

Socio-Demographic Determinants of Gender-Based Violence against Men in Kogi State, Nigeria

Dangana- Onuche Gloria Ojonoka¹, Maha Blessing², Oguche Unekwu Grace¹, Akpata Oremeyi Grace¹, & Musa Bilkisu Aboda¹

¹Sociology Department, Faculty of Social Science
Prince Abubakar Audu University Anyigba,-Kogi State.

²Department of Social Science and Humanities, Federal Polytechnic Ida, Kogi State.

Corresponding Author: Dangana- Onuche Gloria Ojonoka,
Email: Dangana.og@ksu.edu.ng

Abstract

Gender-based violence (GBV) is a significant social and public health problem globally. While women are disproportionately affected, men can also be victims, though this phenomenon receives scant attention, particularly in African contexts like Nigeria. This study assessed the socio-demographic determinants of GBV against married men in Kogi State, Nigeria. The specific objectives were to examine the prevalence of GBV, identify influencing socio-demographic factors, and evaluate its effects on men. The study was anchored on the Frustration-Aggression and Social Cognitive theories. A cross-sectional descriptive survey design was employed, with data collected from 424 married men in Ankpa LGA using a multi-stage sampling technique. Data were analyzed using descriptive statistics. The study revealed a high prevalence (85.5%) of GBV, with verbal (98.3%), emotional (94.8%), sexual (91.9%), and psychological (82.3%) violence being the most common forms; physical violence was the least reported (37.9%). Key socio-demographic determinants included younger age at marriage, lower educational attainment, unemployment, lower household income, and rural residence. The effects on men included depression, suicidal ideation, substance abuse, trauma, and marital instability. The study recommends that the Nigerian government and relevant NGOs create awareness about GBV against men and establish marital counseling centers where male victims can seek confidential support and intervention.

Key Words: Gender-Based Violence, Domestic Violence, Male Victims, Married Men, Socio-demographic Factors, Nigeria

Introduction

Across the globe, gender-based violence (GBV) has become a significant social problem that leads to high rate of morbidity, mortality, depression, substance dependent and

posttraumatic stress disorder. It is composed of various violent acts committed against victims due to socially imposed genderism (Wirtz, Perrin, Desgropes, Phipps, Abdi, Ross, & Glass, 2018). The United Nations (UN, 2022) viewed gender-based violence as a pattern of behaviour in any relationship that is used to gain or maintain power and control over an intimate partner, including physical, sexual, psychological, emotional, and financial acts or threats of action that influence another person. It also manifests as economic abuse, intimidation, harassment, and stalking, and occurs in family circles as well as in the broader community (Thobejane, Luthada, & Mogorosi, 2018). Gender-based violence generally includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound another in a relationship. This form of violence is wilfully directed at another with significant effects.

Gender-based violence affect both men and women as well as boys and girls from any community and background regardless of race, age, sexual orientation, religion, sex, socio-economic background and educational levels in both the developed and developing countries. Although women are known to be disproportionately affected by the problem of gender- based violence, more often than we may think men also suffer the problem of gender-based violence. Yagi, Malette, Mwindo and Maisha (2022) observed that gender-based violence against men is a reality happening in varying degrees globally. However, some men suffer the problem of gender-based violence in silence because of shame, fear, ridicule and the embarrassment that comes with admitting that they have been abused by their wives or a female intimate partner lowering the chance of such cases ever being reported (Mantey & Dzotor, 2018).

Globally, statistics provided by the Mankind Initiative showed that 2.5% of men across the globe men were victim of partner abuse in 2018/19 while 13.8 percent of men (2.9 million) between the ages of 16 to 74 have suffered some form of domestic abuse between 2019/2020. The statistics further showed that domestic abuse affects one in six to seven men in their lifetime (Mankind Initiative, 2024). Previous studies project more of domestic violence and abuses experienced by women and hardly that experienced by men carried out by their female partners (Yagi, Malette, Mwindo and Maisha, 2022; Yagi, Malette,

Mwindo and Maisha 2022). Mphatheni & Mlamla (2022) observed that while society is quick to condemn and publicly denounce male perpetrators of gender-based violence it does not accord the same attention to females who victimize and abuse men and boys. Given this research gap, this study seeks to, examine socio-demographic determinants of gender based violence against men in Kogi state, Nigerian with focus on demographic factors such as age, marital status, educational level, geographical location and its effects on men with the view that findings and recommendations from this study would help in the intervention and policies that will address gender-based violence against men in Nigeria.

