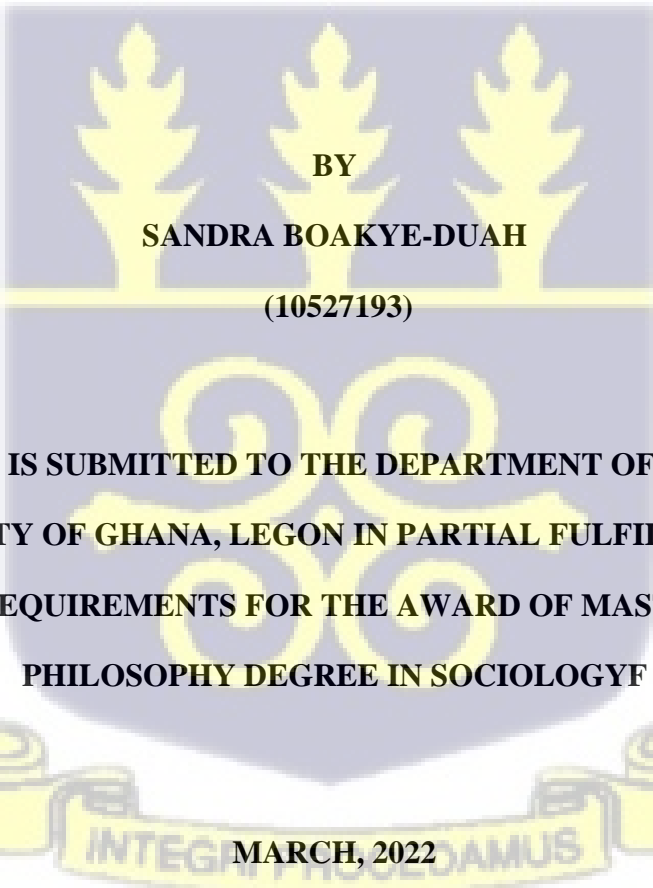


University of Ghana <http://ugspace.ug.edu.gh>

**UNIVERSITY OF GHANA
COLLEGE OF HUMANITIES**

**THE IMPLICATIONS OF PARENTAL INTIMATE PARTNER VIOLENCE ON
YOUNG ADULTS' INTIMATE RELATIONSHIPS**



**BY
SANDRA BOAKYE-DUAH
(10527193)**

**THIS THESIS IS SUBMITTED TO THE DEPARTMENT OF SOCIOLOGY,
UNIVERSITY OF GHANA, LEGON IN PARTIAL FULFILLMENT OF
THE REQUIREMENTS FOR THE AWARD OF MASTER OF
PHILOSOPHY DEGREE IN SOCIOLOGY**

MARCH, 2022

DECLARATION

I hereby declare that this work is the result of my own research, conducted in the Department of Sociology, University of Ghana, under the supervision of Dr. Peace Mamle Tetteh and Dr. Albert Kpoor. All sources that I have used or cited in this work have been duly acknowledged. I also declare that to the best my knowledge, this thesis has neither been published nor submitted to any academic institution for any academic award, certificate, or a degree. Finally, I declare that I bear sole responsibility for any shortcomings or misinterpretation that may be found in this study.



.....
Sandra Boakye-Duah
(10527193)

Date: 23rd March 2022



.....
Dr. Peace Mamle Tetteh
(Principal Supervisor)

Date: 23rd March 2022



.....
Dr. Albert Kpoor
(Supervisor)

Date: 23rd March 2022



DEDICATION

First, I dedicate this thesis to the Lord Almighty for seeing me through this phase of my life and granting me strength and resources needed for a successful thesis. I dedicate this work to my parents, Mr. & Mrs. Boakye-Duah for their unwavering support during this process. Finally, I would like to express my gratitude to my siblings for always being there for me.



ACKNOWLEDGEMENTS

All credit to God for the wonderful things He has done for me. This dream would not have come true if it had not been for the Lord God's intervention.

Without the constant support, direction, and assistance of some wonderful individuals, my dreams would have not materialized.

First on my list is my abled supervisors, Dr. Peace Mamle Tetteh and Dr. Albert Kpoor. Dr. Tetteh, whose guidance from the initial step aided me to develop an understanding of the subject. She is a true definition of an ultimate role model. Thank you both for your patience, guidance, and support which are unmatched. Indeed, I have benefitted greatly from their wealth of knowledge and ingenuity. Their encouraging words and thoughtful detailed feedback have been of an immense help to the success of this work.

I am also grateful to the entire faculty of the Department of Sociology, University of Ghana for their comments and contribution during my presentations at seminar.

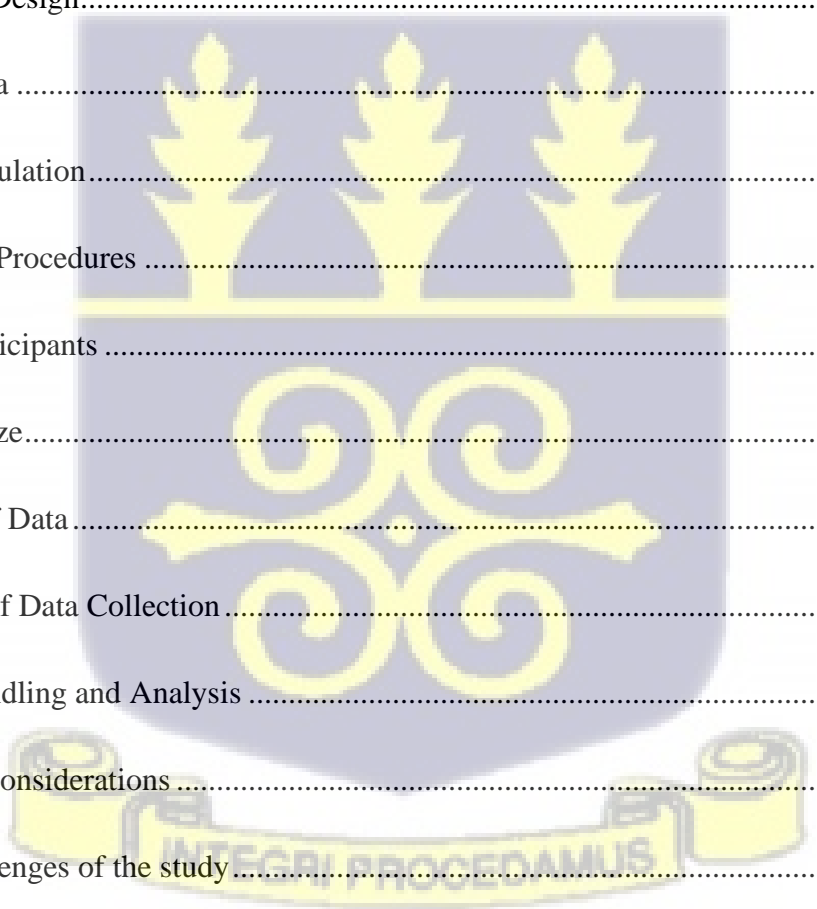
I thank the interviewees who generously took time off their schedules to participate in my research and make this project possible.

I would like to also show my gratitude to my family, friends and all loved ones who have been instrumental in encouraging my work, ideas, and dream. Finally, to my parents and siblings for their endless support. They have always stood behind me and I am eternally grateful. Thank you all for the strength you gave me. I love you all.

TABLE OF CONTENTS

DECLARATION.....	i
DEDICATION.....	ii
ACKNOWLEDGEMENTS	iii
CHAPTER ONE	1
INTRODUCTION AND OVERVIEW OF STUDY	1
1.2 Statement of Problem.....	4
1.3 Research Questions	9
1.4 Research Objectives	11
1.5 Significance of study.....	11
1.6 Definition of key concepts.....	12
1.7. Organization of the study.....	13
CHAPTER TWO	15
LITERATURE REVIEW AND THEORETICAL PERSPECTIVE.....	15
2.1 Introduction.....	15
2.2 Intimate Partner Violence (IPV)	15
2.3 Forms of Intimate Partner Violence.....	18
2.4 Children’s Exposure to Parental Intimate Partner Violence	23
2.5 Factors Contributing to Intimate Partner Violence	27
2.6 Effects of Intimate Partner Violence on women and men	33

2.7 Negative effects of Intimate Partner Violence on Children.....	35
2.8 How victims of abuse navigated Abusive Relationships.....	37
2.9 Conceptual Framework.....	41
2.9.1 Social Learning Theory.....	41
CHAPTER THREE	47
METHODOLOGY	47
3.1 Introduction.....	47
3.2 Research Design.....	47
3.3 Study Area	48
3.4 Study Population.....	49
3.5 Sampling Procedures	49
3.6 Study Participants	50
3.7 Sample Size.....	52
3.8 Sources of Data.....	53
3.9 Methods of Data Collection	53
3.10 Data Handling and Analysis	55
3.11 Ethical Considerations	57
3.11.1Challenges of the study.....	57
3.11.2 Informed Consent.....	58
3.11.3 Confidentiality	58



3.11.4 Anonymity	59
3.11.5 Prevention of harm.....	59
3.12 Positionality and Reflexivity.....	59
3.13 Conclusion	61
CHAPTER FOUR.....	62
PRESENTATION OF FINDINGS.....	62
TYPES OF PARENTAL INTIMATE PARTNER VIOLENCE AND THE SURVIVAL OF YOUNG ADULTS	62
4.1 Introduction.....	62
4.2 Socio Demographic Characteristics of Participants.....	62
4.2.1. Types of Parental IPV	64
4.2.1.1 Physical and Verbal abuse	64
4.2.1.2 Economic Violence.....	69
4.2.1.3 Gaslighting.....	71
4.2.1.4 Sexual Abuse	73
4.2.2 Correlates of Parental IPV	74
4.2.3 Socialization.....	75
4.2.4 Gender roles.....	76
4.2.4 Power dynamics	77
4.2.5 Lack of friendship.....	78

4.2.6 Third Parties.....	80
4.3 Conclusion	84
4.4 Ways by which participants navigated through childhood in the face of experiencing their parents' IPV	85
4.4.1 Post-traumatic stress disorders.....	86
4.4.2 Academic failure.....	89
4.4.3 Modeling behaviors (Social learning).....	91
4.4.4 Fear of parents' divorce	93
4.4.5 Falling into bad company.....	95
4.5 Conclusion	96
CHAPTER FIVE	97
THE GOOD, THE BAD AND THE UGLY	97
5.1 Introduction.....	97
5.2 Young adults' intimate relationships	97
5.2.1 Intimate Relationships	97
5.2.2 Choosing an intimate partner.....	101
5.2.3 Experiencing intimate partner abuse in the own intimate relationship.....	104
5.3 Perpetration of intimate partner violence.....	108
5.3.1 Varying conceptions of IPV Perpetration	108
5.3.2. Fear of commitment in a relationship.....	111

5.3.3 Distaste for third parties in relationship.....	111
5.3.4 Fear of experiencing IPV in their future marriages	112
5.3.5 Lack of trust for people or intimate partners	113
5.3.6 Harboring negative sentiments and emotions	114
5.4 Strategies young adults adopted to face challenges within their own intimate relationships	115
5.4.1 Financial Problems.....	116
5.4.2 Mistrust	118
5.4.3 Sexual demands from partners.....	118
5.4.4 Being treated well	119
5.4.5 Fear of being vulnerable	120
5.5 Navigating through challenges within their intimate relationships	121
5.5.1 Disapproval of third parties	122
5.5.2 Choosing to love over abuse.....	124
5.6 Conclusions.....	125
CHAPTER SIX	126
SUMMARY OF FINDINGS	126
6.1 Introduction.....	126
6.2 Knowledge about the types of IPV witnessed by participants.....	126
6.3 Navigating through childhood in the face of their parents' IPV.....	128

6.4 Implications of parental IPV for young adults' intimate relationships.....	130
6.5 Strategies adopted in facing their own challenges in intimate relationships	133
6.6 Conclusion	134
6.7 Recommendations.....	134
6.8 Limitations of the Study.....	137
6.9 Areas for Future Research	138
REFERENCES.....	138
APPENDIX 1.....	164



ABSTRACT

Intimate Partner Violence is a significant global, social, and general medical condition in both developed and developing nations. Violent behavior can be transferred from a present generation to the next when one witnesses or gets exposed to violence between one's parents, although the impact may differ from males to females. Witnessing Intimate Partner Violence in the initial stages of your life as a child can be very disturbing.

Objective: This study sought to explore the implications of parental intimate partner violence on young adults' intimate relationships by exploring participants' knowledge on the types of IPV, ways by which participants navigated through their experiences of IPV, implications for their own intimate relationships and finally ways they navigated the good and bad aspects of their intimate relationships.

Method: With the use of purpose sampling technique and snowball sampling, a total of fifteen participants were selected for the study. The data was organized and analyzed by employing Thematic Analysis Format. Findings showed that there is a gendered experience of intimate partner violence. Participants highlighted four types of intimate partner violence namely, verbal, physical, psychological, and economic violence. Gaslighting was one unique form of psychological violence that emerged in the study. Most participants developed fear for marriage, divorce, modelling violent behaviour, resisting the support of third parties to choose safer ways of navigating challenges within their own intimate relationships. The study showed that based on these experiences, participants devised strategies that will be a hindrance to the rise of violence in their own intimate relationships. The contribution of this thesis to knowledge is that it has revealed the gendered experiences of Parental Intimate Partner Violence and the negative implication of participants intimate relationships.

CHAPTER ONE

INTRODUCTION AND OVERVIEW OF STUDY

1.1 Background

The World Health Organization (2010:11) defines Intimate Partner Violence (IPV) as any “behavior within an intimate relationship that causes physical, sexual or psychological harm, including acts of physical aggression, sexual coercion, psychological abuse and controlling behaviors.” On the other hand, Cook & Nash (2017, p.45) define intimate partner violence as “an intentional control or victimization of a person with whom the abuser has had or is currently in an intimate, romantic, or spousal relationship.” Intimate Partner Violence can take the form of physical assault, verbal, sexual, emotional, mental, or economic abuse. In the context of this study, IPV will refer to any abusive behavior that occurs among intimate partners either in current or former relationships which includes marital unions, dating or broken relationships.

Intimate Partner Violence covers over 15% of all violent crimes in the world today. It is a social menace since it disregards basic liberties in numerous nations including Ghana. Studies on Intimate Partner Violence show that it happens in almost all nations, societies and spans social orders with no regards to classes, races, religion, and identities (WHO, 2002). It is assessed that one out of every three women throughout her life, experiences intimate partner violence although some populations are at more serious danger than others (Population Action International, 2013). However, Heise et al., (2002) avers that violence against men and violence in same-sex relationships also transpires, although majority of partner violence is by men against women.

Intimate Partner Violence is a significant global, social, and general medical condition in both developed and developing nations (Agnihotri, Jeebun, and Purwar, 2006)

Many of the research undertaken are focused on, perpetrators of IPV (Furlow 2010, p. 133; Zolotor, Denham, & Weil, 2009). Whilst others have studied IPV and mental health (Gillon et al., 2012), and IPV and young girls in dating relationships (Brinda, 2015), very little has been done on the implications of parental intimate partner violence on young adults' (both male and female) intimate relationships, even though these occurrences are relatively common. According to UNICEF, about 275 million children around the world are exposed to violence at home (UNICEF, 2016). The consequences of IPV go beyond the adults in the relationship, as children experience a significant measure of such violence. The negative impact of Intimate Partner Violence (IPV) begins early in the child's relationship with a parent or a caregiver. The Domestic Violence Act enacted by the President and the Parliament (Ghana) in the year 2007 sought to provide protection from domestic violence purposely for women and children and connected purposes. The Domestic Violence Act states domestic violence means that engaging in physical abuse, sexual abuse, economic abuse, emotional or verbal or psychological abuse within the context of a previous or existing domestic relationship (Domestic Violence Act, 2007). It further states that the use of violence in the domestic setting is not acceptable on the basis of content.

Violence arises from misunderstandings which leads to dissatisfaction and conflicts among others which are inevitable in any relationship be it intimate or non-intimate (Bolze et al, 2013). Failure to address these issues pose a threat on the relationship thereby negatively impacting the family system and uninhibited pervading society at large. Violence can be linked with gender. Abuse of women in marital relationships, whether physical or sexual, is not seen as abnormal because of widespread acceptance of patriarchal attitudes and practices (Ajayi & Soyinka-Airewele, 2018).

Because of this, many women feel they have no choice but to stay in violent relationships. According to the constructionist theory of gendered violence, men are primarily responsible for maintaining violent discourse norms (Blumenthal, Kahn, Andrews, & Head, 1972). To some men, violence is a way to prove their manhood. For example, during a young man's prime years, he may develop an interest in girls and sex, a time when sexual success is highly valued among his male peers. Despite their presumed inferiority, young women may want to resist access to this 'valued' activity of men that results in coercion, and this puts the young male at risk of being dominated. Coercion is how men typically deal with difficult situations. The male myth holds that women have no idea how much they enjoy sexual activity, and that the man who first gives the reluctant female sexual fulfillment will have her loyalty for life. On the contrary, other couples who have esteemed their marriages above conflicts by minimizing their problems and avoiding conflicts contribute to a more effective and harmonious relationships (Driver et al, 2016).

The Family Violence Prevention Fund (2009) claims that children who are exposed to or witness domestic violence between their parents are more likely to develop violent tendencies themselves, although the effect may vary depending on the gender of the child (Straus, 2009). In patriarchal societies like those found in Africa and Sub-Saharan Africa, gender norms pose obstacles to the idea that a woman could abuse her male partner. Despite social norms that portray men as the stronger and more dominant gender, studies conducted in the United States show that some men experience abuse at the hands of their intimate partners (Shuler, 2010). Those who are exposed to intimate partner violence are more likely to be involved in it themselves, whether as perpetrators or victims (Israel & Stover, 2009). (Elwood, et al., 2011; Kerley, Xu, Sirisunyaluck, & Alley, 2010).

The issue of intimate partner violence poses a threat on the life of its victims be it a woman, man or even a child who may witness such a mishap between his or her parents. Intimate partner violence has the tendency to cause serious health related issues on women and their offspring, and its role is amplified through its connection to the high rates of HIV (Dunkle et al. 2004, 2006; Garcia-Moreno and Watts 2000).

Since parents are the primary caregivers of the children, whatever these children are exposed to in their homes has the tendency to affect them physically, mentally, socially and emotionally. Hence the focus of this study is to investigate the implications of parental intimate partner violence for young adults' own intimate relationships. Considering a theory that best fits the analysis of this study, social learning theory, feminism and patriarchy were employed in driving the discussion of findings and analysis.



1.2 Statement of Problem

Intimate partner violence can be categorized among the diverse dimensions of the concept domestic violence (Ghani, 2014). Whereas domestic violence can extend to partners, children and non-kin individuals who may be dwelling in a shared private space, Intimate partner violence rather focuses on the more restricted violence between partners in a sexual, marital or romantic relationship (Ajayi & Soyinke-Airewele). In Ghana, it is assessed that, every one out of three women have experienced physical violence in the hands of either a current or past partner (GSHRDC, 2015).

