personnel. The fatality rate is approximately two deaths per 100000 children. Women account for a little over half of the perpetrators.

###### Intimate partner violence

According to the CDC, 1 in 4 women and 1 in 7 men will experience physical violence by their intimate partner at the same point during their lifetimes. 1 in 3 women and nearly 1 in 6 men experience some forms of sexual violence during their lifetimes. Intimate partner violence, sexual violence, and stalking are high, with intimate partner violence occurring in over 10 million people each year.

One in 6 women and 1 in 16 men have experienced stalking during their lifetimes. The majority are stalked by someone they know. An intimate partner stalks about 6 in 10 females victims and 4 in 10 male victims.

At least 5 million act of domestic violence occur annually to women aged 18 years and alders, with over 3 million involving men. While most events are minor, for example grabbing, shoving, pushing, slapping, hitting serious and sometimes fatal injuries do occur.

Approximately 1.5 million intimate partner female rapes and physical assaults are perpetrated annually, and approximately 800000 male assaults occur. About 1 in 5 woman have experienced completed or attempted rape at some point in their lives. About 1% to 2% of men have experienced completed or attempted rape.

### **Elderly**

Due to underreporting and difficulty sampling, obtaining accurate incidence information on elder abuse and neglect is difficult. Elderly abuse is thought to occur in 3% to 10% of the population of the elders.

Elderly patients may not report due to fear, ignorance, or shame. Clinicians underreport elder abuse due to poor recognition of the problem, lack of understanding of reporting methods and requirements, and concerns about physical patient confidentiality.

World Health Organization (WHO) states that globally, about 38 percent of murders of women are committed by an intimate partner. In 2011, the National Crime Records Bureau reported 8618 dowry deaths in India, but unofficial figures currently estimate that there are at least three times more dowry deaths than previously thought.

### **2.2.2 The African forms of domestic violence experienced by women**

Gender based violence (GBV) describes ‘ a range of violent acts mainly committed by males against females, within the context of women and girls subordinate status in society and often serves to retain this unequal balance’. Violence against women is a subset of GBV and includes physical, sexual, verbal, and emotional abuse committed through acts such as rape, intimate partner violence or domestic violence forced pregnancy, forced prostitution, human trafficking, female genital mutilation, sexual slavery, and early and forced marriages, among others. While it is a global problem, the prevalence of some forms of this violence is particularly high in Africa.

### **2.2.3 The Ugandan forms of domestic violence experienced by women**

According to (UBOS) 2020 survey, the findings were that almost all Ugandan women and girls 5 percent had experienced physical violence, or sexual violence or both , by partners or non-partners since the age of 15.

**Physical violence:** Life time prevalence of intimate partner physical violence among everpartnered women was 45 percent, the highest being in Acholi Sub region (78%) and the least was Busoga with 22%.

The prevalence of recent physical violence was 22% that's to say in the last 12 months. About 16% of the ever-partnered women reported severe physical violence.

**Sexual violence:**

Lifetime prevalence of intimate partner sexual violence was 36% with highest prevalence recorded in the regions of, Acholi (64%), Bukedi (61%) and Elgon (52%).

The prevalence of recent sexual violence was 28%. The most frequent act of sexual violence was a woman being physically forced to have sexual intercourse (29%).

Economic violence: about half of the women in Uganda (47%) face economic violence. Two in every ten women (23%) are forced to give their earnings to their partners, one in every ten women (10%) gave up paid jobs because their partners refused them to work, one quarters of the women (25%) had their partner refuse to give them money for household expenses.

### **2.3 The effects of domestic violence on the psycho-social well-being of rural women.**

#### **2.3.1 The international effects of domestic violence on the psycho-social well-being of women.**

Davis,(1994) asserts that violence can result into disability, death effect and victims deep inside and leave permanent emotions and psychological torture and cares, causes distress, flashbacks, certain feelings of anxiety ability to concentrate on feeding suffer low self-esteem, trauma, suicide and feeling of worthlessness.

Donellan, (2005) asserted that some of the impact of domestic violence on women especially girls seem to express their distress, much more out hardly. They may become aggressive and disobedient sometimes they start to use violence to try to solve problems as if they have learnt to do this from the way that adults behave in their family. Older girls are more likely to keep their distress inside. They may withdraw from other people and become anxious, depressed, they may think badly of themselves.

According to UNICEF, children who grow up in violent homes are more likely to be victims of child abuse. Those who are not direct victims have some of the behavioral and psychological problems as children who are physically abused.

The royal college of psychiatrists (2004) described some of the impacts of domestic violence as in most adolescents become anxious have sleeping difficulties, they have nightmares/flashbacks. They may complain of physical symptoms such as tummy aches, they may start to wet their beds and may have temper tantrums. They may behave as though they are much younger than they are, they may have problems with school, they may become aggressive, and they may internalize their distress and withdraw other people. They may have a low self-esteem and self - worth.

Hughes, (1992) asserted that adolescents who witness sexual abuse may be forced to take part in verbally abusing the victim all children witnessing domestic violence happening are identified as children at risk.

According to Hanley b, (1989) exposure to violence has considerable potential to be perceived as life threatening by those victimized and can leave them with a sense of vulnerability, helplessness and in extreme cases, horror physical abuse refers to any behavior that involves the intentional use of force against the body of another person that risks to physical injury, harm or pain, (Dutton, 1992).

Graham,(1994) asserted that more than half of the school age children in domestic violence shelters show clinical levels of anxiety/ post -traumatic disorder. Without treatment, these children are at significant risk for delinqui, substance abuse, school dropout and difficult in their own relationships.

According to SASS, (1996) adolescents are at a risk of academic failure, school dropout delinquency and substance use. Some investigators have suggested that a history of family violence is the most significant difference between delinquent and non-delinquent youth. Between 30 percent and 50 percent of dating relationships can exhibit the same cycle of escalating violence as marital relationships.