Statement of Problems

Gender-based violence is a social and public health concern in many countries of the world with significant effects. The problem of gender-based violence over the years has however been projected and popularized more among the female gender because it is commonly believed that it is violence directed at females and women suffer it more while it remains unthinkable that men could fall victims of gender-based violence. Over the years, efforts to combat gender-based violence have led to initiatives like the Domestic Violence against Women (DVAM) campaign and the Convention on the Elimination of Discrimination against Women (CEDAW). These policies, however, were clearly women-centered policies. Most measures and policies often put in place to eradicate the problem of gender-based violence in the society have always focused on the problem of gender-based violence against women and its eradication while silence is maintained on the problem of violence against men by women perpetrators.

The problem of gender-based violence against men is now gradually gaining recognition as men are increasingly becoming victims of gender-based violence. There has been a huge shift in recent times on the problem of gender-based violence as women are now taking the front role and finding themselves in the spotlight of numerous violent crimes causing physical and psychological damage to the men in society (USAID, 2018). While gender-based violence against women has been extensively studied, violence against men remains relatively under-explored. For instance there is no gender-based law against men in

Nigeria. The limited attention on gender-based violence against men presented a critical gap in the discourse of gender based violence against men in Nigeria. Thus, this study addressed this gap by assessing socio-demographic determinants of gender-based violence against men in Kogi State emphasizing the importance of considering men's experience of domestic violence and its effects on them.

Objectives of the Study

The aim of this study is to examine the socio-demographic determinants of Gender Based violence against men in Kogi State. In order to achieve this aim, the following objectives were set out to:

- i. Examine the prevalence of gender- based violence against men in Kogi State, Nigeria.
- ii. Assess socio-demographic factors influencing gender -based violence against men in Kogi state, Nigeria.
- iii. Evaluate the effects of gender- based violence against men in Kogi State, Nigeria

Hypothesis

There is a significant relationship between socio-demographics factors and gender-based violence against men.

Literature Review

Conceptual Review

Violence

Violence is one of the most elusive and difficult concept in Social Sciences. It is clearly an extremely complex phenomenon involving major ambiguity between the destruction and the creation of order. De Vries (2002) conceptualizes violence as any cause, any justified or illegitimate force that is exerted physically or otherwise by one thing (event or instance, group or person and perhaps word and objects on another. As cited in Blom et al (2023), the World Health Organization (2002) defined violence as the intentional use of physical force or power, threatened or actual against oneself, another person, or against a group or

community, that either results in or has a high likelihood of resulting in injuries, death, psychological harms, mal-development or deprivation. Violence can however be viewed as an abuse of power in a relationship that is displayed by exertions of physical, verbal, sexual, psychological and emotional control. The European Union (2022) further defines gender-based violence as a violence directed against a person because of that person's gender or a violence that affects person of a particular gender disproportionately. Despite recognizing that women and girls are overwhelmingly the main victims of GBV due to systematic power imbalances. The EU definition of does not exclude men. Violence against men included the broader scope of GBV when the act of harm (sexual, psychological, emotional and physical) are committed against them specifically because of their gender or when they are part of domestic violence.

Gender-Based Violence

According to The European Union (2022) gender-based violence refers to a term used to cause harm to individuals and groups that are attached to a normative understanding of their gender. The World Health Organization (WHO, 2020) views gender based violence in terms of intimate partner violence and conceptualizes it as any behaviour within an intimate relationship that causes physical, psychological or sexual harm to those in relationships and this includes physical aggression, sexual coercion, psychological abuse, and controlling behaviours. In line with this, Thobejane, Luthada, and Mogorosi (2018) broadly defined gender-based as physical, sexual, emotional, verbal, and psychological violence against a person of the opposite gender. It also manifests as economic abuse, intimidation, harassment, and stalking, and occurs in family circles as well as in the broader community. Thobejane et al. (2018) further observed that gender-based violence occurs when a perpetrator damages a victim's property or when they aggressively force entry into a victim's residence. The anti-gender-based violence act of 2011(GBV act,2011) noted generally that gender based violence is any physical, mental, social or economic abuse against a person because of that person's gender and includes violence that results in or is likely to result in physical, sexual or psychological harm or suffering to the person, including threats of such acts, coercion or arbitrary deprivation of liberty, whether

occurring in public or private life and the actual or threatened physical, mental, social or economic abuse that occurs in a domestic relationship (Anti-GBV Act of 2011). Gender - based violence as a general term can therefore be conceptualized as violence that is associated with both males and females in the society. It is a pattern of behaviour which involves the abuse by one partner against another in an intimate relationship such as marriage, cohabitation, or dating. It can take many forms such as physical aggression, assault, threats; sexual abuse; emotional abuse; controlling or domineering attitude, intimidation of a partner among other forms of partner abuse.