A 2008 Domestic and Health Survey conducted in Ghana revealed that 38.7 percent of women between the ages of 15 and 49 years reported experiences of psychological, physical and sexual violence by a male spouse at some point in their lives (Ajayi & Soyinke-Airewele, 2018). Five percent of women in Ghana have been abused during pregnancy (Pool et al, 2014). Moreso, two out of ten women have encountered their first intimate activity with an intimate partner forcefully against their will, whilst three out of ten women are coerced by their male partners to have sexual intercourse at some point in their life (GSHRDC, 2015). Domestic violence in marriage is a critical problem partly because marriage continues to be viewed as a desirable and necessary societal status in Ghana (Ampofo Adomako, 2008: 404). It is equally worthy of note that over a quarter of men in Ghana also reported experiencing psychological or physical violence from their partner or wife (GSS, 2009 cited in IDS, 2016:22). These reports indicate that IPV is a reality for many women than for men in Ghana as confirmed in the media (Amoakohene, 2004).

The nature of violence that takes place between intimate partners may differ. Violence can be initiated by either of the two partners, however, the man may physically dominate or overpower

the woman (Ali, Dhingra, & McGarry, 2016). Marriage, in general, gives particular obligations and rights to spouses such that refusal to engage in sexual relations if deemed unreasonable can be a legitimate reason for divorce among ethnic groups such as the Akan (Ajayi & Soyinke-Ariwele, 2018). Subsequently, a woman's refusal to submit to her husband's demands can lead to beating and even emotional abuse (Kutosati and Morck, 2012 & Adomako Ampofo and Prah, 2009). While sanctions and penalties, including physical punishments, are allowed within the social system, experts on the Ghanaian customary law system have maintained that there are distinct boundaries between punishment and abuse (Coker- Appiah, 2016; Adomako Ampofo & Prah, 2009). Extreme kinds of violence against women and girls have become commonplace, especially within the framework of close relationships, and as a result, these boundaries are dissolving swiftly Barbara (2008) mentions that male victims of Intimate Partner Violence could also possibly experience wounds through stabs, cuts on the body, broken limbs, use of cursing words, fear and intimidation, and emotional aggression by their female partners. Du Plat-Jones (2006) in the same vein mentioned stabbings; knocked out teeth; injuries to the genitals, verbal, emotional, and psychological abuse as violent acts perpetrated by women against men.

Often, there is the likelihood for poorer women to be dependent on their male partners and such dependence becomes an avenue for controlling women, which can lead to economic abuse-(Adjei, 2015; Mann & Takyi, 2009) which is under researched. Individuals who lack lawful sources of power, such as social status, education, and income, may resort to violence for retribution, as Tuncay-Senlet (2012) has suggested in accordance with resource theory. The potential exists for this to open the door to an increase in other forms of violence, including physical, emotional, and sexual violence (Pollet, 2011; Postmus et al., 2011).

Witnessing violence against a parent during the developmental stages of children may have negative impacts on their wellbeing. This may include, children experiencing issues of mental agony, conduct issues, difficulties in friendly interaction, and disarrayed connection (Evans et al.2008). However, these impacts might be more serious in older children than in younger children (Levendosky, Alytia. A., Bogat, G. A., & Martinez-Torteya, C. (2013).

The Children's Welfare Information Gateway (2016) has indicated that a child will be referred to as a witness to Intimate Partner Violence when an act that is defined as Intimate Partner Violence takes place in the child's presence or even perceived by the child. They are likely to witness either all the forms of intimate partner violence such as physical abuse, economical abuse, verbal abuse, emotional abuse and even sometimes homicide which may cause fear and panic in the child.

Among the most commonly cited instances of children's exposure to violence are, seeing and hearing violent deeds, seeing wounds as a result of violence, and also being told about the violence (Hamby et al., 2011). Often, the most direct forms of exposure are seeing or direct eye-witnessing, which may also include lower levels of exposure such as hearing (Hamby et al., 2011). There is the tendency for a child to hear about the violence without necessarily seeing it, for instance, if the child happens to be in another room in the house. This then presupposes that the child was close by during such a violent act, and hence could be in danger, but hearing is less likely to be as accurate as seeing.

Lapierre (2010) states that both mothers and children often endure violence during and after separation process, which significantly impacts the child (ren)'s well-being and the mother's ability to parent. For instance, an ideal woman in the Ghanaian context is socialized to be respectful, subservient, empathetic, sympathetic and caring whereas for the Ghanaian man, he is

socialized to be brave, daring and aggressive and also be capable of controlling and protecting his household (Ajayi & Soyinke-Airewele, 2018).

While some children may respond by avoiding abuse in their own relationships as they grow older, others may repeat what they have seen in abusive relationships with their own peers or partners. Also, not being able to rely on either the abusive or the abused parent for protection, support, and emotional stability may damage the child's confidence in the parents' availability (Kobak and Madsen, 2008; Zeanah et al. 2011). The child may lack the sense of being cared for and this can break the trust he or she might have in the parent's 'capacity to provide support and protection (Swanston et al. 2014).

Children and young adults exposed to IPV have also been reported to experience negative impacts on relationship with parents (Bair-Merritt, 2010), whereas encountering challenges in the making or keeping relationships with others (Cunningham & Baker, 2004). In view of this, young people may develop a desire to explore intimate relationships during their adolescent stages. Current studies have shown that rates of Intimate Partner Violence often rise during young adulthood with about one-third (32%) of young adults recording victimization and one-quarter (24%) perpetration (Gomez, 2011).

Whilst many studies have limited analysis to victimization and perpetration, less attention has been given to the implications of Parental Intimate Partner Violence on the intimate relationships of young adults thus young people who have experienced it between their own parents. Ultimately, this study seeks to explore the implications of Parental Intimate Partner Violence for young adults' intimate relationships. Since the family is a miniature of the society, the household environment

is essential to study if we are to shield children from the severe impacts of IPV, assist families with the aim of moving towards a nonviolent society.

1.3 Research Questions

The gaps in research on the implications of IPV on young adults' intimate relationships leaves many questions unanswered. Among the questions to which answers were needed are: what were young adults' knowledge of the types of Intimate Partner Violence they witnessed between their parents? This question is necessary because, even though they may have been exposed to their own Parents' Intimate Partner Violence, however, they may have experienced different types of Intimate Partner Violence. Also, the age at which they experienced their parents' IPV could be a contributing factor to their awareness of the existence of the types of IPV that occurred at home. Hence, there will be a need to explore young adults' individual knowledge on the types of IPV that occurred between their parents emphasizing on the nature of the violence they experienced, what triggered the violence, the severity of it, the frequency and consequences thereof based on their recollections of the violence they witnessed.

More so, violence affects a significant proportion of people across the globe (WHO, 2012). Victims of IPV have their lives threatened and this often depends on the nature of violence that occurred. Repeated exposure to parents' IPV and its consequences may inform young adults' perceptions of Intimate Partner Violence, however, little research has been done on this which is why I would want this study to help me gather an in-depth information for the purposes of adding to literature. In what way did they navigate through their experiences? Has the experience perhaps generated any paranoia for these young adults' as far as intimate relationships are concerned?

What are their expectations as they enter into intimate relationships? Do they feel well equipped to engage in such a relationship? Explore the doubts, fears and uncertainties etc. Such information gathered from the data was to help me to be objective and appreciative of the diverse views on the topic of parental IPV. It also gave me the advantage of knowing how they may react and respond to issues of IPV in their own intimate relationships.

The consequences of IPV on both men and women are countless as the existing literature has revealed. For instance, the physical and mental health consequences can be life threatening if victims are not given much attention. This study sought to answer the question related to what the implications of parental IPV are for these young adults' own relationships. It is essential to answer this question because most research focus on the implications IPV has on their victims be it men or women, children and even the state but ignore the implications parental IPV may have on young adults' present and past relationship

Finally, this study seeks to find out how these young adults have navigated the good and bad aspects of their own relationship. This question is relevant because many victims of IPV according to the literature often are helpless and would reject help or support from concerned people or even organizations. There is little attention given to the issue of young adults who have witnessed parental IPV, and how their experiences may influence the way they navigate their own problems in the intimate relationships, hence the need to answer this question.



1.4 Research Objectives

With the aim of exploring the implications of parental IPV on young adults' intimate relationships, this study sought to:

1. Explore young adult's knowledge on the types of IPV
2. Examine the ways by which young adults navigated through childhood in the face of their parents' IPV.
3. Explore the implications of parental IPV for young adults' current intimate relationships
4. Identify how young adults navigate the good and bad aspects of their own intimate relationships.

1.5 Significance of study

Doing research in the area of IPV cannot be overemphasized. The literature by researchers and experts in Ghana and across the world stresses on the detrimental effects of IPV on persons, families, and societies. It is well documented that IPV compromises the health and safety of millions of families each year across the world (World Health Organization et al., 2002, 2010, 2013;). There seems to be more to this phenomenon considering the overwhelming impact it has on the victim, perpetrator, their children, families, and the societies that are affected. This study is significant because it is filling a gap.

This study has the potential to make a significant contribution to the body of knowledge regarding intimate partner violence by informing the scientific community about the experiences of young

adults who have witnessed Intimate Partner Violence between their parents or primary caretakers. Also, exploring this study may help draw out positive strategies for parents to discourage them from exposing their children to their Intimate Partner Violence owing to the possible damages or effect it can have on their children's intimate relationships in the future.

Children who may have been harmed by their parents' Intimate Partner Violence can be encouraged to seek help from valid organizations such as schools, churches, communities etc. Additionally, based on the findings of this study, professionals who have interest in the area of IPV could embark on awareness creation programs to sensitize the public about the effects of Intimate Partner Violence on the wellbeing of men, women, and most importantly children.

1.6 Definition of key concepts.

The key concepts requiring definition in this thesis are those that form the subject matter and those that come up in the conceptual framework. This is important as a guide for contextualizing the work.

1.6.1 Parent: An individual's mother, father, or caregiver through adoption, blood (consanguinity), or any one in a guardian or parental relationship (Bell, Kenton, ed. 2014).

Drawing from the definition of parents and IPV,

1.6.2 Parental Intimate Partner Violence: Intimate Partner Violence between one's parents is such that, one of a participant's parents or guardians is intentionally abused or victimized by an

individual with whom the victim has had or is presently in an intimate, romantic, or spousal relationship (Cook & Nash, 2017, p.45).

1.6.3 Young adults: In Ghana, the National Youth Policy categorizes all persons between the ages of 15-35 years as youth of the country (GSS, 2013). Young adults in this study captured both males and females who fall in the age limits according to GSS (2013). However, the study focused on children who had attained the age of 18 years and above because of ethical considerations.

1.6.4 Intimate Partner Violence: World Health Organization (2010:11) defines Intimate Partner Violence as “behaviour within an intimate relationship that causes physical, sexual or psychological harm, including acts of physical aggression, sexual coercion, psychological abuse and controlling behaviours”

1.6.5 Intimate Partner: A close private relationship that fosters lovers’ physical interaction, emotional bond, and sexual behaviour, as well as being familiar about each other’s lives (Breiding, Basile, Smith, Black & Mahendra, 2015).

1.7. Organization of the study

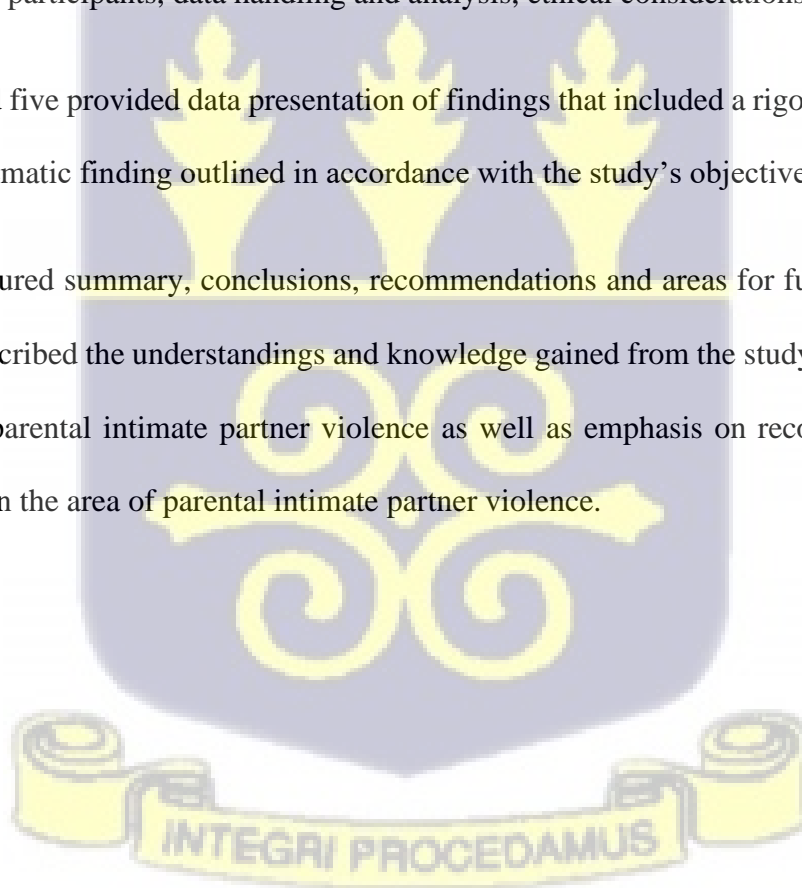
This study contained five chapters. Each chapter had its sub themes for easy comprehension. Chapter one of the study included, background of the study, problem statement, research questions, objectives of the study, significance of study, definition of key concepts, and the organization of the study.

Chapter two constituted the literature review and the theoretical framework of the study which acts as the lens through which the study is viewed. The scope of the literature reviewed included, Intimate Partner Violence, Forms of Intimate Partner Violence, Children's Exposure to Parental Intimate Partner Violence, Factors Contributing to IPV, Effects of IPV on women men, and children and finally how women navigated abusive relationships. The theoretical perspective analyzed for the study was social learning theory.

Chapter three of the study focused on the methodology. This chapter put emphasis on the research design, sampling procedures, sample size, target population, sources of data, and methods of data collection, study participants, data handling and analysis, ethical considerations.

Chapter four and five provided data presentation of findings that included a rigorous discussion of data with the thematic finding outlined in accordance with the study's objectives.

Chapter six captured summary, conclusions, recommendations and areas for future studies. This final chapter described the understandings and knowledge gained from the study on young adults' experiences of parental intimate partner violence as well as emphasis on recommendations for future research in the area of parental intimate partner violence.



CHAPTER TWO

LITERATURE REVIEW AND THEORETICAL PERSPECTIVE

2.1 Introduction

Academic researchers take into consideration building on and relating their works to existing knowledge (Snyder, 2019). Kiteley and Stogdon (2014), defined literature review as an all-inclusive summary of ideas, issues, methods and research findings on an area or topic of study. This chapter captures (a) Intimate Partner Violence (b) forms of Intimate Partner Violence experienced by children (c) factors that contribute to Intimate Partner Violence (d) effects of Intimate Partner Violence on children and finally how victims of abuse navigate abusive relationships. The Social Learning Theory used in this study allowed me to investigate the phenomenon in detail.

2.2 Intimate Partner Violence (IPV)

IPV is regarded as a serious threat to the safety, health and well-being of women, men, children, and families in our society (World Health Organization, 2002). The Current data reports that there has been a surge on intimate partner violence all around the world since the outbreak of COVID-19 (Boserup, McKenney, Elkbuli, 2020). Since implementing a lockdown on March 17, France has seen a 30% spike in the number of reports of domestic violence, according to UN Women (UN Women, 2020).

On March 20, 2020, Argentina also experienced a 25 percent increase in domestic violence due to the pandemic and lockdown effects. In the same vein, helpline calls increased by 33% and 30% in Singapore and Cyprus, respectively.

This is largely due to strict orders from world leaders instructing people to "stay at home" to prevent the virus from spreading. One might wonder whether the decision of these global leaders was a boon or a bane. Although lockdown appeared to be the best option for reducing the unprecedented rates of COVID-19, these reports demonstrate comprehensively that it was not an effective tool for the pandemic. Instead, it has led to an increase in domestic violence.

The extent of the problem of violence against adult women is made most evident in the fact that in South Africa's general population, 50% of murdered women were murdered by their intimate partners (Mathews, Abrahams, Jewkes, Martin, & Vetten, 2008). A study was conducted in Johannesburg about perceptions of violence by Mathews et al. (2008). The study found that about 25% of males and 19.6% of females interpreted physical abuse as a normative part of an intimate relationship which confirms the heightened problem of Intimate Partner Violence in South Africa even in recent times. This suggests that patriarchal ideologies characterizing a society can influence heterosexual relationships and violence (Boonzaier, 2008). Despite providing evidence of male and female perspectives on intimate partner violence, this study cannot be considered conclusive and also limited in their generalizability because it only examines the situation in Johannesburg. No indication was provided in the study as to whether or not the sample size included any young adults. On the other hand, Kishor and Bradley (2012) found that 19 per cent of wives and 10 per cent of husbands had experienced physical, psychological or sexual spousal violence. This is evidence that, it is not only women who are victimized by their male partners.

Nevertheless, although several studies confirm that both women and men experience partner violence, the forms of violence each gender experiences vary.

High rates of domestic violence against women are prevalent in many countries across sub-Saharan Africa, and Nigeria is often cited as an example (Amnesty International, 2012). The 2008 Ghana DHS study found that the incidence of Intimate Partner Violence was associated with a complex variety of causes within the nuclear and extended family network. The results revealed that 36.6 percent of women aged 15–49 years experienced physical violence, mostly perpetrated within the family by current or previous husbands or partners, as well as by other male and female family members or acquaintances (GSS et al. 2009).

Although there was a drop in the cases of domestic violence from 36.6% in 2008 to 27.7 % in 2015 in Ghana, it is important to note that the incidence of domestic violence was generally lower among men than among women (IDS), (GSS) and Associates (2016). In an attempt to examine the correlates of IPV in Ghana, Issahaku (2017) argues that sociodemographic factors are linked to the experience of male perpetrated sexual, psychological and physical violence in Ghana.

Again, Issahaku (2017) asserts that women in deprived or rural areas, younger women, healthy or strong women, and women found to challenge the status quo in marriages i.e., challenging men over having several sexual partners are at an increased risk of IPV victimization. Furthermore, the author pointed out that husbands who are either unemployed, have no or only elementary education resort to the use of violence as a means of asserting their place in the relationship.

In the same way, while arguing from the perspective of men from the ecological framework standpoint, Takyi and Mann (2006) assert that Ghanaian men's attitudes towards wife beatings are largely shaped by individual and household level factors rather than by societal-level factors. Thus,

men justify their abuse based on individual and household factors such as younger age, less wealth, lower education etc. In the same vein, Adu-Gyamfi (2014) also argues that attitudes, beliefs and practices have led to violent actions against women. This is due to notions that women often give up their rights to their husbands at the point of marriage, mostly when the bride prices are paid.

In contrast, Cofie (2018) explores risk factors for spousal violence in a multilevel context in Ghana and sub-Saharan Africa. Cofie (2018) posits that community and individual-level factors are important in understanding spousal violence. Thus, a woman's risk of spousal victimization is higher if she lives in a community that is characterized by high levels of residential instability as well as supports spousal assault.

2.3 Forms of Intimate Partner Violence

Research has indicated that, Intimate Partner Violence can take on a variety of forms, and most often women, men, girls, boys experience multiple types of violence in intimate relationships (IRC, 2012). A research report by the Institute of Development Studies (IDS), Ghana Statistical Services (GSS) and Associates (2016) classified domestic violence into five broad categories under which all partner acts of violence fall. They include social, physical, sexual, psychological and economic violence.

Notwithstanding the frequency of violence acts, men may engage in physical harm on their victims whenever they engage in violence (Catalano, 2013). This then shows implies that although men may have experience physical violence but might be less seriously injured due to lower physical power of women.