Ndambuki, (1998) noted that every member in the family has the role to play and obligations to fulfill for the development of the family. For example, it is the study of the parents to provide their children with food, clothing, love and education. However some parents neglect their families as a result of domestic violence. This leaves children especially girls without

necessary guidance needed to help them grow into responsible and resourceful citizens hence affecting the development of the family.

Biden, (1991) also noted that nationally 80 percent of all homeless women and children are on street because of domestic violence in homes.

The international Child Abuse Network,(1999) states that a child exposed to repeated acts domestic violence will eventually consider it as a normal and acceptable way of life for example some teens who are exposed to domestic violence find themselves repeating their parents examples in their relationships.

In addition, domestic violence has many of the same effects on women as it has on younger children, for example loneliness, stress, trouble at school and behavior problems.

Same experts suggests that children and teenagers in homes where domestic violence occurs become "parentified" growing up faster than their peers and taking and taking on the responsibilities of caring for younger siblings.

### **2.3.2 The effects of domestic violence on women in Africa.**

Domestic violence can take part in various forms, including emotional and psycho-logical abuse, while the impacts can be serious and long term. The consequences of a psychological trauma can cause chronic mental disorders.

According to WHO, the traumatic experience of violence is related to a high risk of cardiovascular diseases, gastroenteric disease, diabetes arthritis and obesity. Furthermore, the financial cost, such as health care cost, housing cost and legal cost can lead women to poverty. Poverty makes women more vulnerable to domestic violence in the world economy is a about 8 trillion dollars annually.

According to the child welfare information gateways says that behavior such as withdrawal, lack of social skills and aggressive behaviors are indicative of exposure to domestic violence. Children who are afforded to the opportunity to communicate either verbally/ non-verbally will often provide signs of domestic violence.

The royal college of psychiatrists further asserts that children of ages 13-19 years which is the adolescents age bracket leads to behaviors like truancy, failed academics, drugs and

alcohol use and fighting are all behaviors that are as a result of an adolescent being exposed to repeated domestic violence.

### **2.2.3 Effects of domestic violence on women in Uganda**

65% of women in Uganda report experiencing at least one of his types of IPV. The major contributing factors to IPV in Uganda include cultural attitudes about violence among both men and women and patriarchal behaviors among men. Bride price, or exchange of goods for bride, and male alcohol abuse also raise rates of IPV among women. Victims of IPV suffer a variety of consequences, including physical consequences such as bruising, burns and broken limbs, and mental health consequences such as depression and PTSD. Increased rates of HIV is perhaps the most dangerous consequences of IPV among women in Uganda. Current IPV interventions are focused on community mobilization and education of both men and women on the dangers of IPV in their relationships and households.

## **2.4 The existing interventions to put in place to stop domestic violence**

### **2.4.1 The international existing interventions put to stop domestic violence**

According to the American Psychiatric Association,(1994) some children and women, questions about home life may be difficult to answer, especially if the individual has been warned/threatened by a family member to refrain from talking to strangers in the family. Referrals to the appropriate school personnel would be the first step in assisting the child in need of support. When there is suggestion of domestic violence with a student, consider involving a school psychologist, social worker, guidance counselor.

The association also highlights another measure as carrying out both individual and group counseling at school. Referrals for counseling for example family counseling outside of school should be made to the family as well as providing a list of names and phone number to contact in Case of serious arises can be helpful.

National Center for Children Exposed to Violence, it states that children and youth who are exposed to domestic violence experience emotional, mental and social damage that affect their developmental growth. Some children lose the ability to feel socially isolated, unable to make friends as easily due to social discomfort or confusion over what is acceptable. In order to respond to the overwhelming issues associated with domestic violence child welfare

professionals need to understand these issues and know how to identify them as well as to assess and provide treatment to children and women affected by domestic violence.

#### **2.4 .2 The existing interventions to stop of domestic violence on women in Africa**

According to The Crime and Disorder Act, 1998) there is a statutory duty of local partnerships to develop strategies to take to reduce the incidence of domestic violence in Africa this is to highlight to perpetrators of domestic violence that their behavior has a detrimental effects on neighbors and the community. The provision does not cover separated partners. Breach of Anti- social Behaviors Orders (ASBOS) under this order is a criminal offence punishable by curbing the Anti- social behavior of abusers.

According to the Human Rights Act , (1998) there is a placement of a positive duty to protect women and children in Africa experiencing domestic violence and abuse reasonable preventative operation measure must be taken by public authorities to protect women and children from the criminal acts and their abusers.

Donellan, (2005) also asserted some of the measure that can take to help both children and parents fight against domestic violence.

The (1993) Constitution of the Socialist Republic of Vietnam illustrates that domestic violence acts must be timely discovered, stopped and dealt with in accordance with their actual conditions and situations, and the national social-economic situation giving priority in protecting the legal rights and benefits of women, children and others.

The author furthermore talked about educational programme focusing on relationship and challenging gender inequality, sexual stereotyping and domestic violence should be intergraded with work on Anti- bullying and conflict resolution as a mandatory part of PHSE curriculum in all schools these would act as preventive measures

Ken, (2009) assets measures that have taken to prevent domestic violence. These include the following;

Approach domestic violence as a human rights issue involving men and women of all ages and social- economic ritual ethnic and religious backgrounds support men to be empowered bystander who can help confront abusive peers. Support a work place evict safe from all forms of violence and have policies in places that support victims accessing information services and legal remedies if your suspect that someone does to you is being abused has

been sexually assaulted, gently ask if you can help call the National Domestic Violence hotline for 24 hours.