Conceptual Overview of Gender Based Violence against Men

The term gender-based violence is a commonly used term in the society and it is widely used as a synonym for violence against women. However, contrary to this wide held belief a growing number of men also suffer the problem of gender-based violence in the society. According to Mbandlwa (2020), domestic violence against men is usually committed by a man's intimate partner. Studies have however shown that that there is a high level of under reporting of gender-based violence cases among men compared to women (Yagi et al, 2022, Kalimaposo et al, 2022) and this have been attributed to how society views men as strong, patriarchal expectations and African cultural norms that make it hard to report any physical, emotional and psychological abuse men face from their female partners (Mbandlwa, 2020). In the view of Coomarswamy (2014) gender-based violence against men is a behavior where women use violence to control men, a control to which they feel they are entitled and that is supported by their culture and is likely to cause physical and mental health problems, which include chronic pain, physical disability, drug and alcohol abuse, depression and lower self-esteem forms and dimensions of violence that is aimed at a person by virtue of their gender.

Empirical Review

Various studies have revealed cases of gender-based violence against men in different African countries and the trend seems to be assuming an alarming increase in proportion as well. Adebayo (2024) in a study on the prevalence of gender based violence against men

in Kenya found that that almost five hundred thousand men were beaten by their wives. Another study involving different African countries observed prevalence gender-based violence rate of (7%) in Malawi, (7%) in Mozambique and (27%) in Zambia (Srivastava, 2016). In Ugandan, a report of demographic and health survey in the country showed that almost half (44%) of ever married men had experienced some form of domestic violence (Gubi and Wandera, 2022). In Nigeria in particular, various bodies have revealed the problem of gender-based violence against men. For instance the Lagos State Government, through its Domestic and Sexual Violence Agency (DSVA), has reported 1,108 documented cases of domestic abuse against men over a span of six years (Punch, 2023). Also, a Non-Governmental Organization (NGO) known as the Purple Lifeline Connection observed that more than 25 percent of men in Nigeria experience abuse within their intimate relationships (Tribune, 2022). A previous study conducted by Asekun-Olarinmoye, Adebimpe, and Omisore (2019) also revealed that gender based violence against men is a reality in Nigeria and 25% of men have ever been victims of domestic violence. The above have clearly indicates that men are also at the higher risk of domestic violence from their spouses, while some countries have relative high prevalence research from other countries reveal low prevalence. Although many of the cases may remain unreported due to cultural expectations that men are the dominant party in a relationship. Admitting to the domestic violence makes them have the feeling of failing to be in charge as expected of them and therefore feels deserving of the abuse they experience. Due to this some men continue to suffer different forms of abuse in the hands of their female partners in silence.

Gender-based violence against men exist in various types such as emotional/ psychological, physical and verbal, financial abuse among other types of domestic violence. Such violence could take different forms. A study by Malik and Nadda (2019) found that gender-based violence takes many forms like domestic abuse which involves battering, spousal abuse, dating abuse, family violence and intimate partner violence including other ways such as physical aggression or assault such as hitting, biting, kicking, slapping, shoving, throwing objects, battery, making threats and also through emotional abuse; sexual abuse; domineering or controlling; intimidation; stalking and economic deprivation. Different

forms of gender -based violence are carried out by women against their male partners and this include physical abuse causing feelings of pain, injury, intimidation, bodily harm, punching, hitting, pushing, and many other kind of physical violence. Emotional / psychological which takes the form of verbal or non-verbal abuse and includes situation such as harassing or humiliating the victim publicly or privately, controlling the victim and dictating to them, demeaning and publicly embarrassing victims.

Previous studies has also revealed the influence socio-demographic factors such as age, marital status, socio-economic status and educational level on gender-based violence against men. Inability of men in providing for their families is also known to increase the risk of gender-based violence among men. Aborisade (2023), affirmed that domestic violence against men is usually triggered by financial misfortune such as job loss, prolonged unpaid salaries, and business decline suffered by the husband. Amoo, Adegbeye, and Iyanda (2018) further, elaborated on the role of economic dependence on domestic violence against men when he found that economic dependence was a significant predictor of domestic violence against men. Unemployment was also often blamed on the problem of gender-based violence that took place in various homes. Unemployed men are usually disempowered and employed women felt empowered in most circumstances. This made some wives see their husbands as poor and insult them for failure to provide for the family. In some cases, the violence starts when wives proposed to sleep in separate rooms and in most cases the wives threatened a divorce.