Psychological violence is another form of violence associated with intimate partner violence. It can come in the form of being belittled, insulted, humiliated. The (GFLHS) 2015 findings on

psychological violence showed that, the incidence of domestic psychological violence was highest among women and men who were never married (9.0 and 5.6 per cent, respectively).

Research was conducted on the lived experiences of Latino women as a result of Intimate Partner Violence. The study revealed that, 33.9% of the participants experienced physical assault while 17.8% experiencing severe assault such as being punched, kicked and beaten (Hazen and Soriano, 2007). Furthermore, 21% reported suffering sexual violence from their male partners with which 7% reported their intimate partners using physical force or weapon to force sexual intercourse. In sum, the study showed that 82.5% of the participants had experienced psychological aggression in their intimate relationships.

Colucci, O'Connor, Field, Baroni, Pryor, and Minas (2013) explored the nature of family violence experienced by men in the U.S.A. It was revealed from their findings that, men experienced psychological abuse either through humiliation, verbal abuse, or threats. In addition, participants indicated that they were controlled by their female partners in terms of the money they earned and other possessions. The study also revealed that men in Australia were vulnerable to different kinds of Intimate Partner Violence like verbal abuse (Colucci et al., 2013).

The Institute on Domestic Violence in the African American Community (IDVAAC) involved women from sixteen different countries in an Intimate Partner Violence roundtable dialogue. The study aimed at exploring issues of domestic violence from their cultural perspectives (Mose&Gillum, 2016). Findings showed that, participants testified of sexual abuse as the vilest form of abuse they had ever experienced in their various intimate relationships. Moreso, participants added that their partners sexually abused them because of cultural practices. Most men of African origin were socialized to believe that sex was mandatory once they had fulfilled one of the important aspects of marriage which is the payment of the bride price. Hence wives had no

choice other than to comply with their sexual demands ((Mose & Gillum, 2016). The study further revealed that many African men had not considered anything called ‘marital rape’ hence their experience of more sexual violence than any form of violence.

Jordan & Bhandari (2016) conducted a study in Southern Asian on the lived experiences of women who had experienced intimate partner violence. Participants had been physically abused in the form of pulling of their hair, being slapped, punching and pushing. Moreso, participants mentioned that they had also experienced psychological violence such as coercion, threats, intimidation, and isolation from their male partners.

These male partners engaged in sexual coercive behaviours and withholding sex with the aim of inflicting pain on the women (Jordan & Bhandari, 2016). These findings were associated with the socialization of both males and females in Southern Asia. Socialization in the area marriages emphasized sexual satisfaction for men and the suppression of women’s sexual needs and rights. Hence, about 60% of women from Southern Asia were sexually coerced by their husbands against their will.

Thus, as Moses and Gillum (2016) and Jordan and Bhandari (2016) pointed out from their studies, it is obvious that sexual abuse in these societies was predisposed by the cultural views of perpetrators with the notion that they had authority over women in intimate relationships. In the same way, Abraham (1999) research on women from Bangladesh, India and Pakistan who had been abused within their marriages revealed that women suffered more sexual violence. This is because conventionally, men were socialized with the notion that sex, was their masculine right as husbands which is why marital rape was very widespread in these three countries.

Gender roles recognized by men and women accord them with expectations that when not met can produce stress. Recent studies propose how gender role related stress may impact whether a man chooses to engage in violence (Moore et al., 2008; Tager). For instance, men may feel intense demands to defend gender role norms like providing food, clothing and shelter for his family. Sometimes, their inability to meet these expectations results in violent behaviours as a way of reaffirming their masculinity (Moore et al., 2008).

Reports by the Institute of Development Studies (IDS), Ghana Statistical Services (GSS) and Associates (2016) assert that the most common form of violence experienced by women in Ghana was economic violence with the least been sexual violence. On the other hand, the study also pointed out that psychological violence was perceived by men as the most common form of violence meted out to them by their partners.

Leung and Cheung (2008) conducted a study on the prevalence of intimate relationship violence using a survey research design with 1577 participants. 13.5 percent of respondents stated that their intimate partners had frightened them by throwing objects such as chairs, stones at them, 7% stated that they had been pushed by their partners, 5% stated that they had been slapped, 4% stated that they had been struck with an object, 2% stated that they had been threatened with either knife or gun, and 2% indicated that, they had been beaten by their intimate partners.

Soni, Hari, and Yoko (2009) conducted a study in the United States of America on Nepali women's experiences with Intimate Partner Violence. The researchers conducted the study using a mixed-methods approach. The study enrolled a total of 45 participants, and 51% of the women reported experiencing psychological abuse. Additionally, 75.6 percent experienced verbal abuse, 60% reported their spouses humiliating them in public, and 11.1 percent reported feeling intimidated

by their relationships. Comparing these two studies, it is observed that between South Asian women and Nepali women, the latter tolerated more emotional and psychological violence than physical and sexual abuse (Abraham, 1999; Soni, et al. 2009).

Again, Kim and Sung (2016) conducted a quantitative investigation with 189 Chinese women. The study revealed that 90.5 percent of women had been verbally abused, while 76.2 percent had received threats, and 68.8 percent had been emotionally abused by their male partners. Moreover, psychological abuse was by far the most common type of violence suffered by Chinese women.

Hicks (2006) employed a random sample to assess the prevalence and type of intimate partner violence in a study. Among 181 cases of intimate partner violence, the study discovered 23 instances of physical abuse. In their quest to comprehend the extent to which physical abuse occurs in South Asia, Hurwitz, Gupta, Liu, Silverman, and Raj (2006) discovered that approximately 55% of the 208 individuals surveyed had been physically abused by a former or current spouse. Physical abuse was found to be the most prevalent kind of Intimate Partner Violence among South Asian women living in the United States of America, the study revealed.

Despite the fact that both Hurwitz et al. (2006) and Hicks (2006) conducted their investigations in the United States of America, Hurwitz et al. (2006) discovered incidences of physical abuse compared to Hicks (2006). This could be because the research designs employed were different. In their quest to comprehend the extent to which physical abuse occurs in South Asia, Hurwitz et al. (2006) found that, approximately 55% of the 208 individuals surveyed had been physically abused by a former or current spouse. Physical abuse was found to be the most prevalent kind of Intimate Partner Violence among South Asian women.

Rees and Pease (2007) conducted a qualitative study in Australia, identifying 78 female participants through purposive sampling. The study investigated these women's encounters with domestic violence, abuse and the types of violence they encountered. Financial abuse was a prominent kind of partner violence, in which men dominated women's financial resources, the research suggested.

Intimate Partner Violence was explored by Kim and Sung (2000) in Korean households. A total of 256 people were questioned over the phone for the study. According to the findings of the survey, 18% of participants had been subjected to at least one act of physical abuse, such as shoving, slapping, hurling objects, and grabbing. Approximately 6% of interviewees said they had been kicked, bit, threatened with a gun, or struck with an object.

2.4 Children's Exposure to Parental Intimate Partner Violence

The research on children's exposure to IPV began more than 40 years ago with the publication of the first case study demonstrating the adverse effect of IPV exposure on youngsters (Levine, 1975). Hundreds of empirical researches have been conducted since then to evaluate the relationship between IPV exposure and a variety of child outcomes ranging from infancy through puberty. Childhood experiences of family abuse have been linked to an individual's risk of domestic violence in some African societies; however, family violence varies by ethnicity (Tenkorang et al., 2013). Having said this, we anticipate that women and men who have experienced higher levels of family violence in their childhood will be more likely to experience marital violence. Although it might be quite difficult to separate the effects of age and exposure to conflict, it is possible that being exposed to violence may have an enduring impact on the developing person (Mann &

Gilliom, 2004). IPV exposure has been linked to adverse effects in six broad categories, including behavioral, mental health, cognitive, social, physical, and physiological outcomes.

When compared to children who have not been exposed to IPV, the probabilities of not meeting language, personal-social, and fine motor–adaptive milestones by age three are intensely increased (Gilbert, Bauer, Carroll, & Downs, 2013). Numerous research on the consequences of witnessing IPV and childhood maltreatment have demonstrated adverse impacts on children, ranging from behavioral difficulties in childhood and adolescence to increased abnormal psychology as they enter adulthood (Jaffe, Wolfe, & Wilson, 1990; Wolfe, Jaffe, Wilson, & Zak, 1985).

IPV exposure has been associated to behavior issues in toddlers (DeJonghe, von Eye, Bogat, & Levendosky, 2011), as well as trauma symptoms such as increased levels of distress, regardless of the disposition of the child (Dejonghe, Bogat, Levendosky, Von Eye, & Davidson, 2005). As a result of the exposure, some children struggle to build long term relationships with their mothers. (Finger, Hans, Bernstein, & Cox, 2009).

Women who have been exposed to IPV during pregnancy have been found to have increased posttraumatic stress symptoms, which may contribute to increased levels of subsequent infant trauma symptoms (Lannert et al., 2014). According to studies, preschool-aged children exposed to IPV have an increased risk of developing behavioral difficulties in their social context (e.g., Fantuzzo et al., 1991; Holmes, Voith, & Gromoske, 2015). For instance, IPV exposure has an effect on how youngsters perceive and interpret conflict.

According to one study, preschool-aged children exposed to IPV were less likely to understand violence in an orderly fashion (i.e., narrative coherence; understanding how violence occurs),

resulting in increased behavioral difficulties when compared to their unexposed peers (Minze, McDonald, Rosentraub, & Jouriles, 2010).

Additionally, children exposed to IPV are more likely to exhibit scared reactions and greater involvement in conflict, which are associated with increased anxiety and depression symptoms (Cummings, Pellegrini, Notarius, & Cummings, 1989; Davies, Cicchetti, & Martin, 2012). Several studies have established a link between IPV exposure and impaired executive functioning and short- and long-term memory skills during the preschool years (Gustafsson et al., 2013; Gustafsson, Coffman, & Cox, 2015)

Prosocial skill development is a critical developmental challenge for preschool children (i.e., being helpful and responsible, possessing self-assertion and self-control, and showing sympathy). While some research indicates that exposure to IPV during preschool is associated with decreased social competence when compared to children who are not exposed to IPV (Fantuzzo et al., 1991; Wolfe, Jaffe, Wilson, & Zak, 1985), other studies have discovered no such association between IPV exposure and prosocial skills or social competence (Farver, Xu, Eppe, Fernandez, & Schwartz, 2005)

Research on the impact of IPV exposure on child outcomes has been undertaken on school-aged or adolescent children. Systematic reviews and meta-analyses have indicated that, children in these age groups who are exposed to IPV are more likely to experience posttraumatic stress symptoms, as well as impaired cognitive functioning, academic difficulties, and social skills, when compared to their peers who have not been or are not exposed to IPV (Evans, Davies, & DiLillo, 2008).

School-aged children exposed to IPV have an increased risk of bullying, which perpetuates violent behavior toward their peers (Baldry, 2003; Fredland, Campbell, & Han, 2008; Holt, Kaufman

Kantor, & Finkelhor, 2009; Knous-Westfall, Ehrensaft, MacDonnell, & Cohen, 2012), as well as a high risk of becoming a victim of bullying (Knous-Westfall, Ehrensaft, MacDonnell, & Cohen, 2012). Despite these harmful consequences of children being exposed to violence, some parents continue to view physical aggression against children as a type of parental education aimed at steering children in the proper direction (IDS, GSS and Associates, 2016).

IPV exposure has also been associated with both perpetration and victimization of teen dating violence (Chikte, 2012). Adolescents exposed to IPV are more prone to commit physical and relationship abuse against their partners than adolescents who have not been exposed to IPV (Ferguson, Miguel, Garza, & Jerabeck, 2012; Garrido & Taussig, 2013; Narayan, Englund, Carlson, & Egeland, 2014; IDS, GSS and Associates, 2016).

In terms of victimization, adolescents who had been exposed to IPV were more likely to be victims of teen dating violence than adolescents who had not been exposed (Choi & Temple, 2016; Karlsson, Temple, Weston, & Le, 2016). However, gender differences emerged from this research by Choi & Temple (2016). Findings of the study disclosed that, female adolescents who had been exposed to IPV during childhood had the highest probability of experiencing physical and psychological teen dating violence compared with males who were exposed to IPV during childhood and males and females who were not exposed.

Tenkorang & Owusu (2018) further claim that, given the precision of domestic violence and childhood experiences, victims' early childhood experiences are crucial to intimate partner abuse. They assert that women who had experienced childhood abuse were more likely to be perpetrators and victims of IPV than their counterparts who had not. Nonetheless, the level of violence is more pronounced if it occurs prior to the age of fifteen and continues into adulthood (Tenkorang &

Owusu, 2018). Again, violence experienced after the age of fifteen was more severe than violence experienced before the age of fifteen, and women who perpetrated the violence were also harmed to a higher extent. Similarly, proponents of life course theory argue that domestic violence is a process that is often traceable to the victims' childhood experiences and is deeply rooted in a web of familial relationships (Gewirtz & Edleson, 2007; Holt, Buckley, & Whelan, 2008).

Nonetheless, the IDS, GSS and Associates (2016) report may be reinforced by the fact that (i) young people are at a higher risk of experiencing domestic violence, (ii) experiencing violence at an early stage in life will greatly increase the chances of experiencing violence in the future and (iii) experiencing violence at a younger age will increase the probability of the individual perpetrating violence in the nearby future.

Half of all incidents of intimate partner violence (IPV) among high school students, according to researches, take place in public (Black et al., 2008; Molidor & Tollman, 1998). Moreover, the high school students in Black et al (2008) 's study were more likely to confide in a friend if they had witnessed the violence. To be more specific, victims were more likely to confide in someone of the same sex as the witness (i.e., victims are more likely to talk to a woman if a woman witnessed the incident more than if a man witnessed the incident).

2.5 Factors Contributing to Intimate Partner Violence

Jewkes (2002) contends that the presence of two elements is necessary for IPV to occur. The factors that lead to or induce IPV are numerous. Thus, women's uneven status in society and a particular relationship, as well as the normative use of violence in dispute.

In South Australia, Zannettino (2012) explored the factors that contributed to intimate partner violence. Similarly, the author believed that cultural variables, particularly those relating to the

changing nature of traditional gender roles, were a constant source of friction in women's relationships and a significant contributor to women's experience of IPV.

Additionally, the study's findings suggested that participants believed that getting help for intimate partner violence would lead them to leave their spouses, resulting in a broken home. The survey revealed that participants believed that demanding for assistance would not be safe for their husbands and the notion that it might bring shame to the family and community. These variables also contributed to intimate partner abuse among because their views enabled them to remain silent in violent situations.

Women's perceptions of marriage success, the stigma attached to women who leave abusive relationships, a strong emphasis on maintaining family privacy by not exposing partner, abuse being viewed as a private family matter, and concerns for children are all cultural factors that contribute to intimate partner violence (Tonsing, 2014). This implies that it is critical to recognize traditional beliefs and values, as well as social institutions, as contributing factors to intimate partner violence.

Accordingly, feminist theorists have also argued that patriarchy plays a significant role in both the enactment and perpetuation of violence against women within the home. Domestic violence, according to feminist scholars (Anderson 2013; Kimmel 2011), is a sex-based form of oppression that is used to reinforce societal norms that emphasize men's superiority over women.

Moracco, Hilton, Hodges, and Frasier (2005) assessed participants' knowledge and attitudes concerning intimate partner violence in another study done in rural North Carolina. The study discovered that Intimate Partner Violence was associated to alcohol and drug addictions, which contributed to the occurrences of abuse. Women's provocative attitudes such as jealousy,

miscommunication among others all contributed to intimate partner violence. The study concluded that substance abuse and alcoholism were the primary contributors to intimate relationship violence.

Colucci et al. (2013) researched the risk factors for partner abuse among Indian women. The study discovered that the Indian culture supported inequity and violence against women on a cultural level, as women were expected to remain silent in abusive relationships. Once married, Indian women were expected to accept violence and received no social support from friends or family. Indian women who were victims of domestic violence were shamed, viewed as irresponsible, and held accountable by community members. This then generated fear among Indian women, hence their tolerance of Intimate Partner Violence even though they were aware of the negative effects it can have on them.

Thus, as Jewkes (2002) points out, there will be a greater danger of violence towards partners in communities where the use of violence is a widely accepted norm in numerous settings. According to the study, excessive reliance on partners by Indian women, were not well informed about laws and rights, and their lack of understanding about services all factored in their experiencing intimate partner violence or victimization.

According to some prior research, both men and women underreport their IPV perpetration in comparison to their partners' claims of victimization, but males underreport more than women (Schafer, Caetano, & Clark, 2002). This will result in the prevalence of intimate partner violence against men. However, Flake (2005) also found out that women's educational attainment dramatically reduces their likelihood of intimate partner violence. In addition, Karaoglu et al.,

(2005) also revealed in a study that, raising both husband and wife's educational attainment reduces the likelihood of violence during pregnancy in Malatya, Turkey.

Intimate partner violence is caused by a variety of factors, according to the International Centre for Migration, Health, and Development (2013). One aspect was a lack of social support, as women in their home countries had abandoned their entire social support structures. As a result, they became emotionally, socially, and financially reliant on their partners. Perpetrators frequently exploited women's dependency and increased their anxiety by socially isolating them. This increased the likelihood of victims remaining in abusive relationships. Cultural differences (where women held divergent opinions on problems, believing it was acceptable for their partners to abuse them), language barriers, a lack of awareness about available services, economic hardships, and fear of expatriation all played a role.

Pearson et al. (2017) used data from Bangladesh to demonstrate that women with a history of intimate partner violence faced more constraints to reproductive autonomy than women without such a history. Eswaran and Mahotra (2011) found that men in South Asia used domestic violence to undermine their wives' autonomy in allocating household resources. Reina, et al., (2013) conducted a study examining the factors that contribute to domestic abuse among Latina women. The researchers contended that location-specific factors and social relationships play a significant effect in partner violence. Three elements were identified as the primary contributors to violence against Latina women in this study. The study's findings emphasized on the vulnerability of women living in new settlement regions and secluded lives to violent circumstances. Finally, women who have restricted social networks are more likely to experience partner violence.

Zarza et al. (2009) conducted a quantitative investigation in New Jersey. The study's objective was to ascertain the determinants of relationship violence. The study used demographic frequency analysis, univariate and bivariate descriptive analysis, and multiple regression analysis to analyze data collected. According to the study's findings, the vast majority of participants (93 percent) had witnessed or experienced family violence throughout their youth. It was revealed that the participants' partners had observed abuse of various types, including insults and beatings, perpetrated by their fathers (87.5 percent) against their mothers and by their mothers against their fathers (75 percent). Participants further described seeing abuse during their upbringing from their fathers toward their mothers (64.3 percent) and from their mothers against their fathers (64.3 percent) (21.2 percent). The study failed to explore its effect on young adults' own intimate partner violence.

The roles of certain extended family members have been identified as a factor leading to intimate partner violence victims (women). Jordan and Bhandari (2016) found out that, family participation is a risk factor for intimate partner violence among women in the United States of America. Among the 20 women who participated in the study, it was revealed that participants had suffered verbal abuse, physical violence, and ill-treatment at the hands of their in-laws. Some participants described being subjected to emotional abuse by their partner's mother, who publicly shamed them for their inability to be suitable wives and mothers.