### **2.4.3 The interventions taken to stop of domestic violence on women in Uganda**

Uganda has stated its commitment to ending GDV as part the United Nations' sustainable Development Goal (SDG) No. 5 (UN, 2022) and integrated its targets into its National Development Plan (Republic of Uganda, 2020; Office of the Prime Minister, 2020). Laws and policies that target GBV include the prohibition of Female Genital Mutilation Act (2010), the Democratic Violence Act (2010), the Prevention of Trafficking in Persons Act (2009), the Uganda Gender Policy on Elimination of Gender Based Violence in Uganda (2016)

The government and partners has put in place mechanisms to improve reporting and handling of GBV crimes, including Uganda Police Force(2021b) units and training devoted to child and family protection and sexual offences.

In Uganda a number of activities have been carried out. Mainly trainings have been conducted for clergy, religious and laity on domestic violence prevention. However, emphasis have been put on women leaders to sensitize other women in their respective levels of leadership at provincial levels and down to grass roots.

### **2.5 The knowledge gap**

More research should be carried on the effects of domestic violence on child development.

The possible measures to eliminate domestic violence and promote proper child development in Uganda

The way through which the person affected with domestic violence should be handled especially in socializing places like schools. Hospitals churches among others

## **2.4 Chapter Summary**

In conclusion therefore, domestic violence is a big problem widely experienced however it is majorly experienced among women and this has been manifested in the following ways. Domestic Violence has led to school dropout, family neglect, suicidal tendencies, and isolation, among others.

However much domestic violence is on the rise among women in Uganda. It can still be curbed down or minimized and this can be through the following; guidance and counseling, referrals to the appropriate schools, setting strict laws on domestic violence and this will help scare always those who think that domestic violence is the best way to solve issues especially among women.

## CHAPTER THREE

### RESEARCH METHODOLOGY

#### 3.1 Introduction

This study was about the effects of domestic violence on the psycho-social well-being of women in Nansanga sub county Budaka districts of Eastern Uganda. The main objective of this study was exploring the effects of domestic violence on the psycho-social well-being of women in Nansanga sub county Budaka district. This study concentrated on three specific objectives of : To investigate the various forms of domestic violence those exist in Nansanga sub-county, Budaka district, to determine the effects of domestic violence on the psycho-social well-being of rural women in Nansanga sub-county, Budaka district and lastly to explore interventions necessary to handle domestic violence on rural women in Nansanga sub-county Budaka district.. This chapter presents design, area and population of the study, sample size, sampling techniques, data collection methods, ethical considerations and data analysis.

#### 3.2 Research Design

The research study used a qualitative research design to analyze the effects of domestic violence on the psycho-social well-being of women in Nansanga sub County Budaka district. A case study methodology and qualitative research strategy was used in the study to identify trends, patterns, and relationships between variables and data was collected manually.

#### 3.3 Study Area

The study focused on the effects of domestic violence on the psycho-social well-being of women in Nansanga sub County Budaka district. The rationale for choosing this case study was due to the rising trends in the incidences of domestic violence that have continuously affected the psycho-social well-being of women with in this Sub County. The Sub County is inhabited by predominantly Lugwele speaking people although some isolated pockets of other tribes are also there like the Bagisu, Banganda, Bateso among others.

**Table 3.1** showing population parishes with in Nansanga Sub County

<b>NO.</b>	<b>WARDS</b>	<b>HOUSE HOLDS</b>	<b>FEMALES</b>	<b>MALES</b>	<b>TOTAL</b>
01		2,764	80,208	80,504	160,712
02		1,766	4,460	5,499	9,226
03		1,080	3,705	4,882	8,587
04		10,404	4,487	5,311	16,014
	<b>Total</b>	<b>16,014</b>	<b>92,860</b>	<b>96,196</b>	<b>189,023</b>

The above table shows that Nansanga Sub County has 16,014 households with an estimated population of 189,023 and among these comprises 92,860 males and 96,196 females implying that females are more than females.

### **3.4. Sources of information**

#### **3.4.1 Primary sources**

Tomkins (2020) defines primary sources of information as immediate firsthand accounts of topic from people who have direct connection with it. The researcher obtained the information from the, government reports and data on National Coalition against Domestic violence (NCADV), Nation Network to End Domestic violence (NNEDV), Non –profit organizations reports on Futures without Violence, National Domestic Violence Hotline and original research of other scholars among others.

#### **3.4.2 Secondary sources**

Martins (2019) define secondary sources as a document or recording that relates or discusses information originally presented elsewhere. The researcher used journal articles, text books among others.

### **3.5 Population and sampling techniques**

Local leaders (LL), Women (Ww) and police officers ( PO) made up the population. This population was selected on the assumption that these cases had adequate and relevant information that helped the researcher to address the research questions.

**Table 3.2** showing the Summary of Sample Size and Sampling Techniques

<b>Participants</b>	<b>Study Population (N)</b>	<b>Sample Size (n)</b>	<b>Sampling Technique</b>
Police officers	5	4	Purposive sampling
Women	9	9	Purposive sampling
Local leaders	5	5	Purposive sampling
<b>Total</b>	<b>19</b>	<b>18</b>	

*Source primary data (2024)*

### **3.6 Sampling techniques**

#### **3.6.1 Purposive Sampling**

Purposive sampling, according to Madison (2020), is a group of non-probability sampling technique in which units are selected because they have characteristics that one may need in their sample. Purposive sampling was used because it is best suited for smaller samples and this study considered a smaller sample size thus this being the best sampling method for this study.

### **3.7 Variable definition and Measurement**

#### **3.7.1 Domestic violence**

This is noted as behaviour in any relationship that is used to gain maintain power and control over an intimate partner.

#### **3.7.2 Psycho-social well-being**

This incorporates the physical, economic, social, mental, emotional, cultural, and spiritual determinants of health. Well-being of an individual includes coping with stresses of everyday living and realization of the full potential of an individual as a productive member of the society.