Effects of gender-based violence are multi-dimensional and can affect not only the individual directly experiencing the violence but the effects could spill to families, communities and the wider society. A study by Wirtz, et al, (2018) observed that gender-based violence disrupts the family structure, negatively impacts social networks, causes displacement and economic disruption, and engenders various conflict-related encounters. Gender-based violence often leads to high rates of morbidity, depression, substance dependence, post-traumatic stress disorder, suicide, and mortality (Taha,-Thomure, Milne, Kavanagh, & Stirling, 2022). Lloyd and Brustia (2018) further noted that domestic violence is hazardous for children, since the psychological and mental impacts varies and sometimes

quiet. Beside the psychological and mental effects, frequent exposure to violence in the home may have effects on them. They may grow up thinking it is a normal way of life and this can thus increase their risk of next victims of gender-based violence or the perpetrators when they grow into adults. According to Muller and Shahrokh (2017) the challenge of gender-based violence has continued to be a prominent problem and a growing human rights and global public health concern that is affecting people of all age groups and sex around the world. It is acknowledged as a violation of human rights and a constraint to development throughout the world. A thematic analysis by Appleton (2016) identified four themes which included violent relationship, harms and behaviours, risk and seeking help. The study found that men are reported being victims of female-perpetrated physical, emotional, psychological and sexual abuse, with some experiencing severe aggression, control and fear with effects on their mental health as well. These effects can increase high rates of mortality among men in globally and in Kogi State in particular.

Theoretical framework

The study anchored on Frustration-aggression Theory and Hegemonic Masculinity Theory. The frustration-aggression theory developed by Dollard, Doob, Miller, Mowrer, & Sears (1939) explains the link between frustration and aggression. It holds that aggression is the aftermaths of blocking, or frustrating, a person's efforts to attain a goal. Whenever there is a failure in achieving a certain end goal, the perpetrator is frustrated and the frustration in turn leads to violence. The theory sees violence as a source of frustration. Frustration-aggression theory presupposes that a human tendency to exhibit violence is a result of disappointment with the social situation they encounter contends that anger may result in violent action, which in certain circumstances includes domestic abuse. When someone's aims or ambitions are obstructed or frustrated, irritation occurs and this may lead to violent conduct as a way to deal with the frustration and get the intended result (Dollard, Doob, Miller, Mowrer, & Sears, 1939).

In the context of gender-based violence against men, frustration may arise from a variety of issues, including infidelity, financial challenges, among other challenges coupled with stress

thus leading to violence. For instance, a spouse who is angry about their present financial condition or who is angry that their expectations in marriage are not met may carry it out on their partner in form of abuse physically or verbally in order to deal with the anger and ease the stress it has produced (Straus & Gelles, 1990). Anger can lead to domestic violence, when a woman's expectation from a man in marriage or any intimate relationship is not met, obstructed or hampered, frustration can set in. Aggressive action can be used as a strategy of lowering the frustration and obtaining the desired result from this frustration. This shows that violence against men may result from a variety of factors, including infidelity, not being able to meet a woman's financial expectations, sexual expectations, among other expectations the woman may desire from the man and when the man unable to live up expectation and acts on the contrary in the course of their relationship. If the man is unable to maintain the desired quality of life expected from him due to his financial challenges or out of neglect the woman may become frustrated and carry it out on him through violence whether physically or verbally. The violent conduct could be a means of dealing with dissatisfaction and easing the frustration it has generated. Male victim's frustration might lead to their own (non-violent) maladaptive coping mechanisms such as substance abuse and absenteeism from the home.

The Hegemonic Masculinity Theory

Hegemonic Masculinity theory by Raewyn Connell (1985) and Tim Carrigan and John Lee (1995) explains the dominant form of masculinity in a particular society which helps maintain men's power over women. Piñeiro (2023) noted that the Hegemonic masculinity is a prototype of the "real" man and aspires to become a self-sufficient, strong, aggressive, hypersexual, violent, and homophobic man. Stereotypical appreciation goes further when he refers that hegemonic masculinity minimizes the importance of women, whom he considers as passive, subjective, consumer, and dependent; meanwhile, the "man" is cultured, active, objective, and active. This distinction suggests the superiority and predominance of reason over emotion (Hernando, 2018); and, from this hierarchical perspective, women are after men, which explains male superiority. This traditional position promotes counter-hegemony that seeks to modify these idealistic and attitudinal