Clark, Shahrouri, Everson-Rose, and Groce (2010) used a mixed-methods approach, holding 17 focus groups with a total of 105 participants and a survey with 418 people. According to the findings of the study, women who shared a home with their husband's family and/or shared buildings with their husband's family members were more likely to experience intimate partner abuse. It was discovered that in-laws interjected themselves into the matters of women who had

undergone intimate partner violence, so contributing to their husband's abuse. Furthermore 45% of all surveyed participants claimed that their husband's extended family interfered with their relationships, which contributed to their partners' abuse

Between June 1998 and February 1999 in Cape Town, Abrahams, Jewkes, Hoffman, and Laubsher (2004) conducted a population-based cross-sectional study. The study's purpose was to determine the prevalence and risk variables for men committing sexual assault against female sexual partners. The study involved 1,368 males working in Cape Town municipality. The study discovered that all individuals had previously had many partners, with 215 claiming having between one and four current partners. Multiple partners were identified as a significant factor in relationship abuse.

Tenkorang (2018) claims that in Ghana, the prevalence of IPV is rooted in historical gender inequality. Thus, inequities that stem from decades of financial advantages, specifically patriarchal and cultural benefits enjoyed by men. Thus, Tenkorang (2018) contends that redressing power inequalities in the family by increasing women's autonomy will address the incidence of IPV in Ghana and Sub-Saharan Africa in general.

In a similar vein, a study was conducted by Cho (2012) with the aim of comparing male and female perpetrators of IPV using nationally representative data. When compared to non-perpetrators, IPV offenders reported that their partners were more controlling (2.18 for male partners and 2.10 for female partners) (1.73 for male partners and 1.70 for female partners; data not shown). The number of victims who reported their abuser's controlling behavior was higher among women than among men, but the gap was not wide. According to these findings, men may be more inclined than women to engage in controlling behavior. The study concluded on the bases that controlling behaviors are often associated with men, but women can engage in them as well. However, this

study encountered methodological difficulties in convincingly showing them as real gender differences, more research is clearly needed.

Tenkorang (2018) examined the relationship between three dimensions of women's autonomy at the individual level: economic decision making, family planning decision making, and sexual autonomy, and four dimensions of intimate partner violence at the group level: physical, sexual, emotional, and economic violence, using data collected from 2,289 women living in 40 communities throughout Ghana.

The data indicated that a substantial number of Ghanaian women have some measure of autonomy in each dimension. The findings indicated that autonomy is associated with a decreased risk of experiencing intimate partner violence, but this association is limited to a specific sort of autonomy related to family planning decision making.

2.6 Effects of Intimate Partner Violence on women and men

In a similar study, Fuchsel (2013) examine the association between childhood sexual violence and adult abuse in the southern United States of America. The study employed an exploratory qualitative research approach and gathered data from nine randomly selected participants through in-depth interviews. The study's findings suggested that seven out of nine participants who had suffered Intimate Partner Violence in their relationships had been sexually abused as children. Many of the participants' early sexual abuse experiences involved date rape, exhibitionism, incest, which some endured for about five solid years. The study indicated that women who had been sexually abused as children were more likely to experience domestic abuse in their relationships later in adulthood.

Erez, Adelman, and Gregory (2009) evaluated the experiences of 139 women from 35 nations in the United States of America with partner violence and its effects on their children in a mixed-methods study. The study was guided by feminist intersectionality theory. According to the study's findings, abuse resulted in serious mental health consequences such as anxiety, depression, withdrawal, and numbness.

Palmberg and Wasén (2003) conducted a study on men who had been subjected to IPV by female partners. The study discovered a distinct pattern: men can experience psychological abuse (insults, threats, or controlling behaviors, for example) to be worse than physical violence. The majority of dads in this study did not have sole custody of their children. Not being permitted to see or speak with the children over the phone, having a dread of the previous, and having their character disparaged by the children are all conditions that the males in this study had encountered. The findings also revealed fathers frequently felt profound hurt and powerlessness as parents as a result of their inability to see their children.

Domestic Violence and Marital violence have been linked to negative outcomes for women's physical, mental, and reproductive health (Campbell, 2002; Coker et al., 2002). In addition to the fact that its perpetration endangers women's societal freedom, dignity, and fundamental human rights (McCloskey et al., 2005; Price, 2005), it also poses a threat to women's physical safety. As a cultural norm, wife-beating is accepted as a husband's attempt to correct his wife's excesses or wrongdoing (Iliyasu, Abubakar, Galadanci, Hayatu, and Aliyu, 2013; Mann and Takyi, 2009). Unfortunately, these studies are silent on the opinions of men concerning the cultural norms that endorses wife-beating or male dominance.

Male entitlement, power, and superiority, as opposed to female submission, are conveyed during marriage rituals among the Igbos, and the place of female marital abuse can be noted when there is a transgression of the female subordinate role. It is not surprising, then, that Obi and Ozumba (2007) reported that Igbos in southern Nigeria are by far the most vulnerable group to domestic violence.

2.7 Negative effects of Intimate Partner Violence on Children

While abuse can result in death, actual wounds, passion, and mental health difficulties characterizes some negative effects of IPV (DeJonghe, Bogat, Levendosky and von Eve, 2008).

This then suggests that Intimate Partner Violence victims may endure both short- and long-term consequences. A study was conducted in the United States of America to ascertain women's interactions with abusive behavior at home and the impact on children (Crandall, Senturia, Sullivan and Shiu-Thornton, 2005). The study's findings suggested that women reported their children experiencing suicidal and homicidal thoughts, as well as feelings of tension and anxiety, due to Intimate Partner Violence in their households.

The participants further mentioned how children felt embarrassed and weakened as a result of the abuse. According to one mother, "Children cannot discuss their parents with their classmates."

According to the report, mothers should avoid having disputes with their partners in front of their children. They should demonstrate respect for their children by modeling appropriate behavior.

Again, women who lack access to resources necessary to ensure their own and their children's wellness are at a greater risk of enduring partner violence (Reina et al., 2013).

Thurston et al. (2013) conducted a study in three Canadian cities between February 2005 and January 2006 among children who had witnessed parental Intimate Partner Violence. The study

interviewed 37 youngsters in Calgary, Winnipeg, and Halifax using a qualitative research design. According to the study's findings, a substantial number of children interviewed became homeless owing to their parents' Intimate Partner Violence.

Additionally, according to the survey, when the violence escalated and their personal safety became a concern, the women left their family homes with their children. When the women left their family homes owing to their husbands' abuse, characteristics such as low income, low education, unemployment, limited English literacy, and social isolation were discovered to predispose them to homelessness. Thus, women who have greater social, economic, and educational empowerment may be better safeguarded against partner abuse or domestic violence.

Carrell and Hoekstra (2010) have revealed that children who suffered from social and emotional problems related to exposure to intimate partner violence also experienced lower academic achievement. PicoAlfonso, Garcia-Linares, et al. (2006) explored the influence of Intimate Partner Violence on children's mental health in Spain between 2000 and 2002. Findings showed that, intimate partner violence has a negative impact on children's mental well-being, increasing the pervasiveness of depression, PTSD, anxiety, and suicidal thoughts and attempts.

Mayock, Sheridan, and Parker (2012) explored Intimate Partner Violence as a leading factor causing homelessness among Irish women. The study employed a qualitative research design and purposefully selected 60 women partake in the study. 13 out of the 17 homeless children interviewed had experienced abuse in an intimate partner relationship. In sum, Intimate Partner Violence was a primary cause of women's homelessness, coupled with economic, social, and personal effects.

Mahenge, Likindikoki, Stockl, and Mbwambo (2013) also conducted a study on some negative effects of IPV on its victims. Out of the 1180 women interviewed, 13% of them on behalf of their children under the age of 18 years suffered symptoms of PTSD, 63 percent complained of an elevated level of anxiety, and 73 percent went through depression.

According to Pico-Alfonso et al., intimate partner violence is a substantial factor of poor mental health among pregnant women and their children (2006). In the same vein, Amoakohene (2004) and the IDS, GSS, and Associates (2016) research, there is a clear link or association between domestic violence exposure and mental health in Ghana. The impacts, however, were greater for women than for men.

Keports & Pittman (2017) discovered a positive correlation between current perceived conflict severity, threat, and self-blame assessments and depressive symptoms, implying that unfavorable effects may occur even among young adults who are not always present in the home or physically exposed to the conflict.

2.8 How victims of abuse navigated Abusive Relationships

Hoan (2003) conducted a qualitative study in Vietnam to examine abused women ways of navigating abusive relationships. Before approaching the criminal court system, many of the individuals sought emotional support and assistance from their personal networks, according to the study. Twenty-one participants discussed their experiences with intimate partner violence with families, friends, and religious leaders. However, shame and fear of the abuser kept some victims from telling others about their abusive experiences. Half of participants sought for help from various agencies who provided shelters, health care, among others.

Laura (2010) explored 15 survivors (women) of intimate relationship violence in the United States and the ways they navigated through their experience of IPV. The findings of the study showed that these survivors of abusive relationships used a variety of tactics. Participants often hoped for the best with the belief that the relationship would get better. Study participants explained that they prayed for God's guidance and consolation from family members. The findings revealed that, some women tolerated the abusive partners because of the male-dominated patriarchal culture, which existed. Also having in mind that, they could not fight back their partners because they had power to control them.

Bhuyan, Mell, Sullivan, and Shui-Thornton (2005) also conducted a study on societal differences and beliefs that influence how victims of Intimate Partner Violence view their situations and what techniques they prefer to use in responding or navigating through their experiences of Intimate Partner Violence. Domestic violence was shown to be a normal concern inside a family, according to the research. Furthermore, cases of domestic violence were also thought to be best kept within the family, according to participants. The findings revealed that, women were advised to be patient and to put up with their husbands' abusive behaviour. There was much emphasis on keeping the family stable, and divorce was regarded as harmful to the children. Many of these women stayed in violent relationships to resolve their issues by themselves because they did not want people to know about their family difficulties for the security of their children and their traditions.

Mahapatra and DiNitto (2013) examined socio-cultural characteristics related with the seeking for support among 57 female domestic abuse victims in South Asia employing survey methods and logistic regression analysis. From the study's findings, 34 sought help (from relatives and friends), while 15 sought help (from police, court, counsellors and doctors). According to the findings of the study, participants found aid (family and friends) to be more suitable and beneficial

in their abusive relationships. Participants in the study identified socio-cultural practices such as isolation, patriarchy, and acculturation as reasons for seeking or refusing help.

According to findings from a study conducted showed that, younger victims of IPV are more likely to speak out about their experiences than their older counterparts (e.g., Barrett & St. Pierre, 2011). However, using information from the National Violence Against Women Survey (NVAWS), Flicker et al. (2011) discovered that in contrast to younger women, older women were equally likely to disclose their experiences of violence to friends.

Additionally, Farah, Natasha, Mary, and Donna (2009) explored the perspectives of women in the United States of America who have experienced intimate partner violence on the meaning of seeking help and the explanations for and against getting treatment for their health challenges as a result of IPV. The study collected data from 22 women through focus group talks. The researchers analyzed the data using thematic analysis. The study revealed that stigma, women's gender roles (for instance subordination), children's welfare, a lack of social support, and knowledge about women's rights all contributed to the delay in seeking help or support. The study's findings further indicated that, participants employed personal ways of navigating abuse and withheld information about the intensity of the abuse from people be it a relative, friend or s. Others attempted to persevere, made self-sacrifices, and prayed to God for assistance. After years of silently suffering from interpersonal abuse, the study found that individuals sought medical care.

Guruge (2014) examined how people perceive and respond to intimate relationship abuse. The study's findings revealed a number of characteristics that informed the views and response of Sinhalese women to intimate partner abuse on multiple levels. The study's participants viewed intimate partner violence to be kept in private and also a humiliating subject to be disclosed hence concealed their painful encounters of abuse. The study revealed that women's responses to abusive

relationships are greatly inclined by the security of their children, their financial dependence on their husbands, and family well-being. The study branded social apathy toward violence as a contributing factor to the acceptance of Intimate Partner Violence is a private issue hence should be kept from outsiders. Participants highlighted macro-level problems such as limitations in health, social, and settlement services. These characteristics contributed to participants' decision to endure the abuse and to their continued involvement in abusive relationships without seeking professional therapy or support.

Haj-Yahia (2000) researched wife abuse and assault within the Arab community's sociocultural setting. The study, which focused on women's coping mechanisms for abuse and violence, a rigorous random sample technique was used to study 2,102 married Arab women. The majority of women responded that it was always critical to keep Arab community values when attempting to cope with abuse in relationships. The women stated that techniques for coping with abusive relationships should be implemented inside the nuclear and extended family structure in order to preserve family privacy. According to participants, women in Arab societies are required to uphold their family's reputation, respect their husbands, and look out for their children's welfare.

Some women may receive support from organizations through home visits. Jahanfar et al. (2014) identified three studies on IPV in pregnant women who received home visit support, but the results were not statistically significant. As a result, there is conflicting evidence in the literature about the efficacy of home visits as an interdisciplinary intervention to assist women facing IPV.

Akinsulure-Smith et al. (2013) revealed a number of ways used by West African women to navigate abusive relationships. According to the study, women who were victims of intimate partner violence sought support from relatives and partners were advised to stay in their abusive

relationships. When families were unable to give solutions, participants turned to community elders or religious leaders for assistance. External support from law enforcement or support groups were often their last option.

It is critical to emphasize that the majority of female victims in Ghana and other Sub-Saharan African nations do not seek assistance, and when they do, they rely on informal rather than institutional support networks (Tenkorang, Owusu and Kundhi, 2018). This is due to victims' distrust of, and negative experiences with, public agencies and state authorities when they seek assistance (IDS, GSS and Associates, 2016).

The preceding literature demonstrates that, despite the volume of research conducted on intimate partner violence, the focus has always been on prevalence, victimization, and perpetration. Certain academics who study the effects of IPV on victims and, to a lesser extent, children are concerned about the serious health repercussions. However, relatively little research has been conducted on the long-term consequences for these youngsters as they grow into adults and how these consequences affect their own romantic relationships. This is the gap that this study sought to fill.

2.9 Conceptual Framework

2.9.1 Social Learning Theory

Several theories have been advanced over the years to explicate why people behave the way they do (Bandura, 1971). When diverse social influences produce correspondingly diverse behaviours,

the inner cause implicated in the relationships cannot be less complex than its effect. Human behavior was extensively analyzed in terms of the stimulus events that evoke it and the reinforcing consequences that alter it. Developments in learning theory shifted the focus of causal analysis from hypothesized inner determinants to detailed examination of external influences on responsiveness.

According to Bandura (1971) new forms of behavior can be learnt or acquired through direct experience or observing the behavior others. In the course of learning, as people perform responses, they take into consideration the consequences that accompanies actions portrayed. Most of the behaviours portrayed by people are learned either deliberately or inadvertently though the influence of example (Bandura, 1971).

The relevance of modelling and communication (verbal and nonverbal) for children and their developmental growth can be seen through the social learning theory. It was discovered through extensive research and experimentation that children frequently mimic the behaviors of those around them. Albert Bandura conducted notable research at the Stanford University Nursery School in 1961, using a doll named "Bobo."

During this study, children observed researchers acting aggressively toward the doll, and when they were left alone with the doll, they mimicked that behaviour and extended it to other toys (Cooper & Lesser, 2015). This study demonstrates the significance of what children experience and how it contributes to and plays out socially in their world. The social learning hypothesis (Bandura, 1997) defines social learning as the "process of learning a certain form of social behaviour through observation and imitation, where good behavior is applauded, and bad behavior is punished." (Myers, 2002, p.387). Bandura's motivation for developing this theory was to create

a theory that explains how children learn aggressive behaviors; however, the theory can be used to explain how any extra behaviour or attitude can develop.

Social learning is the process by which a person changes their behaviour, attitudes, and way of life, either positively or negatively, as a result of acquiring new information or observing significant others like parents (Baron et al. 2009). The components of the social learning theory that determine how attitudes are formed with social learning are major concerns for this study.

According to Baron et al. (2009), social learning postulates that children imitate negative attitudes from various individuals and social groups at an early stage through observation due to the expressions made by these individuals and the commendations that they receive for being able to adopt it. Bandura's social learning theory is known to be the brain behind the theory of socialization, according to Spilka et al. (2003). For example, violent behaviour has far-reaching consequences as a result of an environmental influence on one's life, most notably by one's parents. While parental influence cannot be overstated, it is important to note that certain influences have a far-reaching impact on people's lifestyles. School, peers, books read, and the media, particularly social media, are examples of these.

According to social learning theory, violence is a learned behaviour. However, a child does not only learn how to commit violence, but also develops positive attitudes toward violence when he (or she) realizes it is rewarded (Dutton and Holtzworth-Munroe 1997; Kalmuss 1984). Children who have witnessed violence might so develop conflict resolution and communication skills.

Sternberg et al. (1997) explained that Bandura's social learning theory proposes that both spectators and victims of violence can be affected, and hence children from violent environments are more prone to acquire aggressive tendencies. If a young adult does not have a tranquil and

secure home environment, he or she may struggle with emotions and may find it difficult to form good connections.

The social learning theory was a suitable fit for this study since it explained how parental intimate violence affects young adults' intimate relationships. Also, it is used to explore the ways in which persons who experienced parental intimate partner violence may have been impacted to perpetuate violence, become passive and tolerant of violence, or become apprehensive of Intimate partner relationships because of having been exposed to such violent contexts.

2.9.2 Feminism and Patriarchy

Yllo (1993) argues that feminism is an "essential lens without which any other analytic perspective is faulty," and that no theory can be useful without it (p. 48). As a result of the sexism inherent in the problem, any examination of intimate partner violence that fails to account for gender will be flawed. As the feminist perspective sees it, the conventional focus on domestic turmoil as a means of grasping intimate partner violence is problematic due to the fact that the foundation of such violence is rooted in domination rather than a clash of competing interests.

Dobash and Dobash's *Violence Against Wives: A Case Against the Patriarchy* (1979) is the definitive, ground-breaking work elucidating the feminist perspective of intimate partner violence. It is cited by the vast majority of feminist and non-feminist sociological works on the topic of intimate partner violence. Dobash & Dobash's core premise is that husbands who mistreat their wives are displaying their superiority over their wives.

According to Dobash and Dobash (1979), "wife abuse" is a relic of a bygone era when men were legally permitted to view women as property. They contend that the underlying fabric of marriage

is still influenced by the social condoning of male dominance and gender roles and norms that existed before it was unlawful for men to physically beat their wives.

Feminist thinkers dispute the idea that victims or their families have mental health problems that contribute to domestic violence. Rather, as noted by Dobash and Dobash, men who abuse their spouses are behaving in accordance with cultural prescriptions that are prized in Western society—aggression, male dominance, and female subordination—and are employing physical force to reinforce that domination (p. 24).