#### **3.7.3 Standard Deviation and the Variance**

The researcher used standard deviation and variance to measure variability. Standard deviation involved subtracting the mean from each score to obtain the deviation. Deviation was squared and the sum was divided by the total degree of freedom. Variance helped to determine whether the scores were close and the following formula was used.

$$S^2 = \frac{\sum(X_i - \bar{X})^2}{n - 1}$$

Where  $S^2$  = Sample variance

$S$  = Sample standard deviation

$X_i$  = each value or score

$\bar{X}$  = Sample means

$n$  = Sample size

$n - 1$  = Degree of freedom

### **3.8 Data collection procedure**

The department of social sciences approved the research topic that the researcher presented to them. The researcher then developed a research proposal which was approved, After approval, the researcher acquired an introduction letter from the department head introducing her to the authority of the area where data was collected. After data collection, the researcher drafted a research report which she submitted to the department for further examination.

### **3.9 Data Collection instruments**

#### **3.9.1 Interview**

Data collection method is the process of assembling and measuring information on targeted variables in an established systematic style which enables one to answer research questions and evaluate outcomes (Lescroëlet al. 2017). This study collected primary information through conducting structured interviews. According to Amin (2005), an interview is a structured and unstructured set of questions administered to interviewee(s). The researcher used interview schedule to collect data from participants.

#### **1.9.2 Observations**

The researcher used non-participant observation to collect data in this study. Nonparticipant observation is a research technique whereby the researcher watches the participants of the study with their knowledge, but without taking an active part in the situation under scrutiny (Gall et al., 2007).

### **3.10 Data quality control**

#### **3.10.1 Validity**

The validity of an instrument is defined as the ability of an instrument to measure what it is intended to measure. Gay (2019). To arrive at the relevancy of the interview guide, the researcher designed instruments that yielded content –valid data by first specifying the domain of indicators that were relevant to the concept being measured.

#### **3.10.2 Reliability**

A tool's reliability shows the extent to which it is free of errors and for that makes sure that there is continuous valuation across time and also across the various items in the instrument. Bougie (2016). The principle of reliability as far as research instruments are concerned is clearly put forward by mark (20120) that an instrument is reliable if it produces the same results wherever it is repeatedly used.

### **3.11 Data processing and analysis**

#### **3.11.1 Qualitative data analysis**

Most of the data was qualitative. This material was first reduced by coding and categorization before analysis. Data reduction is the process of selecting, encoding, and classifying data.

#### **3.11.2 Ethical Considerations**

Instead of coercing the participants into participating, the researcher asked for their agreement. Enough time was given for the participants to ask questions and voice any concerns. The participants had the choice of participating or not participating in the research study.

Confidentiality is looked at by Walford (2015) to mean information that is private and not to be divulged to others. Whatever was said in confidence remained confidential in this study.

Anonymity is defined by Wiles (2017) as a major means used by the researcher to safeguard the confidentiality of participants by using pseudonyms. The researcher ensured that all participants were anonymous.

### **3.12 Methodological constraints**

The study was affected by non-response rate. This was due to the fact that some respondents were hesitant to give information. However, this was solved through having a dialogue with participants and explaining clearly the purpose of the research study.

## CHAPTER FOUR

### DATA PRESENTATION, INTERPRETATION AND ANALYSIS

#### 4.1 Introduction

The study assessed the effects of domestic violence on the psycho-social well-being of women in Nansanga sub county Budaka district. The main objective of this study was exploring the effects of domestic violence on the psycho-social well-being of women in Nansanga sub county Budaka district. The specific objectives of the study were: To investigate the various forms of domestic violence that exist in Nansanga sub-county, Budaka district, to determine the effects of domestic violence on the psycho-social well-being of rural women in Nansanga sub-county, Budaka district and lastly to explore interventions necessary to handle domestic violence on rural women in Nansanga sub-county Budaka district. The study used a qualitative research approach and a case study design and it considered 19 participants who included local leaders, women and police officers who were interviewed. This chapter which is chapter four entails presentation and interpretation of study findings.

#### 4.2 Demographic characteristics of participants

**Table 4.1: showing different participants with their demographic characteristics**

<b>Gender</b>	<b>Number of participants</b>	<b>Percentage (%)</b>
Female	11	70
Male	7	30
<b>Total</b>	<b>18</b>	<b>100%</b>
<b>Age Group</b>	<b>Number of participants</b>	<b>Percentage (%)</b>
25-30	2	15%
31--35	8	40%
36-40	5	25%
41 Years and above	3	20%
<b>Total</b>	<b>18</b>	<b>100%</b>
<b>Participants level of Education</b>	<b>Number of participants</b>	<b>Percentage (%)</b>
Secondary	6	35%
Diploma	8	45%
Bachelors	4	20%
<b>Total</b>	<b>18</b>	<b>100%</b>

<b>Marital status</b>	<b>Number of participants</b>	<b>Percentage (%)</b>
Married	16	92%
Un married	2	8%
<b>Total</b>	<b>18</b>	<b>100%</b>

**Source: Primary Data, 2024**

### **Age of participants**

The general and demographic information from table 4.1 above indicates that 15% of the participants were in the age bracket of 25-30 years, 40% of the participants were in the age bracket of 31-35 years, 25% of the participants were in the age bracket of 36-40 years and lastly 20 were in the age bracket of 41 years and above. Majority of the participants were in the age of 31-35 years and no participants were below the age of 18 thus indicating that participants were mature enough and provided reliable information in line with the topic under study.

### **Gender of participants**

Findings from this data reveal that: 70% of the participants were females, and 30% were males. Though the females formed majority of the participants who participated in the study, the above data indicates that both the female and male gender were well represented in this study.