forms. The consolidation of hegemonic masculinity comes from ancient times when masculine representation was represented with male nudity and erect phalluses before the Christian era (Franković & Matić, 2023). The measurement of hegemonic masculinity according to O'Neil (1995) is based on four dimensions: the need for success, power and competence, restricted emotionality, affective behavior, and the conflict between work and family. The first dimension explains man's need for status concerning others through continuous comparison. The conception of considering oneself to be the best refers to the search for success to place oneself above others and, in this way, prove one's masculinity above all things, including physical and mental health (Perla, 2020). The second dimension refers to the difficulty of having demonstrative-affective relationships and managing their emotions. Emotional restraint has been developed since childhood and represents a weakness associated with cultural aspects; as an example, the phrase: "boys don't cry" is considered a cultural notion. Among so many emotional manifestations, anger is represented by the masculine (Gutman, 2020). As for the third dimension, limited affective behaviors towards other men, it explains the restrictions on the expression of one's thoughts and feelings towards people of the same sex for fear of being considered homosexual. Finally, the fourth dimension refers to conflicts between family and work, which evidences the difficulties men have in balancing work and the family environment; that is, men are configured through work in search of being recognized as such and acquire power as protectors and providers of their families (Ramírez, 2019). From a cultural ideological perspective, MH highlights the idealized and dominant form of masculinity over femininity and is perceived and endorsed by most members of society (Schermerhorn et al., 2023).

Cultural masculinity norms of stereotypes, being hard, tough, strong, can mean that male victims are less likely to be believed or supported. Revealing their victim status may also be seen as emasculating and feminizing. Hegemonic masculinity as a cultural norm and concept may thus hold back male victims from admitting to domestic violence. Hence the reason for under-reported issue of domestic violence against men.

Methods

Population of the Study

The population of this study consist of a total numbers of 10,000 men in Ankpa Local Government Area of Kogi State who are within the age range of 18-65 years and above. The inclusion criteria included been married, separated or divorced and have ever experienced domestic violence. The exclusion criteria included been single as well as those not residing in Ankpa LGAs. Purposive sampling techniques was adopted in selecting participants for this study.

Sample Size

The sample size for the study was drawn using Cochran formula for sample size determination. The targeted population was however estimated to ten thousand (10,000). The justification of this estimation is due to the fact that the study was not carried out in all the council wards in Ankpa Local Government Areas.

From the Cochran formula given as $(N=Z^2 P (1-P)/d^2)$

N = Sample size desired

Z = Standard normal deviation at the required confidence level (1.96)

P = Proportion in the target population estimated to have characteristics of interest.

For this study it is estimated to be 50% (0.50)

d = level of statistical significance (0.05)

Applying this formula $(N=Z^2 P (1-P)/d^2)$, the sample size was determined as:

$$N=1.960^2 (0.50) (1-0.50)/0.05^2$$

$$N= 3.8416 (0.50) (0.50)/0.05^2$$

$$N=3.8416(0.25)/0.0025$$

$$N=3.8416 \times 100$$

N= 384.16

Approximately N=384.2

Using the Cochran formula the sample size for the sample was approximately 384.2 but for the purpose of using integers 385 was adopted for the sample size. However, to cater for attrition rate, 10 percent of 385 was calculated and 39 was gotten and added and this gave a total sample size of 424.

Methods of Data Collection and Analysis

Data for the study were collected using a well-structured questionnaire, this was modified and employed as the primary data collection instrument. The questionnaire, titled socio-demographic determinants of gender-based violence against men Questionnaire (SDDOGBVAMQ). Section A solicited demographic information from respondents, while Section B comprised questions directly related to prevalence of gender-based violence against men, aligning with the research inquiries. Respondents were instructed to assess each item in Section B on a Likert three-point scale, ranging from "Often" to "Some time," reflecting the prevalence and effects of gender-based violence against men. In collecting data for the study permission was sought from the respondents. The purpose of the study was explained to the participants. They were also given assurance of confidentiality and anonymity of their identities and responses. They were also informed that participation was purely voluntary and that they were free to stop whenever they felt uncomfortable to continue with the research. In total, four hundred and twenty (424) copies of the research instrument were administered to participants, however, only four hundred and seven copies (407) representing 96% response rate were filled and returned for the analysis. Data collected for this study were analysed using Statistical Package for Social Sciences (SPSS) Version 25. During the analysis, frequencies were used to summarize and describe the demographic characteristics of the participants as well as the objectives of the study and one way ANOVA was used for the test of hypothesis.

Results

Table 1: Prevalence of gender -based violence against men in Kogi State

S/ N	Gender based violence	Responses/percentages(N=40 7)			Total
		Often	None	Sometime	
1	Experienced physical violence	52(12.8%)	253(62.1%)	102(25.1%)	407
2	Experienced verbal violence	175(43.0%)	7(1.7%)	225(55.3%)	407
3	Experienced sexual violence	172(42.3%)	33(8.1%)	202(49.6%)	407
4	Experienced psychological violence	109(26.8%)	69(17.0%)	229(55.5%)	407
5	Experienced emotional violence	206(50.6%)	21(5.2%)	180(44.2%)	407
6	Prevalence- of gender-based violence	80(19.7%)	58(14.3%)	269(66.1%)	407

Source: Field survey 2025

Table 1 presented data on the prevalence of domestic violence against men. However, the prevalence is calculated as the percentage of men who reported "Often" or "Sometimes" experiencing a form of domestic violence. It was cumulatively revealed that a high percentage (85.8%) of the sampled population experience the problem of gender-based violence in the course of their marriage. Cumulatively, 37.9% of men experience physical violence, 98.3% experience verbal violence, 91.3% experience sexual violence, 82.3% experience psychological violence while 94.8% experience emotional violence. This finding implies a high prevalence of domestic violence against men. Verbal, sexual, psychological and emotional violence were the forms domestic violence experience by men with physical violence being the least form of violence experienced by men in the study location.