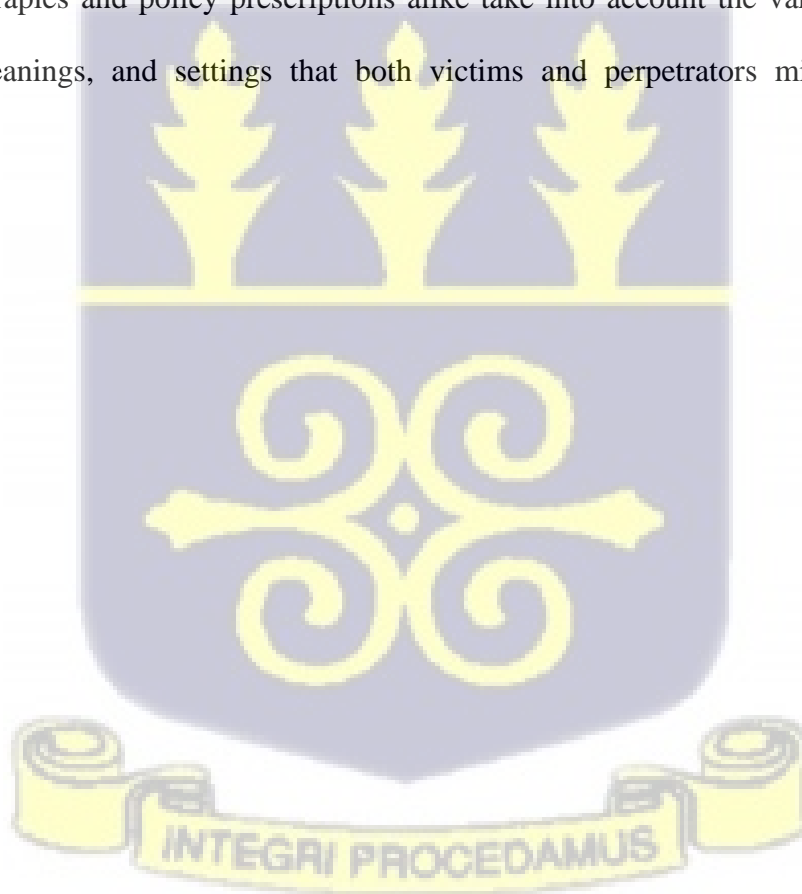
While other theories (such those on family violence) may be useful in this setting, The poststructuralist feminist theoretical perspective, on the other hand, has a distinct view on the dynamics of power in romantic partnerships. Without taking into account the historical and particular circumstances of particular groups of women (e.g., women), they believe that a binary power structure is developed in which the dominant (e.g., males) have it and the subjugated (e.g., women) have not (Cannon, Lauve-Moon, K., & Buttell, 2015).

When viewed through this lens, violent women are either victims or defending themselves. Recent studies and common sense both show that women use violence for reasons other than self-defence (these include jealousy, control, anger, and frustration). However, there is an understanding of the distribution of power in our society through a structural feminist paradigm that sees IPV as a symptom of a larger problem with the way that women of different races and socioeconomic backgrounds are treated (Cannon, Lauve-Moon, K., & Buttell, 2015).

Rather, her access to power methods and tactics is contextual, dependent on her social standing (such as race, gender, sexuality, class, nationality, etc.). To resort to violence is one possible strategy. However, the violence she inflicts on others cannot be understood in the same way that

a man's violence against a woman is. Because of his position in society, he has access to more options than the average person. (Cannon, Lauve-Moon, K., & Buttell.) As opposed to the classic feminist paradigm in the United States, which assumes that women are powerless and men have all the power, we examine IPV instances through a post structural feminist lens to show that women do and can wield power and that IPV often takes masculine forms (Hines, Denise & Emily, 2009).

Nonetheless, because we live in a society that accords preferential treatment to men and heterosexuals, our perception of this power is coloured by these biases. Because of this, it's crucial that therapy therapies and policy prescriptions alike take into account the various experiences, motivations, meanings, and settings that both victims and perpetrators might bring to the discussion.



CHAPTER THREE

METHODOLOGY

3.1 Introduction

The methodologies as well as processes utilized to conduct the study are detailed in this chapter. The research design, target population, study population, sampling procedure, sample size, sources of data, data collection, data management and analysis, ethical considerations, study limits, and areas for further research are all covered in this chapter.

3.2 Research Design

Qualitative research is based on the disciplines of social sciences like psychology, sociology, and anthropology. Therefore, the qualitative research methods allow for in-depth and further probing and questioning of respondents based on their responses, where the interviewer/researcher also tries to understand their motivation and feelings. There are different types of qualitative research methods like an in-depth interview, focus groups, ethnographic research, content analysis, case study research that are usually used.

The results of qualitative methods are more descriptive and the inferences can be drawn quite easily from the data that is obtained. Qualitative data collection allows collecting data that is non-numeric and helps us to explore how decisions are made and provide us with detailed insight. For reaching such conclusions the data that is collected should be holistic, rich, and nuanced and findings to emerge through careful analysis.

The study was conducted using a qualitative research design. According to Creswell (2009), the qualitative research approach focuses on discovering and comprehending the experiences and

perspectives of participants. The qualitative method was chosen because it allowed the researcher to ask open-ended questions, resulting in detailed, rich, and descriptive data (Laura, 2010). Furthermore, by using their own voices, the participants' verbal tales reflected their unique and personal experiences (Laura, 2010).

3.3 Study Area

In conducting research, a study area is a vital component of the methodology. For this study, Ablekuma North District in the Greater Accra Region of Ghana was selected as study area. Located in Ghana, Ablekuma North Municipal District is one of the region's twenty-nine districts.

Until a small portion of the district was split off to create Ablekuma North Municipal District on 15 March 2018, it had been included in the much larger Accra Metropolitan District since 1988. Darkuman Kokompe, the municipality's capital, is situated in the middle of Greater Accra Region. Data from the 2010 Population and Housing census indicate that Greater Accra is the second most populated region with 4,010,054 inhabitants representing 16.3% of the country's population. Accra was chosen because it is the capital of Ghana and a booming metropolitan centre.

Accessibility was also one of the reasons for choosing Accra as the research setting. This is because, Accra being an urbanized will have young adults who had access to education at least even from a poor background hence would be able to express themselves in relation to the topic of this study.

It was necessary to choose a site well known by the researcher to make it easy to access participants. The cost involved in travelling from one place to the other was also considered in the methodology hence selecting Accra meant that the researcher could save cost.

3.4 Study Population

Population is defined as a group of individuals who possess a similar characteristic (Creswell 2012). The study population identified persons eligible for participation in the study. These participants should have some defining characteristics that make them different from the rest of the population. As such, the study population for this study comprised of young adults between the ages of 18-35 who have experienced their own parents' intimate partner violence.

3.5 Sampling Procedures

Purposive and snowball sampling procedures were the sampling techniques employed in the selection of participants for this study. Purposive sampling involves identifying and selecting individuals who are especially experienced with a phenomenon of interest to the researcher (Creswell & Plano, 2011). The inclusion criteria for the study were young adults both male and female who had experienced their own parents' intimate partner violence. Hence, during the selection of the sample, young adults who did not fit perfectly in the inclusion criteria were not allowed to participate.

As a result of the sensitive nature of the study, snowball sampling was the next method to identify participants. Referral snowballing was also employed at some point in the study because it enabled the researcher to identify individuals who met the inclusion criteria (young adults both male and female who had experienced their own parents Intimate Partner Violence).

Although employing this method for data collection was the best option for the study, it made the process slow because of the reliance on either participants or gatekeepers to recommend others for participation. Most respondents were contacted through the help of gatekeepers who were in close

contact with individuals who fit the inclusion criteria. These gatekeepers facilitated access by making arrangements between the interviewee and the interviewer.

It was these arrangements that took some time because they had to sometimes meet these potential respondents and encourage them to participate in the research. Some respondents were unwilling to participate without the recommendation of these gatekeepers. Respondents trusted these gatekeepers hence it reduced the amount of any mistrust directed towards the interviewer. Snowball sampling also makes it difficult to make generalizations with the results beyond the sample studied.

3.6 Study Participants

Every researcher conducting a study has the unit of analysis as the most basic element to be analyzed (Creswell, 2009). Identifying the unit of analysis in research is incredibly significant because it enables the researcher to describe what really is being studied and the scope of the study. Common units identified in sociological studies include the individual, the group (workers union, study group), the organization (universities, financial companies), the social category (gender, race), the social institution (family, education, economic), and the society (Neuman, 2014). The primary unit of analysis for this study was the young adults who had experienced their own parents' intimate partner violence.

This study consisted of young adults between the ages of 18-35. This age group was selected for the study because it was considered that at these ages, people can better as a matter of fact make sense of their experience and express them better. Being adults, it was perceived that they could better understand the research aims and give consent that was informed. For the purposes of gender equality, both males and females were allowed to participate in the study to also avoid a one-sided

information. Engaging both male and female participants when conducting research is necessary because, the gender identity has the tendency to influence a participant's perspective on the topic of study. Even though gender is a social construct, it also plays a significant role in how people think, experience and interact with society.

Participants Information

Table 4.2.2

Age	Male		Female		Total	
	No.	%	No.	%	No.	%
18-24	4	40	1	20	5	33.33
25-30	6	60	4	80	10	66.66
Total	10	100	5	100	15	100
Relationship Status						
Single	7	70	4	80	11	73.33
Dating	3	30	1	20	4	26.66
Total	10	100	5	100	15	100
Ethnicity						
Akan	7	70	2	40	9	60
Ewe	3	30	1	20	4	26.66
Ga-Dangme	0	0	2	40	2	13.33
Mole-Dagbon	0	0	0	0	0	0
Others	0	0	0	0	0	0
Total	10	100	5	100	15	100
Religion						
Christian	11	100	3	75	14	93.33
Muslim	0	0	0	0	0	0
Traditional	0	0	0	0	0	0

No Religion	0	0	1	25	1	6.66
Total	11	100	4	100	15	100
Education						
Primary (1-6)	0	0	0	0	0	0
JHS/Middle	0	0	0	0	0	0
SHS/Secondary	2	18.18	0	0	2	13.33
Tertiary	9	81.81	4	100	13	86.66
Total	11	100	4	100	15	100

Source: Researcher's field data, 2021

3.7 Sample Size

A sample is a sub-group with the same characteristics of the entire population. Since it is impossible to study the entire population of the chosen study area, the researcher following the sampling techniques adopted for the study selected respondents who had similar characteristics capable of representing the entire population.

A sample size of at least 25 and over is considered reasonable enough in conducting a qualitative study (Hair et al., 2009). Arriving at an appropriate sample size in any research study is important to ensure reliability and validity. Also, the sample size is a function of the purpose of the research (Mason, 2010).

Saturation can be described as a point where the researcher does not require any more information or data needs to be collected (Bowen, 2008). A minimum sample size of at least 12 is required in qualitative studies to reach data saturation. (Clarke & Braun, 2013). Due to the qualitative nature

of the study, generalization from the sample to the population was not of a concern to the researcher.

Adequate information was extremely necessary more than the largeness of sample size. Therefore, a sample of 15 was considered sufficient for the qualitative analysis of this study. Again, due to the sensitive nature of the topic, the researcher made a conscious effort to engage participants who were willing to participate in the study.

3.8 Sources of Data

The primary data comprised of detailed information obtained from young adults who fall under the age categorized for the study. Most importantly, those who have experienced their own parents' intimate partner violence.

The researcher was aware of the flexibility in-depth interviews allows in a study which informed her decision to use in gathering data. Articles, journals and books from the various online data bases were used in gathering secondary data for the study. The secondary data was necessary to support the primary data collected.

3.9 Methods of Data Collection

Interviews were used in collecting data for the study. The interviews were done using open-ended questions that were guided by the study's objectives. The researcher created an interview guide based on the study's goals to gather information from interview participants on the study's emphasis (Hancock, Windridge, & Ockleford, 2009).

The interview guide was written in English. All 15 participants preferred to be interviewed using the English language. Six participants were interviewed in person whilst the remaining nine opted

to be interviewed via phone. Participants who chose in-person interviews were interviewed in locations that were convenient for them. Before the interviews began, the researcher made sure to obtain permission from participants to before recording the interview on her personal phone. Those who opted for the telephone interviews were also recorded while on the call. Each interview lasted at least an hour. The researcher was keen on sounding professional throughout the interviews.

Participants were also assured that the information collected would only be used when compiling and documenting the research findings. This was very necessary because if confidentiality is not assured effectively, it can easily influence respondents not to participate in the study. Researcher also ensured that background noise was minimal to avoid unwanted distractions especially during the face-face interview. Upon reaching the interviewee on a call, the researcher mentioned her full name to assure the interviewee that he or she was speaking to the right person.

From time to time, the researcher kept asking respondents to elaborate upon their answers. There was a conscious effort to listen attentively to the interviewee without interrupting. In a case where there was a need to probe, questions were jotted down till it was the researcher's turn to talk. Participants require enough time to reflect and think about their responses. The respondents were under no pressure to answer questions. Interviewees had nothing to worry about especially when they needed some seconds or more to gather their thoughts on a question. All interviews ended on a good note. The researcher acknowledged how participants become distraught during the collection of sensitive data leading to misinterpretation of the data, hence the need to make use of a research technique referred to as member checking.

Member checking is described as a qualitative research technique employed by researchers to compare his or her understanding of what the participant said or meant to ensure that, the researcher's interpretation is accurate and trustworthy (Doyle 2007). Thus, the researcher also had to revisit participants particular those who opted for face-to-face interviews to seek precision on various areas of the data they had provided to avoid any misunderstandings or falsification. Upon arriving on the fifteenth interview, I got to the saturation point. Because the interviews yielded no added information, hence I concluded on the data collection.

3.10 Data Handling and Analysis

Data analysis is the final step in the data collection of research. Making meaning of data acquired in the field, preparing it for analysis, analyzing the data, portraying the data, and interpreting the data's larger importance are all part of the data analysis process (Creswell, 2009). The data collection process took about three months.

After data collection ended, recordings were transcribed verbatim. This was to help the researcher take note of anything that might have been missed during the interview. Nonverbal interactions especially with those who hard in person interviews were also noted to help provide deeper understandings into their responses.

Field notes on observations made especially with those who opted for face to face were written down carefully and detailed. This was to help build consistency in what had been recorded. Data were transferred on to the researcher's personal computer, secured with a password, and also saved on an external drive to avoid loss of data. The researcher began cleaning the data after completing the whole transcript of an interview, which included both telephone and face-to-face interviews.

Because of the difficulties in sometimes informing participants on departing from the subject of discussion with other unrelated matters, data cleaning was done to keep the data concise and directly focused on the study's subject.

Therefore, cleaning the data made it possible for the researcher to pull out all such unrelated information.

Thematic analysis is a method of analyzing qualitative data. The data was analyzed using Braun & Clark (2016) six-step theme analysis method. First, the researcher immersed herself in the data in order to be familiar with the data. This was made possible by actively engaging in the data by transcribing and then re-reading the transcripts or listening to the telephone interviews recordings. This step was necessary to help the researcher have a comprehensive understanding of the data gathered. Second step was to generate initial codes. This includes the researcher identifying codes that looks interesting and expressive from the transcribed data. The research questions and objectives aided in the identification of codes/themes. On the third step, the researcher went on to search for themes. Regarding this third step, the researcher sorted out the pertinent data based on predominant themes and made references to the links that existed between codes, themes and subthemes. Themes were created from the frequent thoughts in the transcripts. The created themes aided in responding to the study questions and objectives, which led to the discussions in chapters 4, 5, and 6.

Next step was to review themes (Braun & Clarke, 2006). The researcher examined the identified themes in the bid to consider whether to combine, improve, detach or reject the initial themes generated. It is very important to do this because the researcher must ensure that data within themes are coherent and clear while taking note of the differences between themes as well. On the fifth

step, the researcher provided theme names and definitions that cover the core information of each theme, however in a succinct and effective manner. Lastly, the researcher produced a write-up. Here, the researcher went beyond a simple description of the themes by using vivid and compelling extract examples that are relatable to the themes, research question and literature. The researcher was also keen on presenting an analysis supported with evidence that addresses the research questions and objectives.

3.11 Ethical Considerations

Throughout the study, ethical considerations in dealing with human beings were taken into account. Negotiation access, informed consent, confidentiality, voluntary involvement, anonymity, protection from harm, and violation of privacy were all ethical considerations in this thesis.

3.11.1 Challenges of the study

One of the challenges was with recruitment of participants. Initially, it was difficult to identify any young adult as having experienced their own parents' intimate partner violence. The researcher approached a number of young people to establish a rapport with them as a medium to discuss the topic with them but most of them were not willing to go further into the conversations. At some point the researcher was given the contacts of some young people by their own friends who knew about their past experiences of parental violence.

Whenever they picked up the call and identify the caller as a researcher, they quickly hang up and blocked you. In some instances, those who opted for the face-to-face interview were unreliable.

They could agree with you on a set date and when the researcher showed up, they were nowhere to be found. Since the researcher is in dire need of the respondents, she had to exercise patience with some of the respondents in order to have the interview

Finally, the findings of this study have little or no chance of being generalized because of how small the sample size was making it non-representative.

3.11.2 Informed Consent

The purpose of the research was outlined to the participants in order to seek their approval before conducting the interview. The researcher briefed them in order to have a clear understanding of the study. This enables the participants to make a decision to participate willingly. In as much as their responses were important as far as the progress of the study was concerned, none of the participants were cajoled or coerced to participate in the study at any point in the course of the study. Participants were free to leave the study at any time and for any reason they deemed appropriate. The principle of informed consent, as stated on the consent form, was rigorously followed during data collection.

3.11.3 Confidentiality

In this study, confidentiality was a major consideration. Participants' information was kept private and kept out of the hands of unauthorized people outside of the research context. Furthermore, interviews were held at locations convenient enough for participants so that other people will not hear about their experiences except the researcher. Recorded audios were secured with a password

and this helped much to avoid other people from getting access to the data collected. Participants were guaranteed that the information shared with the researcher will be deleted in due course.

3.11.4 Anonymity

Anonymity is important in a study to help safeguard the privacy of participants such that their information revealed cannot be identified to them. Therefore, identities of participants were not needed for the study. Rather, pseudonyms were used for participants in the data analysis. Participant were informed about the fact that the findings of the study would not be shared with anyone and that in the event of publication, no names will be used.

3.11.5 Prevention of harm

Participants were also made aware of the risks associated with agreeing to partake in interviews.

This was due to the fact that they would be reminiscing about prior events, which could lead to an emotional breakdown. As part of the requirements of the ethics committee to secure the safety of participants who may experience any emotional breakdown, the services of a clinical psychologist were employed to be on standby to help them ease their stress. In a situation whereby the participant wished to opt out of the interview, he or she was reminded of their right to withdraw from the study.

3.12 Positionality and Reflexivity

Positionality “reflects the position that the researcher has chosen to adopt within a given research study” (Savin-Baden & Major, 2013). Reflexivity necessarily requires sensitivity by the researcher

to their cultural, political, and social context (Bryman, 2016). Reflexivity informs positionality hence these two aspects work together in other to help the researcher to undertake ethical research.

My gender, which is culturally ascribed to me, predisposes me towards a particular point of view. Hence, I constantly reminded myself that as I interact with participants during interviews, it was essential that I kept an open mind about every participant's perspective and world view. This meant that, I made no assumptions based on my (mis) perceptions about participants either male or female.

My personal life history, ethics, and experiences which were more fluid and subjective were likely to have an influence on the research. Hence, there was the need for me to exercise an explicit self-consciousness, right from when I chose the topic for study, research participants, how it was going to be conducted, interpretations and outcome.

My age, religious beliefs, social class, ethnicity were also potential influences on the study. It was crucial for me in this study to constantly explore my positionality in order engage in a reflexive approach. This helped me to avoid any potential biases for instance taken interest in only people who were in my age group with a similar ethnic background or religious beliefs.