### **Educational level of participants**

Participants were also asked to reveal their level of education as level of education is very important in research because educated participants always give reliable data as they take time to think before responding to any questions asked. Besides they also find it easy to respond in writing as they have attained some level education. In line with this findings showed that 35% of the participants had attained secondary level of education, 45% of the participants had diplomas and lastly 20% of the participants had attained bachelors.

### **Marital status of participants**

Participants were asked to reveal their marital status because sometimes domestic violence is differently affected by marital status and 92% of the participants were married while 8% of the participants were unmarried thus this indicating that most participants had relevant information about effects of domestic violence as they were married.

### 4.3 Presentation and Interpretation of Study Findings

The Presentation and interpretation of the findings was done according to study objectives of: To investigate the various forms of domestic violence that exist in Nansanga sub-county, Budaka district, to determine the effects of domestic violence on the psycho-social well-being of rural women in Nansanga sub-county, Budaka district and lastly to explore interventions necessary to handle domestic violence on rural women in Nansanga sub-county Budaka district. These were named as theme 1, theme 2 and three respectively as illustrated below:

#### 4.3.1 THEME 1: Various forms of domestic violence that exist

Study participants were asked to mention whether the following are forms of domestic violence in this sub county: sexual violence where woman are physically forced to have sexual intercourse, verbal and emotional abuse, physical violence by both partners and non-partners, Child abuse and lastly economic abuse where women are forced to give earnings.

##### **Sexual violence where woman are physically forced to have sexual intercourse**

Participants mentioned that sexual violence where women are physically forced to have sexual intercourse is very common form of domestic violence with in this area though majority of the women fear to report such kind of violence. This was affirmed by participant (WN1) who said that *“All most every women faces sexual violence as their partners are physical and energetic and they always force them in to sexual intercourse even though they are not fine”*

Another participant (LL1) said that *“sexual violence where women are physically forced to have sexual intercourse is form of domestic violence within this Sub County”*

Even participants (PP1) added that *“sexual violence where women are physically forced to have sexual intercourse is form of domestic violence is on the increase”*

Participant (LL 2) and WN2 mentioned that *“sexual violence where women are physically forced to have sexual intercourse is form of domestic violence”*

Participants LL2, LL1, WN1, WN2 PP1, PP4 and PP3 also said that *“sexual violence where women are physically forced to have sexual intercourse is form of domestic violence”*

Therefore, their responses above show that sexual violence where women are physically forced to have sexual intercourse is form of domestic violence though very few women always report this form of domestic violence.

### **Verbal and emotional abuse**

Participants mentioned that verbal and emotional abuse is a form of domestic violence. This was affirmed by participant (HT1) who said that *“there is a lot of verbal abuse and emotional abuse where men abuse women verbally and also emotionally”*

Participant (LL2) and (PP4) also said that *“there is a lot of verbal abuse and emotional abuse where men abuse women verbally and also emotionally”*

Even participants (MN4) added that *“there is a lot of verbal abuse and emotional abuse where men abuse women verbally and also emotionally”*

Participant (LL3) and MN2 were in agreement with this theme and also noted that that *“there is a lot of verbal abuse and emotional abuse where men abuse women verbally and also emotionally”*

Participants LL2, LL3, LL4, WN1, WN2, WN3 and PP1, PP3 also said that *“there is a lot of verbal abuse and emotional abuse where men abuse women verbally and also emotionally”*

The above participant expressions clearly indicate that there is a lot of verbal abuse and emotional abuse where men abuse women verbally and also emotionally

### **Physical violence by both partners and non-partners**

Participants mentioned that many women face Physical violence by both partners and non-partners. This was affirmed by participant (PP1), (PP2) and LL2 who said that *“physical violence by both partners and non-partners in number of homes on women is a form of domestic violence”*

Participant (PP1) and WN6 said that *“physical violence by both partners and non-partners in number of homes on women is a form of domestic violence”*

Even participants (L11) and PP3 added that *“physical violence by both partners and non-partners in number of homes on women is a form of domestic violence”*

Participant (WN2), (WN4), and (WN6) mentioned that *“physical violence by both partners and non-partners in number of homes on women is a form of domestic violence”*

Participants LL1, WN2, WN3 PP2 and PP1 all agreed that *“physical violence by both partners and non-partners in number of homes on women is a form of domestic violence”*

Therefore, the expressions above show that physical violence by both partners and non-partners in number of homes on women is a form of domestic violence

### **Child abuse**

Participants mentioned that child abuse is a form of domestic violence. This was affirmed by participant (LL1) who said that *“Child abuse is a form of domestic violence as men families and men abuse children in a number of ways with labour, beating among others and this negatively affects women”*

Participant (LL2) said that *“Child abuse is a form of domestic violence as men families and men abuse children in a number of ways with labour, beating among others and this negatively affects women”*

Even participants (LP2) added that *“Child abuse is a form of domestic violence as men families and men abuse children in a number of ways with labour, beating among others and this negatively affects women”*

Participant (WN6) mentioned that *“Child abuse is a form of domestic violence as men families and men abuse children in a number of ways with labour, beating among others and this negatively affects women”*

Participants who included LL2, LL3, PP2 and WN5 all noted that *“Child abuse is a form of domestic violence as men families and men abuse children in a number of ways with labour, beating among others and this negatively affects women”*

Therefore, the expressions above show that Child abuse is a form of domestic violence as men families and men abuse children in a number of ways with labour, beating among others and this negatively affects women

### **Economic abuse where women are forced to give their earnings**

Study participants mentioned that Economic abuse where women are forced to give their earnings is a form of domestic violence. This was affirmed by participant (LL1) who said that *“There is a lot of economic abuse in many homes where en force women to give their earnings and sometimes they go physical on them to get these earnings”*

Participant (WN3) and WN2 said that *“There is a lot of economic abuse in many homes where en force women to give their earnings and sometimes they go physical on them to get these earnings”*