Table 2: Socio Demographic Factors influencing gender-based violence against men in Kogi

State.

Variables	Frequency N=407	Percentages %
Age at Marriage		
20-29	20	2.4
30-39	223	61.1
40-49	125	31.2
50 & above	39	5.3
Marital Status		
Currently married	288	70.8
Divorce/Separated	110	27.0
Widowed	9	2.2
Educational Level		
Non-formal	40	14.0

Primary	100	20.3
Secondary	247	62.3
Tertiary	20	3.4
House Hold Income		
50,000 & below	168	39.3
51,000-100,000	210	53.6
101,000-200,000	21	5.2
Above 200,000	8	1.9
Employment Status		
Public/ Private sector employee	132	32.4
Self employed	26	6.4
Unemployed	249	61.2
Geographical location		
Urban	255	68.4
Rural	152	31.6
Religious Belief		
Christian	205	50.4
Muslim	123	30.2
Others	79	19.4
Total	407	100

Source: Field Survey, 2025

Table 2 above revealed finding on socio-demographic factors influencing gender-based violence against men in the study location and this ranged from age at marriage, the data obtained had indicated that majority 223(61.1%) of the respondents were within the age range of 30-39 years, 125 (31.2%) respondents aged between 40-49 years while 32 (5.3%) and 20(2.4%) of respondents were within the age range of 50 and above and 20-29 years. Younger men are vulnerable and more likely to experience gender-based violence compared to their older counterpart. With regards to marital status of respondent the

information indicated that majority 288(71.8%) of respondents were married, 110(27.2%) were divorced/separated while 9(2.2%) of the respondents were widowed. This implies that married status is a primary context for experiencing gender-based violence largely from an intimate partner with specific power dynamics and societal factors contributing to both incidence of abuse and the barrier to seeking help.

Furthermore, data on the influence educational level has on domestic had showed that 247 (62.3%) of respondents had attained secondary education, 125 (25.5%) respondents had primary education while 40(14.0%) and 20(3.4%) of the respondents had non-formal and tertiary education respectively. This shows that educational level influence gender-based violence against men. When wives are having higher levels of education it can sometimes increase the risk of bidirectional violence as traditional gender power dynamics are challenged.

More so, findings on house hold income indicated that majority 210 (53.6%) of the respondents earned #50,000-1000, 000 as income monthly, 168 (31.3%) of the respondents earned # 50,000 & below while 21(5.2%) and 8(1.9%) earned #101,000 - #200,000 and #200,000 & above monthly. This shows that low house hold income can increase the risk of gender-based violence against men. Particularly in the context of poverty. When men are unable to fulfill traditional provider roles they may be at higher risk of domestic violence from their partners. A significant income imbalance where the wife earn more than the husband can also elevate the risk of violence.

Additionally, findings revealed that employment status also influence gender-based violence against men. Majority 132(32.4%) of the respondents indicated that they work with the public and private sectors, (32.4%), 26 (6.4) of the respondents were self-employed while (61.2%) were unemployed. The husband's unemployment is a major risk factor for domestic violence as he may feel loss of status or face frustration due to disrespect from the partner.

Similarly, findings revealed that geographical location also influence gender-based violence against men in Kogi State. (63.6%) of the respondents indicated that they resides in urban area of the state while (48.9%) resides in rural area of the state.

Lastly, data on religious beliefs of respondent had showed that (92.6%) were Christians, (78.9%) were Muslims while (30.2%) of the respondents had other religion respectively. Religious beliefs can help impacts perpetrators of domestic violence for behavioral change as well as helping victims to recover from trauma. The foregoing date implies that domestic violence against men is influenced by various socio-demographic factors which includes age at marriage, marital status, educational level, house hold income, employment status, geographical location and religious belief.