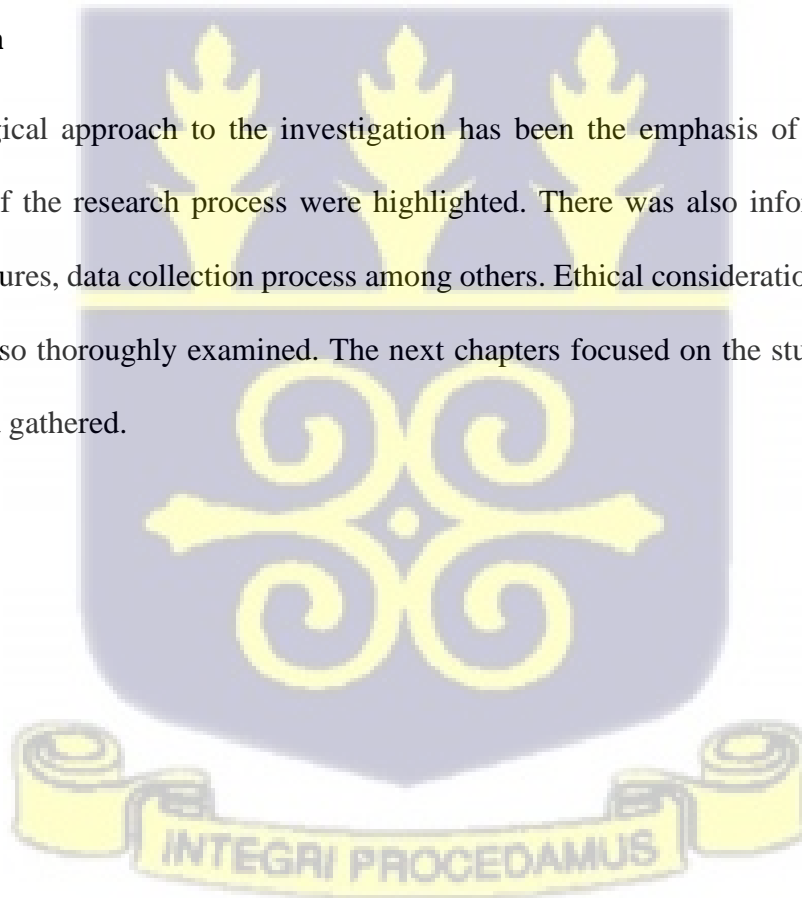
My identity as a female young adult who had in the past experienced parental violence at home, could ultimately influence my understanding and belief in the truthfulness and validity of their responses. I strived to be as neutral as possible in the collection, interpretations and presentation of data. I spent some time thinking about how my fundamental assumptions regarding my experiences could influence the research hence take a reflexive position and also be explicit about my stance and its influence on the study. As a researcher, I might engage in unethical research hence it was vital for me to pay particular attention to positionality and reflexivity.

My identity as a young woman, studying Sociology may have participants, especially among the male group, to assume that I am an anti-men feminist and that I am probably someone that opposes violence against women (Barkhuizen, 2011) with no interest in violence against men. Hence, there was a definite distinction between the researcher and all participants.

Finally, my personal reasons for conducting this research could also have an influence on my analysis as it would affect the themes that I identified as well. Therefore, I needed to be always mindful that my identification of themes reflected the participants individual responses surrounding the objectives of the study.

3.13 Conclusion

The methodological approach to the investigation has been the emphasis of this chapter. The practical steps of the research process were highlighted. There was also information about the sampling procedures, data collection process among others. Ethical considerations that are vital in research were also thoroughly examined. The next chapters focused on the study's findings as a result of the data gathered.



CHAPTER FOUR

PRESENTATION OF FINDINGS

TYPES OF PARENTAL INTIMATE PARTNER VIOLENCE AND THE SURVIVAL OF YOUNG ADULTS

4.1 Introduction

The issue of Intimate Partner Violence towards women, men, and even children is a huge one. Relatively little has been done on the implications of young adults' intimate relationship which is the reason for this study. In this chapter, the findings of the data collected is presented and analyzed. In view of this, this section addressed the first two objectives which explored participants knowledge on the types of IPV and the ways through which they navigated through their experience of parental Intimate Partner Violence.

4.2 Socio Demographic Characteristics of Participants

The socio-demographic characteristics of all participants were first discussed. It included the ages, marital status, ethnicity, religion and educational level of participants. The chapter further discussed the topic, the implications of parental intimate partner violence on young adults' intimate relationships. The study's socio-demographic characteristics are important because they reveal the demographic indicators of parental intimate partner abuse and their impact on young adults' intimate relationships.

Age plays a vital role in any analysis of intimate relationships. This is because, in the context of Ghana, there is a required age range for a young person to engage in intimate relationships to avoid

issues of child abuse, defilement rape and intimate partner violence. The government of Ghana has encouraged education of adolescents and young adults on sexual and reproductive health as an aspect of human development (Republic of Ghana, 2000).

This will help contribute to the well-being of young adults referred to as future leaders of the society. Their ages ranged between 18 and 27. Most people who fall in this age group are often regarded as mature enough to know about intimate relationships because that is late adolescence hence some may or may not be involved in intimate relationships.

Moreso, urban areas in Ghana consist of people with formal education hence are often confronted by the romantic love value system especially for those who have ever been enrolled in boarding school education. Table 4.2 indicated that the majority of the participants were in the age range of 25-30 years reflecting the possibility of having experienced intimate relationships with them, especially because of the influence of families, social relations, schools, social media etc.

To a large extent, our worldviews and, by extension, our actions, are shaped by our religious beliefs. Religion's ability to keep people from committing crimes is a significant positive aspect. (Hoskin et al., 2017) which makes it necessary to interrogate in this study. The study's participants were religiously diverse, with the majority of them practicing Christianity. All eleven male participants including three female participants were Christians. The remaining female participant was agnostic.

The majority of respondents belonged to the Akan ethnic group, according to their ethnicity. About two-thirds of respondents were Akans, with more males (70%) than females (40%) belonging to this ethnic group. Furthermore, relatively few were Ewe with (30%) males and (20%) females, followed by Ga-Dangme (40%) who were males. The study location obviously presented the

researcher an influx of ethnic groups which is why at least three of the major ethnic groups featured in this study.

Education is an avenue that grants individuals access to apply knowledge and skills to promote their lives and enjoy quality of life (GSS, 2007). Education has been distinguished to diminish the tendency of someone to approve partner violence (Dickson, 2014). Independence and freedom from oppression are promoted through education (Doku & Asante, 2015). Researchers in Ghana concluded that formal education is crucial to reducing support for violent behavior. Everyone involved had some exposure to the formal education system. Men (81.18%) and women (100%) both had completed postsecondary education. Two of the people involved had completed high school, with one having dropped out due to financial difficulties at home.

4.2.1. Types of Parental IPV

The first purpose of the study was to determine how well-versed the participants were in the various forms of IPV committed by parents. The following discussion of parental intimate partner violence is based on participants' perspectives during interviews. Four distinct forms of domestic violence were identified by the participants. According to the results, the vast majority of respondents have seen at least two distinct types of parental violence.

4.2.1.1 Physical and Verbal abuse

Common among them was physical violence where about eight of them confirmed that they had seen either their mum or dad being physically abused by the other parent either by hitting, shoving,

beating or even slapping. A study conducted on the incidence of domestic violence in Ghana has revealed that, 27.7 percent of women in Ghana, have suffered at least one type of domestic violence out of which 6.0 percent have reported cases of physical violence by their intimate partners (DV, 2015). Large numbers of women have also indicated experiences of psychological abuse, including threats, insults and destruction of property, all possibly linked to structures of domination and exploitation exacerbated by the strong presence of patriarchal norms (Adjah & Agbemafle, 2016; Cusack, 2009). Here a few responses on physical abuse:

I have seen my mum being hit, slapped, even to the point of strangling her, before family members, friends and even neighbors around. My dad always complained that my mum was not responsible for managing the house as a woman. (Adomako, 27 Darkuman)

I am frightened by the physical abuse I saw at home. That day, my parents got into a very intense argument which led to my dad beating my mum. (Abrokwah, 28 Darkuman)

According to Adomako on his parents' IPV, his father was very polygamous which often made his mother complain bitterly at home. This provoked his father to also find a means to punish their mother by picking on her shortcomings. For instance, an untidy kitchen, could just provoke Adomako's father to physically abuse Adomako's mother.

On the other hand, Abrokwah's explained further that, his father was physically abusing his mother because the man felt cheated by their mother's inability to secure a job to contribute to taking care of the home. At the time when Abrokwah was young, his mother was not employed which meant that his father had to bear all the responsibilities. It was out of frustration that led to the physical assault of his father against his mother. This appears as reflections of masculinity where men will exercise power and authority over to feel 'manly'. Also, men will exercise such power over a woman by beating her with the aim of bringing her to order. In societies where male dominance is the norm, wife-beating is seen as an acceptable means by which husbands can discipline their

wives for misbehavior (, Galadanci, Hayatu, & Aliyu, 2013). This is probably why Adomako's father could hit and slap his wife for not being responsible in taking care of the house and she may not fight back. When a man acts rather inappropriately, what consequences does he face? If women exercising authority over their husbands is socially unacceptable, then who is responsible for disciplining the man? Despite feminists' efforts to secure equality, patriarchy persists in modern societies. According to Okemgbo et al., (2002), traditional norms encourage male dominance and power in order to maintain the expected gender order. This could be the reason patriarchy persists.

Research has shown that out of every three women out of 10 in Ghana is a victim of domestic violence, including physical, economic, emotional and sexual violence (Ajayi & Soyinka-Airewele, 2018). According to the study done by Ghana Statistical Services, most common forms of physical violence in Ghana include slaps, or being hit with objects like a chair, or being hit by another person (1DS, GSS, 2016).

Women are often at the receiving end of physical violence because of biological differences. For instance, when a man constantly fails to bear the financial burden of his families, he can get irritated (Dickson, Ameyaw, & Darteh, 2020). Out of frustration, that man might consider perpetration of physical violence as a way of easing the burden mounted on him by their economic hardship.

Where a woman denies her husband sex or fails to perform her household duties, she is sure to receive a beating from her husband because, in the Ghanaian society, a woman who fails to undertake her gender roles is referred to as 'disobedient' (Cantalupo N, Martin LV, Pak K, & Shin S., 2010). Hence, she is put in her place thus where a woman belongs in the context of such patriarchal societies.

Adu-Gyamfi (2014) has also explained how attitudes, beliefs and practices have encouraged violent actions in the direction of women due to extensive beliefs of women giving up their rights to their husbands at the point of marriage, especially when bride prices are paid to the family of the woman. Unfortunately, such women for lack of autonomy or power, find a form of physical abuse like wife-beating acceptable which is a conduit for intimate partner violence against women.

Cultural views on marriage according to Adomako Ampofo & Prah, (2009) have not seen any transformation over an extended period. In Nigeria, for instance, it is believed that husbands have the cultural right to beat their wives if they commit an offense (Ajayi & Soyinka-Airewele, 2018). This confirms the conclusion that men beat their wives because they believe they have the legal right to do so.

Other participants also mentioned instances where parents verbally abused each other using harsh words which eventually graduated into physical abuse. Nuerki and Agyei had this say about their parents' intimate partner violence.

When we woke up in the night, there was noise all over and I overheard my dad using very harsh words like 'good for nothing woman', immature and 'a total waste of his resources' which I think qualifies as verbal abuse. It eventually led to physical abuse where mum sustained bruises on her arms and face because dad beat her up. (Nuerki, 27 Kwashieman)

My dad was verbally abusive. He will come home drunk and the next minute he begins to rain insults on my mum (Agyei, 18 Sakaman). My mum will be silent just for her safety

As a result of blaming herself for their predicament, Nuerki explains that her mother never once sought assistance from the law enforcement agencies during this period of violence. She likely would not have been abused by the man who vowed to love her as his wife if she had not confronted her husband's inability to maintain the household. Most participants whose mothers especially suffered physical and verbal abuse, added that the parent who was being victimized was never ready to report their partners to the police. The farthest some of these victims, especially the women,

could go was to talk to their family members or friends who actually were not even supportive. Nwabunike and Tenkorang (2017) found that women who experienced family violence as children were more likely to report physical and sexual violence than emotional violence. Similarly, wealthier women reported experiencing more physical violence than poorer women. Intriguingly, higher levels of education and wealth protected women from emotional abuse. The Ghana Combined CEDAW Report noted that, to a greater extent, women are considered to be inferior, in need of protection, and are to conform to the orders of an authority, usually males, throughout their lifetime (Dickson et al., 2014). This confirms the literature that suggests that victims of IPV especially women, rarely report or complain about their predicament outside their family, friends and religious leaders, because such issues in Ghana are considered 'private' (Adekeye, Abimbola & Adeusi, 2013; Adomako Ampofo, Awotwi & Dwamena-Aboagye, 2005). In some cases, the instance of physical violence followed a period of other forms of violence where children suffered verbal abuse from the abusive parent as well. Abrokwah indicates that his father, after physically abusing their mother, will unleash his anger on the children by insulting them and often he will use harsh words.

We suffered verbal abuse from my dad, but my mum suffered physical assault and it was terrible. He called us 'useless' children who will never amount to any good (Abrokwah, 28 Darkuman)

My parents can get into a very heated argument which will lead to my dad beating my mum. Sometimes, my mum will be cooking and then my dad will come and hit her hand and pour the food away and all that. He was just quarrelsome (Archibald, 27 Sakaman)

My dad was very abusive I would say. My mum used her voice but my dad used his hand. I would see them fight but as to what brought about the fight I really could not tell. I guess I was too young to make sense of all that was happening at home (Afia, 27 Sakaman)

This finding from this quote is in tandem with the literature that explains that the presence of one type of violence in a family is an indication that other types have the tendency to occur (Fareo, 2015; Tuncay-Senlet, 2012). It is also important to note that one perpetrator could perform two or more diverse types of violence. On the other hand, when you observe this. Similarly, Lansford et al., 2014 indicates that children exposed to parental IPV may experience physical abuse and forms of harsh discipline as well as psychological aggression in the form of insults or an absence of affection. Thus, not only does a child get exposed to his or her parents' Intimate Partner Violence, but also may be a direct victim of the parents' abusive behaviour.

4.2.1.2 Economic Violence

Another type of intimate partner violence is known as economic violence. Refusal to support financially, denial of health, access to employment and denial of basic needs such as shelter, food and clothing are few examples of economic violence. Economic dependence of women on their spouses can trigger economic violence (Ajayi & Soyinka-Airewele, 2018).

Andam, a young musician who had dropped out of school due to financial problems in his family, talks about his father's economic abuse towards his mother.

I realized my dad was not providing for our needs and so I deduced from this that he really was abusing my mum. My mum was not capable of providing for our basic needs because she did not have a permanent job. (Andam, 25 Odorkor)

In spite of his wife's economic dependence on him, Archibald, another male participant, said his father was hesitant to provide for the family.

My dad steps out of the house without leaving any money at home and there will be nothing at home to eat and cater for our needs. Unfortunately, mum was also not earning money

because she was a housewife. This was a tough situation so my siblings and I had to do menial jobs so that we could make some money to survive on (Archibald, 27 Sakaman)

One might wonder why a dad would hesitate to provide for his own family. Even if this is meant as a punishment for his wife, their kids are the ones who will feel the effects the most. Eating three regular meals a day is important for everyone, but it's especially crucial for growing kids. They will become malnourished if they don't eat enough, which could stunt their development.

Agyeman also indicates that his parents were at loggerheads with each other for a number of years under the same roof because of their poverty. According to him, his father used to be very rich until he misused his resources even at the resistance of his mother. It was difficult for his father to even provide money for their upkeep because there was no other source of income. In retaliation, Agyeman's mother also refused to discharge her duties as a wife and mother. This quote illustrates the situation between Agyeman's parents:

The problem is my dad was very rich and philanthropic. Instead of saving he was rather giving out without measure to save, and mum was not happy about it. He was very arrogant and wouldn't listen to my mum's advice and it cost us a lot. He lost everything without even one property, for instance establishing a business for my mother which he failed to do. I remember my parents were not on talking times for about 12-15 years, but they were playing their parental roles until my sister passed on. My dad stopped eating at home for a very long time because he couldn't provide for our upkeep. He doesn't eat anywhere but would rather fast and it really hurt my mum. We only ate once a day because we had really become poor. I saw my mother cry a lot of the time because of the hardship we had to go through as children (Agyeman, 23 Darkuman)

A study conducted by GFLHS in 2015, found that the most common type (12%) of domestic violence reported by women was economic violence which is in tandem with the quotes above. Structural violence, and pernicious poverty, might underlie this dynamic of intersecting forms of violence, as men were not always able to secure wage labour and struggled with the pressure to ensure the economic well-being of their household and its members. This literature confirms the

issue of poverty as a contributing factor of intimate partner violence. Listening to Agyeman, one could realize that there were no traits of physical violence but there appears to be emotional violence in this situation. Agyeman's father refuses to eat at home because he is unable to provide for the family and this hurts his mother. Most likely, Agyeman's mother's frustration stems from her husband's mismanagement of his finances and his disregard for her suggestions regarding the handling of their wealth and properties. As a caregiver, women are expected to be submissive and passive, which reinforces the patriarchal nature of the situation.

4.2.1.3 Gaslighting

Quite a different response came from one female participant who mentioned that her father's way of abusing her mother was psychological and she used the term 'gaslighting'. She indicated that:

I notice my father had been gaslighting my mum a lot of times. My mum says something, and my dad says no you never said this, rather he put words in her mouth. Honestly my dad makes my mum feel like she is going crazy because he says she always does not know the things she says and will insist my mother meant something else when of course she knows in her heart she meant the opposite. All because my mom earned more than he did (Okaley, 2023 Odorkor)

The term gaslighting evolved from a play by Patrick Hamilton in 1938, popularly known in the United States of America as "Angel Street" (Thomas, 2018). It was later developed into the film 'Gaslight' by Alfred Hitchcock where it portrayed the controlling and toxic tactics that manipulative people use (Sherron, 2022). Gaslighting is a type of psychological abuse aimed at making victims seem or feel "crazy," creating a "surreal" interpersonal environment (Sweet, 2019:851).

According to Sweet (2019), Gaslighting is a central feature of intimate partner violence very uncommon to most people, however, recent survey data suggests that gaslighting is common in

partner violence situations which prevents women from accessing resources (Warshaw et al. 2014). One particular condition likely to spark gaslighting in an intimate relationship is gender inequality (Anderson 2010). For instance, the notion that women are excessively emotional, irrational, and not in control of their emotions in various spheres of their lives as compared to men (Sweet, 2019; Anderson 2010). Littlejohn (2013:847) also quotes “Men have historically been seen as rational beings with the ability to control their emotions, but women’s emotion has been seen as ‘dangerously unregulated”.

It was interesting to note that Okailey was the only participant who made mention of the term “gaslighting” during the interview as a type of psychological abuse. This explains how unfamiliar the term in Ghana. Most especially victims like Okailey’s mother had no idea about what she was going through at the time and was always exhausted and disoriented.

According to Okailey, her father on several occasions convinced her mother that she was “crazy” and that she was the main abuser in the marital relationship hence making her frightful and unwilling to seek help for fear of being reported to the police. This confirms the literature that suggests that most perpetrators of gaslighting ensure that they manipulate women’s fear of being exposed and sanctioned by institutions like the police with the aim of controlling them further (Sweet, 2019).