Even participants (PP1) and (PP4) added that *“There is a lot of economic abuse in many homes where en force women to give their earnings and sometimes they go physical on them to get these earnings”*

Participant (WN1) mentioned that *“There is a lot of economic abuse in many homes where en force women to give their earnings and sometimes they go physical on them to get these earnings”*

Participants who included: LL1, LL3, WN1, WN2, WN3,WN4, PP1 and PP2 also said that *“There is a lot of economic abuse in many homes where en force women to give their earnings and sometimes they go physical on them to get these earnings”*

Therefore, the expressions above show that there is a lot of economic abuse in many homes where en force women to give their earnings and sometimes they go physical on them to get these earnings

#### **4.3.2 THEME 2: Effects of Domestic Violence on the Psycho-Social Well-Being of Rural Women**

Participants of the study were asked to mention whether the following are effects of domestic violence: school dropout as a result many un controllable circumstances in the home, high levels of anxiety, family neglect, isolation and low self-esteem for women, aggressiveness and sleeping difficulties for women, death is another effect as a result of many suicidal tendencies.

##### **School dropout as a result of many uncontrollable circumstances in the home**

Study participants mentioned that school dropout is one of the effects of domestic violence due to many uncontrollable circumstances at home that force children to drop out of schools. This was affirmed by participants LL1, PP2, and WN who said that “*domestic violence leads to many uncontrollable circumstances at home that lead to school dropout*”

Participant (LL2) and WN2 said that “*domestic violence leads to many uncontrollable circumstances at home that lead to school dropout*”

Even participants (WN3) added that “*domestic violence leads to many uncontrollable circumstances at home that lead to school dropout*”

Participant (LL2) and (LL4) mentioned that “*domestic violence leads to many uncontrollable circumstances at home that lead to school dropout*”

Participants who included LL3, LL4, and PP1 also said that “*domestic violence leads to many uncontrollable circumstances at home that lead to school dropout*”

Therefore, the expressions above show that domestic violence leads to many uncontrollable circumstances at home that lead to school dropout.

### **High levels of anxiety is an effect of domestic violence**

Participants of the study mentioned that high levels of anxiety is an effect of domestic violence on women. This was affirmed by participant (LL2) and LL4 who said that “*domestic violence results in to anxiety*”

Study participants (WN3) and WN2 said that “*domestic violence results in to anxiety among women*”

Even participants PP1, PP2 added that “*domestic violence results in to anxiety among women*”

Participant WN4 mentioned that “*domestic violence results in to anxiety among women*”

Participants LL1, LL3, LL4, and PP2 also said that “*domestic violence results in to anxiety among women*”

Therefore, the expressions above show that *domestic violence results in to anxiety among women*

### **Isolation and low self-esteem for women is another effect of domestic violence**

Participants of the study mentioned that Isolation and low self-esteem for women is another effect of domestic violence. This was affirmed by participant (LL1) who said that *“Isolation and low self-esteem for women is another effect of domestic violence”*

Study participant WN1 and WN4 said that *“Isolation and low self-esteem for women is another effect of domestic violence”*

Furthermore, participants (PP2) noted that *“Abuse of child rights forces girls to leave school”*

Other participants (WN3 and WN2) mentioned that *“Isolation and low self-esteem for women is another effect of domestic violence”*

Participants LL1, LL2, LL3 and WN2 also said that *“Isolation and low self-esteem for women is another effect of domestic violence”*

Therefore, the expressions above show that Isolation and low self-esteem for women is another effect of domestic violence

### **Aggressiveness and sleeping difficulties for women**

Participants mentioned that domestic violence results in to aggressiveness and sleeping difficulties for women. This was affirmed by participant (LL2) who said that *“domestic violence results in to aggressiveness and sleeping difficulties”*

Study participant (LL1) and (WN1) said that *“domestic violence results in to aggressiveness and sleeping difficulties”*

Additionally, participants (WN1 and PP2) added that *“domestic violence results in to aggressiveness and sleeping difficulties”*

Participants (LL1, WN2 and PP2) mentioned that *“domestic violence results in to aggressiveness and sleeping difficulties”*

Participants LL2, LL3, and WN2 also said that *“domestic violence results in to aggressiveness and sleeping difficulties”*

The expressions above show that domestic violence results in to aggressiveness and sleeping difficulties.

### **Death is another effect as a result of many suicidal tendencies.**

Participants of the study were asked to reveal if death is another effect of domestic violence as a result many suicidal tendencies. This was affirmed by participants (WN1) who said that *“Death is another effect of domestic as a result of many suicidal tendencies”*

Participants (LL1) and PP2 said that *“Death is another effect of domestic as a result of many suicidal tendencies”*

Additionally, participants PP1 and PP2 added that *“Death is another effect of domestic as a result of many suicidal tendencies”*

Participants LL1 and PP2 mentioned that *“Death is another effect of domestic violence as a result of many suicidal tendencies”*

Participants LL2, LL3 and WN2 also said that *“Death is another effect of domestic violence as a result of many suicidal tendencies”*

Therefore, the expressions above show that Death is another effect of domestic violence as a result of many suicidal tendencies

### **4.3.3 THEME 3: Interventions Necessary to Handle Domestic Violence on Rural**

#### **Women**

Participants of the study were asked to mention whether Provision of better guidance and counseling services can handle domestic violence, whether protecting people affected by domestic violence is another intervention, training of parents on what domestic violence is can help handle it and lastly whether provision of live examples on how to promote domestic violence is another intervention.