Table 3: Effects of gender-based violence on men in Kogi State

Variables	Responses		
	Always	Sometimes	None
Injuries from attacks/fights	5 (1.2%)	269 (66.1%)	133(32.7%)
Become depressed	127(31.2%)	79 (19.4%)	201(49.3%)
Develop suicidal feelings	34 (8.3%)	79 (19.4%)	294(72.2%)
Avoid staying at home most times/ keeping late nights intentionally	103(25.3%)	22 (5.4%)	282(69.3%)
Increases level of alcohol intake/engage in substance abuse	98 (24.1%)	107 (26.3%)	202(49.6%)
Agitation and sadness	111(27.3%)	88 (21.6%)	208(51.1%)
Contemplates ending marriage/ running away to leave her.	96 (23.6%)	88 (21.6%)	225(55.3%)
Affects blood pressure	36 (8.8%)	72 (17.7%)	299(73.5%)
Causes trauma	94 (23.1%)	88 (42.2%)	225(55.3%)

Source: Field survey, 2025

Table 3 presented findings on effects of gender-based violence on men. Cumulatively it shows that 33.9% of the respondents have ever sustained injuries due to gender -based violence carried out on them by their wives. Cumulatively in terms of experience of depression this means 80.3% of the respondents have ever experienced the problem of depression arising from gender-based violence. This shows in terms of cumulative

frequency that 80.5% have ever developed suicidal feelings as a result of gender-based violence. Cumulatively findings shows that 94.6% of the respondent have ever avoided staying at home due to gender based violence carried out on them. It was also shows in term of cumulative frequency that 73.7% of the respondents have ever experienced increase in alcohol intake/engaging in substance use influenced by gender-based violence. In terms of cumulative frequency findings shows that 78.4% of the respondents have ever experience agitation and sadness due to gender based violence. Findings indicates that 78.9% of the respondents have ever contemplated ending marriages or running away. Cumulatively findings also shows that 82.3% of the respondents have ever suffered problem of blood pressure due to problem of gender based violence and 78.4% sometimes experience trauma from violence carried out on them by their wives. This implied that men also suffer wide range of effects from violence carried out on them. The findings showed that even though it may be hard for some men to openly admit to experiencing gender based violence men still suffer gender-based violence and it has effects on them too, this included injuries from attacks/fights, depression, suicidal feelings, pushes men to avoid staying at home, increases in use of alcohol and substance abuse, causes agitation and sadness, feelings of ending marriages, affects blood pressure, causes trauma among other effects.

Test of Hypotheses

Table 4: One way ANOVA showing the relationship between Socio-demographic Factors and Gender-based violence against men.

Sum of Squares	Df	Mean Square	F- critical	Sig.
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Between Groups	2.218	2	1.79	1.498	.049
Within Groups	133.532	396	.337		
Total	135.750	399			

Source: Field Survey, 2025.

Decision Rule

Table 4 shows a calculated F-value of 1.49 with a significant (sig.) p-value of 0.49 which is greater than the alpha value of 0.05 ($0.49 > 0.05$) at degrees of freedom of 2 and 79. Therefore, the null hypothesis (H_0) was accepted while the alternative hypothesis which states that there is no significant relationship between socio-demographic factors and gender-based violence against men was rejected. This result indicates that there is sufficient evidence to conclude that there is a significant relationship between socio-demographics factors and gender-based violence against men.

Discussion

This study specifically addresses the socio-demographic factors influencing gender-based violence against men in Kogi State. The study findings revealed high (85.5%) prevalence of non-physical domestic violence against men. Verbal, sexual, psychological and emotional violence were the forms of domestic violence experience by men with physical violence been the least form of violence experienced by men in study location. Most women uses sex as a form of violence through coercion, reproductive coercion or as a weapon of war, denying their husbands affection in a controlling way to inflict emotional abuse. This may lead to loss of sexual interest or inability to function well due to trauma and stress. Most men who has experienced the various forms of non-physical violence are unable to speak up due to societal norms of masculinity. The finding is supported by Malik and Nadda (2019) who found that 52.4% of men experienced gender-based violence and out of 1000, males 51.5% experienced violence at the hands of their wives/intimate

partner at least once in their lifetime. Similarly, Sarkar Dsouza and Dasgupta (2007) found that a higher percentage (98%) of men had suffered domestic violence with slapping as the most common form of physical violence encountered by men. Supporting further, Wang (2020) in a study on spousal disagreement in reporting of intimate partner violence in Kenya revealed that prevalence of domestic violence among men in Kenya remains high however, many of the cases remain unreported.