Okailey’s father’s manipulative strategies towards her mother became unbearable so she decided to help her mother out by explaining to her mother she was not crazy but was rather being manipulated by her father. Unfortunately, she was not successful because her mother kept falling for her father’s tactics like discrediting her and denying his wrongdoing as well as shifting blame on her whenever there was an argument. This made her mother struggle to make decisions especially with her finances because she could not trust her own judgment anymore.

While some participants expressed their unhappiness about these types of violence that took place in their homes, there were some participants who were not bothered about their parents' IPV no matter how risky it could have been. They knew that there was something going on, but they simply did not pay particular attention to anything they witnessed.

Well, I felt like it's their own problem so I decided to disengage myself from their issues” I couldn't do anything about it at the time especially because I was very young” (Dzigbodi,25 Awoshie).

Dzigbodi 's detachment from his parents' marital issues can be described or defined as learned helplessness. The learned helplessness hypothesis argues that, whenever events are overpowering, the organism learns that its behavior and consequences are independent hence this learning produces the motivational, cognitive, and emotional effects of uncontrollability (Maier & Seligman, 1976). Seligman (1975) also explained in his study that, when a traumatic event takes place, it causes a delicate state of emotionality, which has been called "fear." The fear continues until the subject learns that he or she can or cannot control the trauma. This then means that, Dzigbodi had been traumatized as a result of the violent behaviour he had witnessed between his parents at home. Hence, his unwillingness to respond to the whole situation.

4.2.1.4 Sexual Abuse

Sexual abuse is another type of intimate partner violence. GFLHS 2015 study reports showed that experiences of sexual violence were common among employed, wealthier and more educated individuals living in urban areas, particularly among men. Findings further showed that 30 per cent of women and 23.1 percent of men experienced sexual violence at least once over their lifetime,

and 10.6 per cent of women and 9.5 percent of men reported having experienced sexual violence at least once over the 12 months in Ghana.

However, in this study, there was a limited discussion on sexual violence as none of the participants mentioned sexual violence between their parents. Also, participants were silent on what may constitute sexual violence in relation to their parents' marital relationship. These findings confirm the literature on sexual violence against women in Ghana. According to Adinkrah (2011) most Ghanaian women consider sexual violence like marital or spousal rape as a normal thing hence not a form of abuse to be reported.

Adinkrah (2011) explained that the issue of marital rape or spousal abuse is underreported in Ghana due to women's fear of being victimized, commitment to their marriage and husbands among others. Similarly, a study sought to encourage Ghanaian women to report their experiences of intimate partner abuse. None out of the 70% who reported their experiences of abuse mentioned marital rape or sexual coercion by the partners as a form of abuse.

Research has also shown that most developing countries do not have treatment options of sexual abuse hence deterring most victims of sexual abuse from reporting (Boateng, 2015). Furthermore, participants might as well avoid the subject of sexual violence because it was considered a taboo subject.

4.2.2 Correlates of Parental IPV

Majority of the participants showed their discomfort with the types of IPV they witnessed at home. In view of that, participants were quizzed on their thoughts about the causes of their parents' IPV leading to the types of IPV that transpired or occurred at home. A number of them who had

contacts with their friends explained that some of these families they had interpersonal relationships with were living in peace and harmony whiles they had a home full of chaos. Here are a few responses that speak to their views on why Parental IPV occurs in their home.

4.2.3 Socialization

Socialization, which explains processes under which violent behaviour can be learnt and modelled by young ones from significant others surfaced in the findings of this study. Socialization thus emerged as the main theme under which, gender role conflict, lack of friendship, third parties, and power dynamics followed as causes of their parents' IPV leading to the types of IPV that occurred. Third parties and gender role conflict were cited as the two main causes of parental IPV.

One of the primary agents of socialization is the family. It is intimately related to our socialization which has a great impact on this social problem. Children who are exposed to violent parental interaction may observe and learn that violence is a normal part of intimate relationships, and as adults they are likely to engage in such behavior in their intimate relationships. Among the determinants of domestic violence in GFHLS 2015 study, exposure to violence during childhood was reported as strongly related to a person being victimized or perpetuation of violence in adulthood. Some participants addressed socialization as one of the causes of parental IPV.

Adomako, a male participant

I deduced that part of this whole problem could be linked to my dad's upbringing. I say this because; my father's blood brother who is directly after him has a similar problem. They both suffered harsh treatment from family members and friends in the absence of their parents. This has made him very intolerant and headstrong. Nobody advises him, and he can be very violent. I personally have swerved slaps even in public (Adomako, 27 Darkuman)

The core concept of Albert Bandura's (1977) social learning theory suggests that people can learn just by observing others. Bandura (1977) further explains that human behavior is learned observationally by modeling thus from observing a significant other, an idea is formed on how new behaviors are performed, which serves as a guide for action in the future. Research has revealed that witnessing violence between parents may also teach young children to perpetuate violence with the aim of resolving conflicts between partners (Ehrensaft, M. K., Cohen, P., Brown, J., Smailes, E., Chen, H., & Johnson, J. G., 2003).

4.2.4 Gender roles

On the other hand, there were other male participants who felt that part of the reason why their parents were abusive was because, a man may abuse a woman only if she did not kowtow to the gender roles drawn out by society. For instance, women are expected to be submissive to their male partners. If she refuses to kowtow to the demands of her male partner, then she will have to be called to order. This is clearly explained in Adomako's responses:

My mother complained about my father's polygamous lifestyle which got him infuriated and that was the beginning of her woes. He was also of the view that my mom was not responsible enough with the domestic activities at home. He did not understand why the hall was almost always messed up, the kitchen was untidy, and water spilt on the ground and so on and so forth. The only way to solve the problem was to be violent towards her and it would be either physical or verbal. My father will make sure that he sees bruises on my mum before he walks away (Adomako, 27 Darkuman)

Andam also has a similar response of how his father constantly quarreled with his mother which resulted in the abuse of his mother. Andam indicated that:

My father said that my mother was not submissive enough and so he had to teach her a lesson by beating her up (Andam, 25 Odorkor)

Although the issue of submission is a constant component in the daily lives of women, victims of Domestic violence find themselves in a pronounced position of submission as they are also excluded from the decision-making process and ignored in the distribution of power within the sphere of their own homes. Thus, African feminists such as Amoakohene (2004) and Ofei-Aboagye (1994) have argued that domestic and marital violence reflects and is a result of women's subordinate positions.

4.2.4 Power dynamics

During these times of economic and social disruption, women are often more independent and take on greater economic responsibility, whereas men may be less able to fulfill their culturally expected roles as protectors and providers. Some studies identified the Socio-Economic Status of women as a risk factor for domestic and marital violence (Nwabunike & Tenkorang, 2017). Such factors may well increase intimate partner violence, but evidence for this remains largely subjective.

Adzo, a female participant also added that power dynamics was unhealthy for a couple because it can breed jealousy and envy which triggered her parents' IPV.

My parents sort of have these power dynamics that seem to have been unhealthy for their marriage. My mum makes a lot of money more than my dad and so it turns out to be uncomfortable for my dad (Adzo,22 Darkuman)

Other research has shown, however, that women with a higher socioeconomic status are less likely to experience domestic violence, primarily due to their economic independence (Rodabough, Rovi, Brzyski, & Katerndahl, 2010) which is contradictory to the findings. This also indicates that it is

not always the case, as established by some scholars, that men are intimidated by their wives' economic independence.

4.2.5 Lack of friendship

Some participants found lack of friendship between their parents a major factor that contributed to their intimate partner violence. These are some

As parents, you are supposed to be friends. Parents must even have a relationship that is more than friendship which can be extended to their children. I realized that my parents were just leaving as roommates but they could not sit together to even have conversations (Dzigbodi, 25 Awoshie)

A family that respects friendship and also communicate well is my ideal family. I wish my parents could even be friends (Abraham, 18 Darkuman)

Abraham's parents had divorced after their endless partner abuse. For him, the parents could not see eye to eye with each other even when they lived under the same roof. Lack of friendship between parents was the reason why some parents involved third parties in their marital affairs. This is one term that kept running through the interviews. There were a lot of interferences from family, friends and loved ones of their parents and these young adults referred to these categories of persons as "third parties."

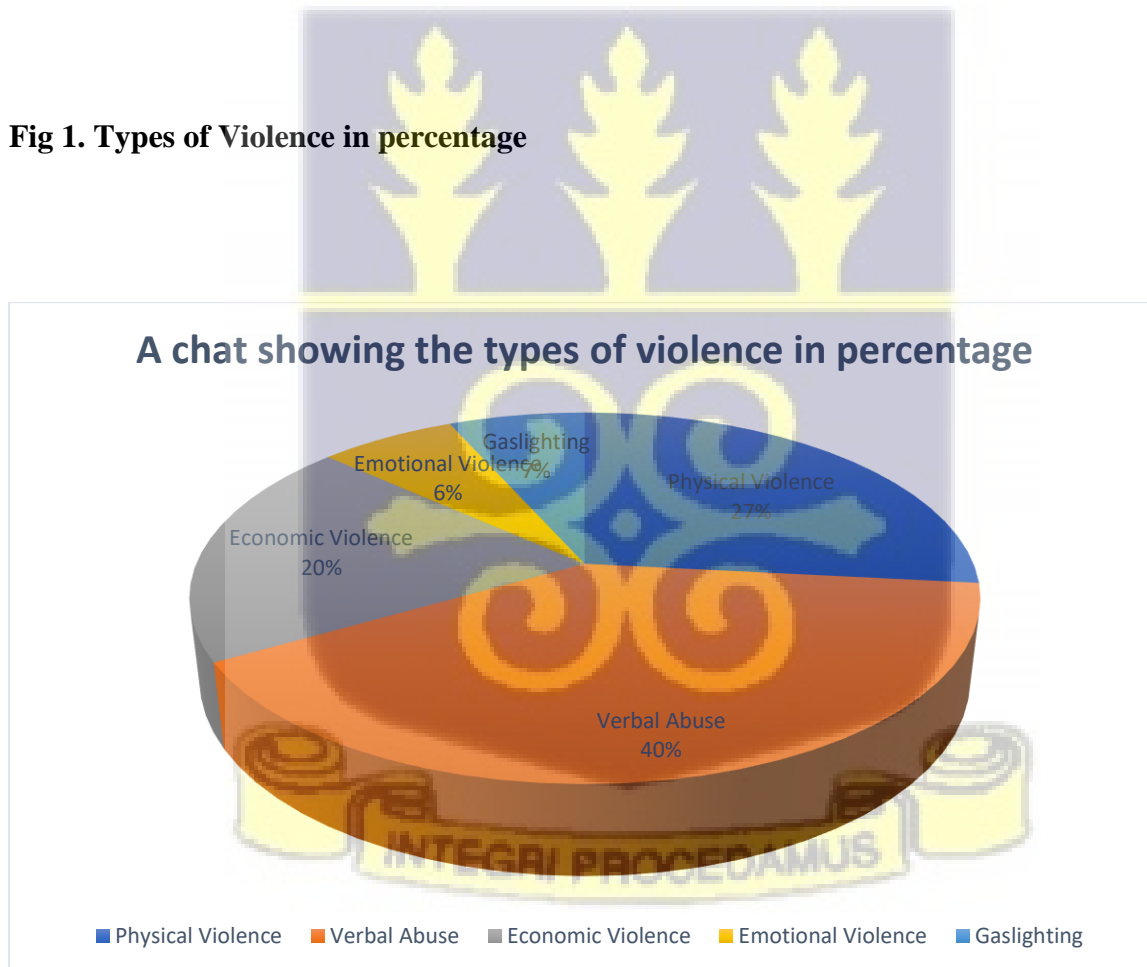
I know the way third parties can destroy beautiful things especially like I always say, my parents are a proof that third parties' involvement in relationship and marriage is not the best option (Adomako, 27 Darkuman)

Well, I think, it was because of third party systems in their marriage. They could have handled their own issues in their matrimonial home but they rather involved many people in their issues which intensified their problems (Agyeman, 23 Darkuman)

My mother fed on the information she got from people about my dad's move and she will always believe these people because in her mind they are concerned about her and it ruined the relationship with each other (Andam, 25 Odorkor)

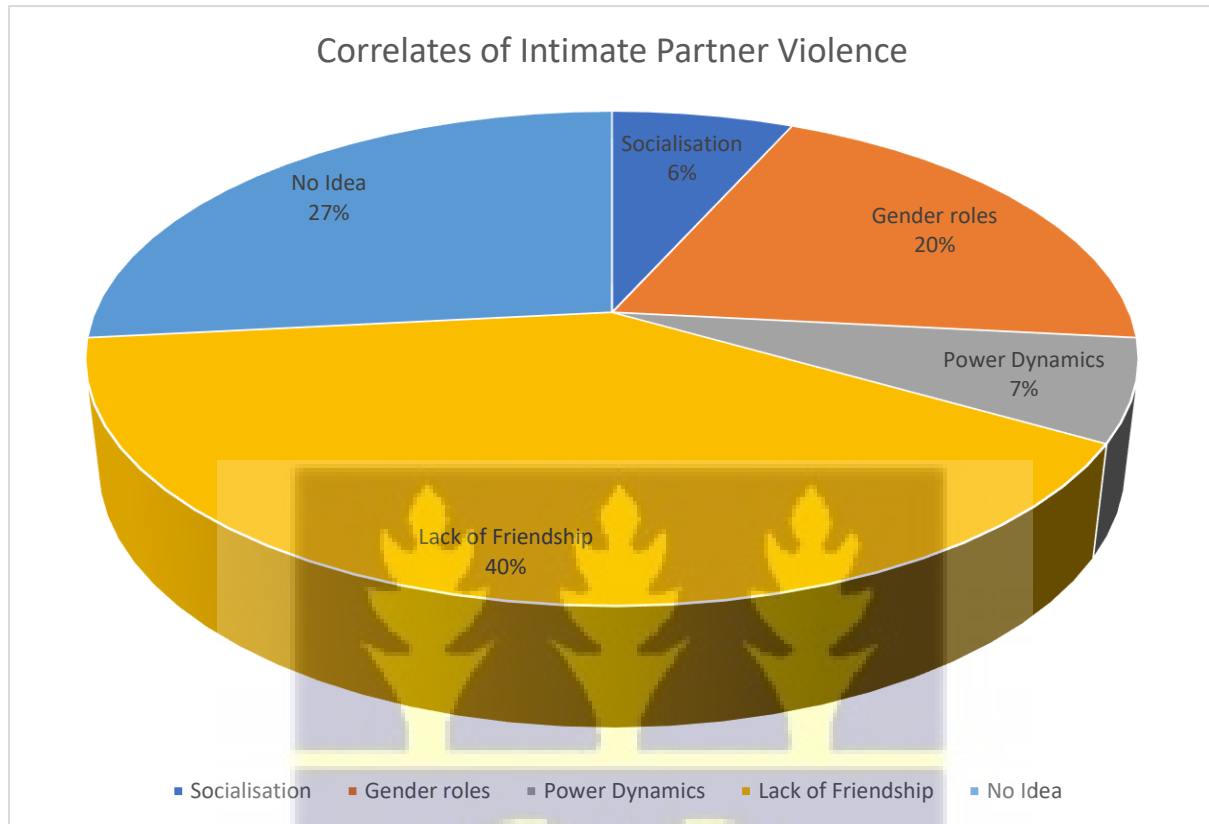
It was quite interesting to find out that parents were not conscious about the negative effects of family, friends and loved ones on their marriage. These young adults indicated that that their parents made mistakes by allowing people they thought meant well to interfere in their marital lives when there exist institutions like DOVVSU, the police etc. who were legally responsible to handle issues of violence. The term 'third parties' is thoroughly discussed subsequently in other sections of the analysis.

Fig 1. Types of Violence in percentage



Source: Field Data 2020

Fig 2. Correlates of IPV



Source: Field Data 2020

4.2.6 Third Parties

Victims of abuse usually turn to support systems like family or friends first to share their experiences and get support. Research has shown that a number of victims will often disclose their experiences to at least one informal support (Sylaska, & Edwards, 2014). However, victims may experience positive support for instance, believing the victim's complaints, certifying the victim's experiences or negative support, disbelieving, rebutting their claims or even blaming the victim (Sylaska, & Edwards, 2014).

Informal support was what the majority of participants referred to as ‘third party’. Almost all 15 participants were of the view that one of the main causes of parental IPV was because of third parties. This was a common theme that recurred in all 15 interviews. Per their views, third parties can be your family members, siblings, friends, pastors, best friends, etc. Although the majority of the participants expressed their disapproval of third parties as an informal support, people may have different views.

Some families or marriages have benefitted from the counsel of third parties like family and members of the clergy unlike other participants who complained about third parties. Coker et al (2002) avers that about 75% or more of IPV victims will reach out for informal support about their experiences of abuse however, about 40% of IPV victims seek formal supports for the same reason (Ansara & Hindin, 2010) and this is very common in the western countries.

None of the participants mentioned the involvement of formal support like the DOVVSU, police or court system. Due to the notion that there exists mistrust between the Ghana police and the citizens which seem to have affected the services in the country (Atuguba, 2003). However, Boateng et al. (2014) argues that most police officers in Ghana deny this reality because they perceive that, citizens whom they provide services for are inconsiderate.

Third parties according to these participants have jeopardized their parents’ marital relationship instead of resolving the problems of violence. It seemed to be a very big problem for a majority of the participants because these young adults seem to be cautious about even allowing other people to know about their personal issues within their intimate partners. Some were of the view that, their parents should have settled things within their homes as a couple rather than involving family members, siblings and friends in their marital issues. These findings suggest that individuals

who witness intimate partner violence consider intimate partner violence mainly a private family matter.

Agyeman mentions third parties as a cause of his parents IPV and this he explains in the quote below:

Well, I think, it was because of the involvement of third parties in their marital issues. They could have handled their own issues in their matrimonial home, but they rather involved many neighbors, family friends and so many people in their issues which intensified their problems. (Agyeman, 23 Darkuman)

Similarly, Andam also expressed his disapproval of third parties in intimate relationships by referring to his parents' marital relationship. Andam indicates:

My parents are proof that third parties' involvement in relationships and marriage is not the best option. I never want to get involved with third parties because they will take sides and rather cause more problems. My mother's family was always accusing my dad of being irresponsible, meanwhile they had no idea what he was going through. Their presence rather triggered quarrels and heightened my parents' marital issue.

(Andam, 25 Odorkor)

Some parents who also were not in support of their children's marital union found a way to involve themselves in their son's or daughter's marriage to create more problems with the aim of discouraging the couple from staying in the marriage. Archibald explained this as about his parents IPV:

I don't know the story behind my mum and dad's marriage but from what I gathered; my grandfather, who happens to be my mother's father, was not in agreement with their union. So anytime, my mother informed them about my dad's abuse, it was an opportune time for them to strategically show up at our residence and fight my dad just to discourage my mother from staying in the marriage. In fact, they went further to encourage my mother to divorce my father. (Archibald,27 Sakaman)

Douglas, & Hines, (2011) indicates that victims of abuse will disclose their experiences to family members and friends because they tend to be very supportive and helpful to them which is in

contrast with the findings above. Edwards, Dardis, & Gidycz, (2012) in their study on dating violence found that on the contrary, friends and family members were most often rated as the least informal sources of support for victims which is in tandem with the findings surrounding third parties as indicated by participants. However, one major expectation of almost all participants was that parents could establish a solid friendship with each other where they can both understand each other's differences. Participants perceived that there will be no need to involve third parties in your marital issues if both parents have established a solid friendship.