#### **Provision of better guidance and counseling services can handle domestic violence**

Participants of the study mentioned that provision of better guidance and counseling services can handle domestic violence. This was affirmed by participant LL2 and PP2 who said that *“Provision of better guidance and counseling services can handle domestic violence”*

Participant (LL1) and WN2 said that *“Provision of better guidance and counseling services can handle domestic violence”*

Participants MN4 and PP2 added that *“Provision of better guidance and counseling services*

*can handle domestic violence”*

Other participant (LL4) mentioned that *“Provision of better guidance and counseling services can handle domestic violence”*

Participants LL2, LL3 and PP2 also said that *“Provision of better guidance and counseling services can handle domestic violence”*

Therefore, the expressions above show that Provision of better guidance and counseling services can handle domestic violence.

### **Protecting people affected by domestic violence is another intervention**

Study participants of the study mentioned that protecting people affected by domestic violence is another intervention. This was affirmed by participant (WN 2) who said that *“Protecting people affected by domestic violence is another intervention”*

Participant PP2 and PP2 said that *“Protecting people affected by domestic violence is another intervention”*

Additionally, participants (LP1) also said that *“Protecting people affected by domestic violence is another intervention”*

Participant PP1 and PP2 mentioned that *“Protecting people affected by domestic violence is another intervention”* *Protecting people affected by domestic violence is another intervention”*

Participants LL2, LL3, WN1 and WN2 also said that *“Protecting people affected by domestic violence is another intervention”*

Therefore, the expressions above show that protecting people affected by domestic violence is another intervention to prevent domestic violence.

### **Training of parents on what domestic violence is can help handle it**

Participants of the study mentioned that training of parents on what domestic violence is can help as an intervention to prevent domestic violence. This was affirmed by participant (LL1) who said that *“training of parents on what domestic violence is can help as an intervention to prevent domestic violence”*

Participant (LL5) said that *“training of parents on what domestic violence is can help as an intervention to prevent domestic violence”*

Participants (WN1 and WN3) added that *“training of parents on what domestic violence is can help as an intervention to prevent domestic violence”*

Participant (LL1, LL2 and WN3) mentioned that *“training of parents on what domestic violence is can help as an intervention to prevent domestic violence”*

Participants LL3, LL4 and PP2 also said that *“training of parents on what domestic violence is can help as an intervention to prevent domestic violence”*

Therefore, the expressions above show that training of parents on what domestic violence is can help as an intervention to prevent domestic violence

**Provision of live examples on how to promote domestic violence is another intervention.**

Participants mentioned that provision of live examples on how to promote domestic violence is another intervention to prevent domestic violence. This was affirmed by participant (LL3) who said that *“provision of live examples on how to promote domestic violence is another intervention to prevent domestic violence”*

Participant (l4) said that *“provision of live examples on how to promote domestic violence is another intervention to prevent domestic violence”*

Participants WN3 added that *“provision of live examples on how to promote domestic violence is another intervention to prevent domestic violence”*

Participant (LL2) mentioned that *“provision of live examples on how to promote domestic violence is another intervention to prevent domestic violence”*

Participants LL1, LL2, LL4 and WN3 also said that *“provision of live examples on how to promote domestic violence is another intervention to prevent domestic violence”*

Therefore, the expressions above show that provision of live examples on how to promote domestic violence is another intervention to prevent domestic violence

## CHAPTER FIVE

### DISCUSSION OF STUDY FINDINGS

#### 5.1 Introduction

In assessing the effects of domestic violence on the psycho-social well-being of women in Nansanga sub County Budaka district. The study contracted on the specific objectives of: To investigate the various forms of domestic violence that exist in Nansanga sub-county, Budaka district, to determine the effects of domestic violence on the psycho-social well-being of rural women in Nansanga sub-county, Budaka district and lastly to explore interventions necessary to handle domestic violence on rural women in Nansanga Sub-County Budaka district. This chapter discusses study findings:

#### 5.2. Discussion of study findings

##### 5.2.1 Various forms of domestic violence that exist

Findings showed that sexual violence where women are physically forced to have sexual intercourse is form of domestic violence though very few women always report this form of domestic violence. This study finding was in line with a study conducted by Odiambo et al, (2020) from Kenya who noted sexual violence is one of the forms domestic violence.

Additionally study findings also revealed that emotional abuse is a form of domestic violence this was similar to a study conducted by Markbill (2022) who in his study noted that emotional abuse is dangerous form of domestic violence.

Study findings show that physical violence by both partners and non-partners in number of homes on women is a form of domestic violence. This study finding was in line with a study conducted by marine (2019) who conducted a research study in Togo and noted that physical violence by partners is a form of domestic violence.

Study showed that there is a lot of economic abuse in many homes where women are forced to give their earnings and sometimes they go physical on them to get their earnings. This study finding was in line with a study conducted by Oburu (2020) who noted that men pick women's earnings and this is a form of domestic violence.

### **5.2.2 Effects of Domestic Violence on the Psycho-Social Well-Being of Rural Women**

Study findings showed that domestic violence leads to many uncontrollable circumstances at home that lead to school dropout. This study finding was in line with a study conducted by Owino (2020) who noted that domestic violence brings about fights in homes which fights negatively affect school going children leading to school dropout.

Findings also showed that Isolation and low self-esteem for women is another effect of domestic violence and this study finding was in line with a study conducted by Paul (2019) who noted that women who face domestic violence always have low self-esteem.

Study findings also showed that domestic violence results in to aggressiveness and sleeping difficulties women get tired and become aggressive thus sleeping with a lot of difficulties.

Finally findings under this objective showed that Death is another effect of domestic violence. This study finding was in line with a study conducted by Anthony (2020) who conducted a research study in Central African Republic and noted that domestic violence leads to suicidal tendencies where the victims who are the women always turn to suicidal acts.

### **5.2.3 Interventions Necessary to Handle Domestic Violence on Rural Women**

Study findings under this objective revealed that provision of better guidance and counseling services can handle domestic violence. This was in line with study conducted by Opio (2019) who noted that provision of better guidance and counseling can help to prevent domestic violence.