The second finding concerns the socio-demographic determinants of domestic violence against men. This includes; age at marriage, marital status, educational level, house hold income, employment status, geographical location and religious belief. Younger men are more vulnerable and more likely to experience gender-based violence compared to their older counterpart. This is because younger men are vulnerable to sexual violence, often as a tool of war, and this issue is often under reported. Men with lower level of education are sometimes prone to experience domestic violence as higher educational level are linked to more financial independence and better decision making potentially reducing domestic violence against men. A man with lower financial resources may feel a loss of status or control, leading to stress and potential violence from the spouse. Unemployment was also often blamed on the problem of gender-based violence that took place in various homes. Unemployed men are usually disempowered and employed women felt empowered in most circumstances. This made some wives see their husbands as poor and insult them for failure to provide for the family. The geographical location influences gender-based-violence against men primarily through its effects on socio-cultural and patriarchal norms. Rural areas may have more rigid gender roles and deeply rooted patriarchal values, which emphasizes male authority and normalize certain forms of violence which had contributed greatly to underreported cases of gender-based violence against men. Religion beliefs activities can provides social support and integration, acting as a buffer against violence against men. This finding are in cognizant with Beyene, Chojenta, Roba, Melka, & Loxton (2019) who notes that associated with the occurrence of gender-based violence are living arrangements, education, marital status, age, economic status substance abuse, sexual risk factors, and peer pressure. Chibwe, Muleya, and Simui (2023) further found that economic

factors and inability of men providing for their families is also known to increase the risk of gender-based violence among men. In the same vein Aborisade (2023), affirmed that domestic violence against men is usually triggered by financial misfortune such as job loss, prolonged unpaid salaries, and business decline suffered by the husband.

Lastly finding revealed that men also suffer wide range of effects from violence carried out on them this included injuries from attacks/fights, depression, suicidal feelings, pushes men to avoid staying at home, increases in use of alcohol and substance abuse, causes agitation and sadness, feelings of ending marriages, affects blood pressure, causes trauma among other effects. It may be hard for some men to openly admit to experiencing gender based violence men still suffer gender-based violence and it has effects on them too. This align with the Frustration- aggression theory in the sense that when men are frustrated in their marriages and are unable to speak up due to societal norms of masculinity they result to other non-verbal coping mechanism which has diverse effects on them. This effects are often compounded by societal stigma, a lack of support system and silent suffering. This findings collaborated Verena and Andreas (2020) whose study revealed that effects of domestic violence on men include mostly minor physical injuries, impaired physical health, mental health problems such as anxiety or a disruptive disorder, and increased consumption of alcohol and/or illegal drugs. Adebayo and Iweala (2022) also observed that domestic violence is common among men and men are usually adversely affected. The findings revealed diverse forms of domestic violence against men to include constant ridicule, denial of conjugal rights, and disrespect. The study further noted that domestic violence against men bruised men's masculinity and it affected them more psychologically. Abused men are usually stigmatized, laughed at, seen as women, not involved in decision-making, lack confidence, shy off from interacting with others and lose respect.

Conclusion

Domestic violence against men has become a significant social health problem everywhere in the world with most of the cases underreported due to how society views men as strong, patriarchal expectations, African culture and norms among others. The study illuminates

the socio-demographic determinants of domestic violence against men in Kogi State, Nigeria. Beyond the high prevalence of domestic violence against men, verbal, sexual, psychological and emotional violence were the most forms of domestic violence they experienced with physical violence been the least form of violence. Age at marriage, marital status, educational level, lower house hold income, employment status, geographical location and religious belief influence were found to influence domestic violence against men. Depression, suicidal feelings, staying away from home, increases in use of alcohol and substance abuse, agitation and sadness, feelings of ending marriages, high blood pressure, and trauma among other were the effects domestic violence had on men. The study concludes that the pervasive nature of GBV against men, particularly its non-physical forms, coupled with significant psychological effects, highlights an urgent public health issue. Societal norms surrounding masculinity create a significant barrier to reporting and seeking help. There is therefore every need for the society to recognize that men are also victims of gender-based violence and not just perpetrators as assumed in many communities of the world including communities in Nigeria and Kogi State in particular.

Recommendation

In light of the study's findings, the Federal Government of Nigeria and Kogi State Government should therefore rise up to support fight against violence carried out on men by given it meaningful attention it deserve to help address the problem.

More so, Policy makers in Nigeria should also acknowledge the fact that men who are often seen more in the light of perpetrators of violence and never victims are suffering the problem of violence in homes too but some may find it difficult to cry out. The national assembly should therefore go ahead and make necessary amendments to laws concerning gender-based violence against women to incorporate men in Nigeria too. Holistic approaches to the issues of domestic violence should be taken generally on domestication of laws against violence perpetrators regardless of the gender.

More importantly, Government at all levels, Non - governmental organizations and religious bodies should endeavor to establish marital counseling and marriage conflict

resolution centres where couples should be encouraged to be visiting monthly especially those experiencing the problem of violence in their marriages. Efforts should then be made in the centres to identify factors that promote violence among the visiting couples and couples in general.

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