Study findings revealed that that protecting people affected by domestic violence is another intervention to prevent domestic violence. This study finding was in line with a study conducted by Peterson (2023) and noted that protection of women from domestic violence is a measure to prevent domestic violence.

Study findings also showed that training of parents on what domestic violence is can help as an intervention to prevent domestic violence this study finding was in line with a study conducted by Alvin (2020) who noted that training parents on what domestic violence is helps as an intervention to prevent domestic violence.

Findings also showed that that provision of live examples on how to promote domestic violence is another intervention to prevent domestic violence. This study finding was in line

with a study conducted by Omale (2019) who conducted a study in Ghana and noted that provision of live examples can work as a measure to prevent domestic violence

## CHAPTER SIX

### CONCLUSIONS AND RECOMMENDATIONS

#### 6.1 Introduction

This study was about the effects of domestic violence on women in Nansanga sub county Budaka, District. This chapter presents conclusions and recommendations in line with the specific objectives which include to explore various forms of domestic violence being experienced by women in Nansanga sub county, Budaka district, to explore the effects of domestic violence on the psycho-social well-being of women in Nansanga sub county and to explore the interventions to stop domestic violence in Nansanga sub county, Budaka district. This chapter presents conclusions and recommendations of the research study.

#### 6.2 Conclusions

##### 6.2.1 Various forms of domestic violence that exist

Study findings concluded that sexual violence where women are physically forced to have sexual intercourse is form of domestic violence, that emotional abuse is a form of domestic violence, that physical violence by both partners and non-partners in number of homes on women is a form of domestic violence, that economic abuse in many homes where women are forced to give their earnings and sometimes they go physical on them to get their earnings is a form of domestic violence.

##### 6.2.2 Effects of Domestic Violence on the Psycho-Social Well-Being of Rural Women

Study findings concluded that domestic violence leads to many uncontrollable circumstances at home that lead to school dropout, that Isolation and low self-esteem for women is another effect of domestic violence, and lastly that domestic violence results in to aggressiveness and sleeping difficulties among women that Death is another effect of domestic violence.

##### 6.2.3 Interventions Necessary to Handle Domestic Violence on Rural Women

Study findings under this objective concluded that protecting people affected by domestic violence is another intervention to prevent domestic violence, that training of parents on what domestic violence is can help as an intervention to prevent domestic violence and lastly that that provision of live examples on how to promote domestic violence is another intervention

to prevent domestic violence.

### **6.3 Recommendation**

Encouraging the people of Uganda especially the women to engage in productive activities that are income generating activities and this may help them reduce and escape them from over relying on men which sometimes result into domestic violence.

The government of Uganda should encourage the people especially the women to report the cases of domestic violence. This may help to reduce on the level of domestic violence among women in Uganda.

The government should set up strict policies against domestic violence such that these criminal cases reduce.

### **6.4 Areas for further research**

More research should be carried out on the effects of domestic violence on child development.

The possible measures to eliminate domestic violence and promote proper child development in Uganda.

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**APPENDICES**

**APPENDIX I: CONSENT LETTER**

**Dear Respondents**

**Date .....**

**Ref. Request to Complete Research Questionnaire**

I am Sulwa Justine a student of Uganda Christian University pursuing a Bachelor’s Degree of social work and social administration and am currently undertaking a research on “effects of domestic violence on women in Nansanga sub county Budaka, District ”. You are kindly requested to participate in this research and your selection to this effect has been based on random basis. Please feel free as you respond to the study questions because the information you are to give will only be used for academic purposes only.

Thank you

.....

**(RESAERCHER)**

**APPENDIX II**

**REPOUDENT’S DEMOGRAPHIC – DATA**

***INSTRUCTIONS***

*Please fill in the blank spaces or tick (√) in the boxes provided where necessary.*

1. Name: (optional) .....
2. Age: 25 – 30     31 – 35     36 –40     41+
3. Sex: Male                       Female
4. Marital status: Single             Married
5. Location:  
Cell ..... Parish .....  
Sub – county .....
6. Levels of education:  
Secondary     Diploma     Bachelors   
Other (please specify) .....  
.....
7. Gender : Female     Male

**APPENDIX III**

**INTERVIEW GUIDE**

1) Self-introduction

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2) What is your position?

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3) What are some of the forms of domestic violence that exist in Nansanga Sub-County, Budaka District?

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4) What are the effects of domestic violence on the psycho-social well-being of rural women in Nansanga Sub-County ?

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5) Explain the interventions necessary to handle domestic violence on rural women in Nansanga Sub-County ?

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DATA COLLECTION LETTER



UGANDA CHRISTIAN UNIVERSITY  
A Centre of Excellence in the Heart of Africa  
MBALE UNIVERSITY COLLEGE

Office of the Academic Registrar

To THE SUBCOUNTY CHIEF

Dear Sir/Madam,

Re: Academic Research

Christian greetings!

We are honored to introduce to you Mr. Mrs./Miss. SULKWA JUSTINE  
Of Registration Number; J22/MUC/BSW/032 pursuing a Masters' Degree/Postgraduate Diploma / Bachelor's Degree SOCIAL WORK AND SOCIAL ADMINISTRATION

He/ she is required to carry out an academic research on the topic EFFECTS OF DOMESTIC VIOLENCE ON THE PSYCHO-SOCIAL WELL-BEING OF RURAL WOMEN IN NANSANGA SUB-COUNTY, BUAKA DISTRICT

and thereafter produce a well bound hard cover research report (MAROON) in color for undergraduate and three (BLACK) copies for Postgraduate students as a University requirement for the award of a degree/diploma in the academic discipline that he / she is pursuing.

We shall be grateful for the help you may offer to him or her accordingly.

Thank you.

Yours faithfully,

[Handwritten signature]

Mr. Akampurira Timothy  
Academic Registrar