These are some of the views

With all that I saw at home, I can say that my parents were not friends at all so every time someone has to come and settle their marital issues. Often you see them taking sides of either my mum or dad and then things rather escalate. I don't want to even consider it ever in my marriage (Arthur,25 Awoshie)

I wish my parents were friends. When you find a friend in your spouse, problems may arise, but it will be easier to settle your differences amicably. It is necessary you establish a strong intimate partner before you even consider getting married.

(Abraham,18 Darkuman)

Conflict is an inevitable part of human life especially individuals who live together in dating, intimate, and marital relationships (Lulofs & Cahn, 2000). This suggests that people must consider spending adequate time in their pre-marital relationship to develop essential processes such as a strong bond of friendship that will enhance their marital relationship in the future so that the rates of intimate partner violence will reduce for the better.

Majority of participants mentioned that the ability for couples to express themselves freely without having to get easily provoked by each other was necessary to help them dwell together in peace. A few added that, when there was a misunderstanding, parents must learn to give each other a listening ear to help with settling their conflicts rather than picking up a quarrel or attacking each other with the aim of abusing each other.

4.3 Conclusion

The findings discussed above have shown the various types of IPV that were witnessed by these young adults as well as the causes. The key finding in this study answering the first objective is that physical, economic and psychological violence were the common types of IP witnessed by participants.

This is comparable to the GFHLS 2015 study on domestic violence reporting the most common type of domestic violence in Ghana as economic violence economic violence followed by social violence, psychological violence, physical violence and sexual violence. However, there was no record of sexual violence in this study even though sexual violence is regarded as a common type of IPV on the rise in Ghana.

Most participants established in these findings that, whereas their fathers were more physically, emotionally and economically abusive towards their mother, their mothers often were verbally abusive and this can be traced to the gendered nature of intimate partner violence as indicated by feminist theories. But, Cho & Wilke, (2010) have argued that men were more likely to be severely assaulted than women. This literature is silent on the type of abuse men suffered from the female partners. Lastly, gaslighting came up as another form of psychological abuse however this was quite unfamiliar to most participants except one female participant.

Socialization was also the key finding on the causes of participants' parental IPV. The sub themes that recurred under socialization were gender roles, lack of friendship and power dynamics. The intrusions from "third parties" was also a contributing factor to parents' intimate partner violence. This occurred because most parents had not developed close friendships; as a result, they looked to their families, friends, and purportedly close friends for support, which rather hampered the

progression of their marriages. Social learning theory, which is the theoretical framework underlying this study, was the best fit in the discussion of the above findings alongside literature from scholars on the topic of intimate partner violence.

4.4 Ways by which participants navigated through childhood in the face of experiencing their parents' IPV

Population-based studies revealed that 8% to 25% of children in high-income countries and 10%–39% of children in middle-income countries are witnessing IPV in their home (Fang et al., 2015; Gilbert et al., 2009). However, little data exist on children's experiences of witnessing IPV from low- and middle-income countries. Harmful outcomes of witnessing IPV during childhood can either be social, emotional, psychological, and behavioral (Levendosky, Bogat, & Martinez-Torteya, 2013).

It may include anxiety disorders, post-traumatic stress disorder (PTSD), drug abuse and academic related problems in children and adolescents. It was necessary to identify some of the harmful outcomes regarding their experiences of parental IPV. This will also aid in exploring the ways by which participants navigated through these harmful outcomes during their childhood to answer the second objective for the study.

Participants were asked to identify harmful outcomes of their experiences, how they felt about parents' IPV, what they did about their experience, and how they navigated through the experience of their parents IPV. Some harmful outcomes from the findings were academic failure, influence from bad company, perpetuating violence which were all linked to the main theme- post-traumatic stress disorders. These outcomes are discussed thoroughly in the section below.

4.4.1 Post-traumatic stress disorders

Exposure to and witnessing of IPV in the home is defined as an Adverse Childhood Experience (ACE), engendering potentially traumatic experiences between the ages of 0–17 years (Centers for Disease Control & Prevention, 2020). The tendency for Children's exposed to multiple types of violence will experience Post traumatic- stress disorders (Margolin, & Vickerman, 2007) PTSD is also known as one the common adverse effects children suffer as a result of exposure to violence (Margolin & Gordis, 2000). Some outcomes of PTSD according to participants were academic failure, thoughts of being suicidal, fear of parents' divorcing and fear of experiencing IPV in their own intimate relationships.

One female participant out of frustrations planned to commit suicide because of her parents' IPV. At the time of the interview, she mentioned that the researcher was the first person to know about her being suicidal.

I felt very depressed as a child I remember in my first grade wanting to kill myself.
(Okailey,23 Odorkor)

The violence at home made her very depressed and unhappy to even stay alive. This finding is in tandem with the study which stated that, intimate partner violence had negative effects on the children's mental health, with reports of PTSD, anxiety, depression, and thoughts and attempts of committing suicide (PicoAlfonso et al.,2006).

Similarly, a longitudinal study showed that both males and females who had witnessed IPV were significantly more likely to report depressive symptoms and suicidal ideation (Hindin & Gultiano, 2006) confirm the findings above.

Participants maintained that the fact that other people got involved in their personal family life, affected their confidence in their neighborhoods. Some of them literally became very anti-social and would often go into isolation because they felt embarrassed about their parents' IPV. It is almost like their 'dirty linens have been washed in public' as the African proverb indicates.

According to Okailey:

It has been very isolating for me because one they restricted our movement, no one came to visit, and we also didn't visit anyone. I felt trapped and unhappy in my own parents' house. because there was no happiness, your mum looks like the bad guy and your father is mostly unavailable for you. I often hide a lot of my emotions, pain and even needs" (Okailey,23 Odorkor)

Social relationships are precursors to the maintenance of health hence the lack of them often is parallel to the feelings of loneliness (Doane & Adam, 2010). When a human being is not able to access the necessary level of social interaction and behaviour, they may experience social isolation.

This same participant explained that she had to deprioritize her needs so that her requests will not spark up any quarrels between her mother and father especially because she knew that they had always had issues with trusting each other with their finances. The thought of not opening up to your own parents about your needs for fear of them quarreling must be very disturbing for a young girl.

Another participant who is actually a male said that he was always on the lookout for external affirmation from people he interacted with outside their home because he was not getting it from his own parents. This particular participant felt that his parents were so engrossed in the marital issues and cared less about him.

Archibald narrated:

At a point I realized that even in certain intimate relationships that I have been in, they didn't work out because there was one major flaw that was always popping up which is that I was always doing what I felt was necessary to get affirmation from the other person. So, when I evaluated the thing on a deeper level, I realized that it came from my desire to get affirmation from my parents whom I didn't get and so I was trying to use other people to replace that void (Archibald, 27 Sakaman)

Majority of the participants who were males also mentioned that in order to save themselves from constant unhappiness and trauma, they rather stayed out of the house and hung around with their friends. While some females chose to engage in social activities with friends at their place of worship to ease the tension they faced at home.

I had to make a lot of friends so I could mingle with them. I also liked to stay out of the house for my peace (Abrokwah, 28 Darkuman)

Other participants felt that they had lost their self-confidence as a result of their parents' IPV

I felt like I came from a broken family from the extended to nuclear family, so I am not confident about whatever goes on around me. Was anything good going to come out of me or my siblings? It made me limit myself a lot of times, so I won't even join competitions or even sit amongst friends to debate on issues because I don't think I have any good experience to even give a positive response. I am always trying to find myself (Nuerki, 27 Kwashieman)

The above response of this female participant really meant a lot to her during the interview because she realized that all the while she felt that this loss of confidence had ripped her off very great opportunities in life. Her only resort was to trust her GOD to come through for her. She says:

As a Christian, I resort to prayer and so far, that is how best I have been able to overcome these fears and worries (Nuerki, 27 Kwashieman)

A few of the participants described feeling bad or sorry for all the violence that was going on between their parents. They thought perhaps their existence was causing problems for their parents especially those whose parents were financially challenged which was a contributing factor to their chaos at home. Andam explained how he felt responsible for his parents' constant arguments:

I have always felt that I am the cause of their predicaments. Sometimes I wish my mother had a successful abortion because I have really suffered (Andam,25 Odorkor)

4.4.2 Academic failure

Ghana Family Health and Life Survey 2015 survey on domestic violence in Ghana revealed that, children who grow up in abusive homes make evident their traumatic experience in school. These participants indicated that the parents' IPV was not favorable for them as far as their academic life was concerned.

It is very disturbing for a child to focus on school in the face of violence at home. There is a divided attention every time because you know that right from school, your next place is home and if the home is not conducive enough for you, it may have an effect on your academic work. Both parents might not be interested in even guiding you with your assignments.

Andam, who failed in his WASSCE had to fend for himself because of the financial issues at home and the fact that he did not even have a certificate to pursue tertiary education let alone get employed.

My education is the first one. I failed miserably in my WASSCE all because of the issues at home and the financial challenges (Arthur, 25 Awoshie)

The most commonly reported behavioral problems of children exposed to violence at home include anxiety, depression, learning difficulties, attention difficulties and aggression (McLaughlin et al. 2012). Nuerki suffered attention difficulties in school which led to her poor academic performance.

The finding below concurs with the McLaughlin et al. (2012).

I developed the habit of overthinking about my parents IPV and unfortunately for it got a hold of my academic life. I could not concentrate in class at all, and this habit followed me from primary school through to university and it affected my academics. I always performed poorly in school (Nuerki,27 Kwashieman)

Abraham on the other hand mentioned that the hardship as a result of his father's economic violence against his mother and siblings, he had to enroll in a public school to ease the financial burden at home. The quality of education affected his learning abilities. This he illustrates in the quote below:

My education especially was greatly affected. Due to their inability to work things out, I had to drop out of my school to enroll in a public school all for the sake of my elderly siblings who were almost in the final year and had outstanding fees to pay. My studies were running at a very slow pace because the quality of education in the public schools was nothing to write home about. I finally had to go and stay with another family to ease the burdens of my parents (Abraham,18 Darkuman)

The participant further added that he realized that his father's irresponsible behaviour for instance neglecting the payment of his school fees was a way of punishing their mother but on the contrary, he suffered the consequences of his father's actions.

On the other hand, while other participants' academic performance got affected due to their exposure to their parents' IPV, Okailey had a different story to tell about her education. Despite her parents' IPV, she chose to study hard so she could win scholarships so she could be far away from her parents and the violence she had been exposed to. This was very interesting and unique to hear because almost all the participants were of the view that their academic life was tempered with whiles she chose to make use of her academic excellence to escape. This she illustrates in the quote below

I gathered a lot of information on escapism through books. Well, my strategy was long term; I was raised by my parents to be very studios so I decided to study hard so I could win scholarships and go far away from home and from my parents (Okailey, 23 Odorkor)

4.4.3 Modeling behaviors (Social learning)

Social learning theory is centered on the idea that human beings as social animals learn from their daily interactions with others in a social context. By observing the behaviors of others, people are likely to develop or adopt similar behaviors especially if it will yield positive rewards. However, research has also shown that children become more aggressive when they observe aggressive or violent models (Nabira, 2012). Research has shown that about 70% of children's behaviour in adulthood is based on what they see significant others do.

Research has revealed that, boys exhibit externalized behavior problems such as being hostile and aggressive while girls generally make evident internalized behaviour problems, such as depression. (Carlson, 1991). Participants were asked whether or not they had observed behaviors exhibited by parents in the wake of their IPV.

In fact, all participants showed awareness of how greatly their parents' IPV had generally impacted their behaviours negatively which confirms the theoretical framework of the study. Some of them emphatically disclosed that it was unfortunate for them to have been exposed to their parents IPV because they had learnt some violent behaviours, they were not proud of which confirmed the Bandura's social learning theory.

About four of the male participants mentioned that they had learnt violent behaviors like hitting a woman, shoving or slapping friends when they were angry or did not have their way in any situation.

My temperament has greatly been affected. I often have this desire to be violent about issues and it's so hard to calm me down when I am angry. If not, physically violent I will rather be verbally abusive towards the other party. Look, if I should even sit down and talk to you, you will still smell the violence in me because I won't be careful with my words honestly. I saw this at home, and I think I modeled after my dad. (Adomako,27 Darkuman)

Well, I have actually hit a girl in my class before when I was in JHS because she was making fun of me. She collapsed and was rushed to the hospital (Abraham, 18 Darkuman)

A female respondent also confirmed that she had also learnt a behaviour from her mother which to her was not healthy at all. Nuerki had this to say:

I realized that some of the things my mum used to do I unconsciously do the same thing. For instance, when there is an argument and she knows she is not at fault, she will never listen to my father, and she will remain quiet. You can never know what she intends to do next" I can say that my mother's behavior really influenced but now I have it under control (Nuerki,27 Kwashieman)

Another female also indicated that she had picked up bad behavior not from any parents' but as a result of her lack of affection.

My lack of affection from my parents made me a needy person. I always wanted to hear people affirm me so I became a people pleaser just so i can feel loved (Afia, 27 Sakaman)

Other participants indicated that they rather learnt violent behavior outside the home because they often stayed out of the house when parents were quarreling. This particular participant mentioned that it was his friends who actually demonstrated to him how to defend himself by being violent. Although he did not learn it from his parents, there were significant others outside his home who influenced his behavior.

I personally liked to physically abuse people when I don't have my way and it was very bad mainly because there was no peace at home and when I went out my area boys who were often Muslim gave me the impression that I had to be tough, so I learnt it outside my home. I was very violent and had anger issues even from infancy (Agyeman,23 Darkuman)

4.4.4 Fear of parents' divorce

Participants had the perception that IPV had negative effects on the children of such partners. Fear and low self-esteem according to some participants will be built in a child when they are exposed to their own parents' intimate partner violence. A male participant added that he has been fearful about marriage all his life because he thinks that he might encounter the same marital issues his parents had encountered. He added that separation and divorce were the two fears of his life. Dzigbodi illustrates his fears in the quote below:

I had to go and live with my mum in the village without schooling after their divorce. Will my children suffer like I did in the future? I get anxious about my future (Dzigbodi, 25 Awoshie)

Another one from Andam on his parents' divorce:

I was not expecting their issues to produce a divorce. I miss their presence in the house. Life is not the same without a mother. My siblings have moved on but for me it is the worst thing that could ever happen to a beautiful family like we had. Marriage is not of a concern to me. I need some time (Andam, 25 Odorkor)

Similarly, one other female participant also expressed fears about her future marriage due to the end result of her parents' IPV.

I was fearful of my parents divorcing, and it actually happened which was my worst fear. I do not know if I will also experience this whole mess so I am really afraid to settle down (Afia, 27 Sakaman)

Two other male participants had to say this about their fears for marriage;

I was so scared that it would ever end in divorce. I didn't want to see them separate because, some friends I had were going through similar tough experiences because of their parents' Intimate Partner Violence at home. I recall my father threatening my mother to desist from attacking him with insults or face divorce (Abrokwah, 28 Darkuman)

I feel bad for them and myself. I was not expecting their issues to produce a divorce. Although they are catering for us, it's not enough. I wish they were still together (Agyei, 18 Sakaman)

However, there was this other participant who had a contrasting view about divorce. For him, he would have been happy if his parents divorced because that would be more relieving for him than seeing them quarrel and fight every day.

I really was afraid that anything bad could happen because sometimes the verbal abuse ended up in physical assault where my father could hit my mother and hurt her physically. However, for the sake of my peace I wanted my parents to divorce which never happened. My mother was my greatest concern because I could see the scars and also feel her pain (Archibald, 27 Sakaman)

Andam's response to his fear of experiencing IPV:

I was very worried about them. I kept asking myself if my children will have to see me fight their mother like my parents were doing. I had to really sit down and think about the whole institution called marriage because this model from my parents was just dreadful (Andam, 25 Odorkor)

I pointed out how their failure to be discreet and forthcoming about their marital issues was going to affect our perceptions on marriage in the near future. They have not drawn a very positive template for us to follow especially with marriage (Agyeman, 23 Darkuman)

Findings on the negative effects of parental IPV On children agrees with GFLHS 2015 which also highlighted how domestic violence witnessed and exposed to at home resulting in divorce or separation of parents has both short- and long-term effect on children's social well-being.



4.4.5 Falling into bad company

Children when exposed to IPV at home in their quest to find peace seek to find solace in friends or resort to risky behaviours when exposed to IPV at home (IDS, GSS and Associates ,2016). The outcome in the long term may be waywardness and social deviance among the youth. Some children who find it hard to accommodate their parents IPV are likely to abandon their homes with the aim of staying away from the trouble at home.

Responses showed that a number of these participants were always running to their friends' home as their place of safety. While some fell into good company. Other's fell into bad company where they learnt some bad behaviours. Agyeman, was of the view that his story would have been different and a happy one if there was peace in the home and also parents were taking full responsibilities as far as their roles were concerned.

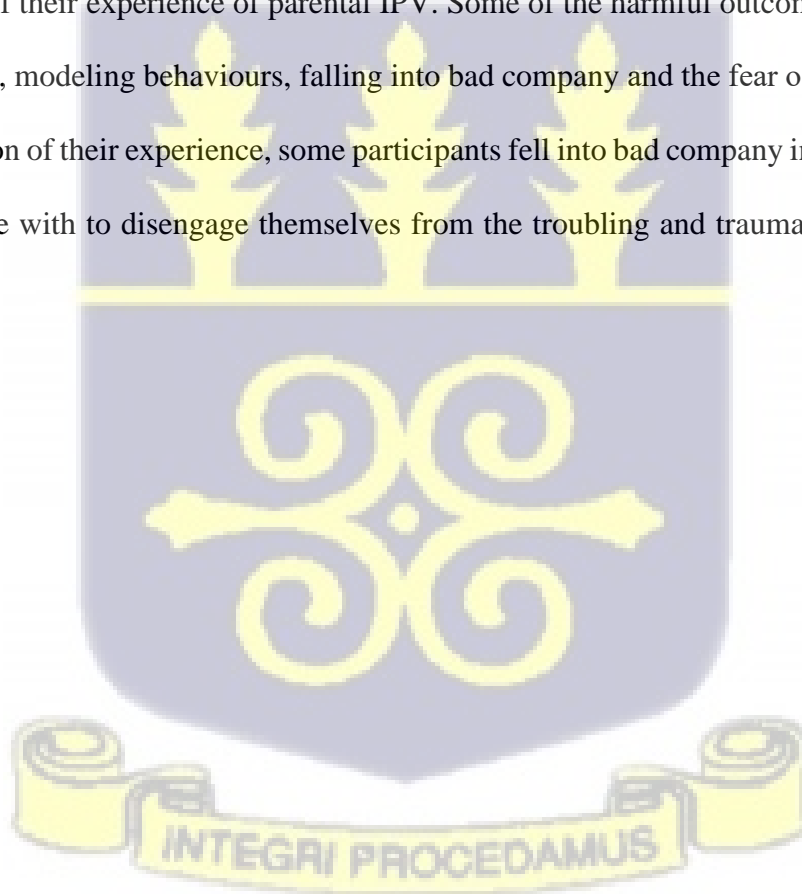
Because there was no peace at home, I often hung out with the area boys who were often Muslims. They gave me the impression that I have to be tough, so I learnt how to be violent outside my home (Agyeman, 23 Darkuman)

Unlike Agyeman who fell into bad company, almost all the rest of the participants in this study threaded cautiously with their friendships. This means that even if parents lose their sense of responsibility in the wake of their IPV, children must also take it upon themselves to strive hard not to make matters worse by being watchful of how they navigated their way through their experiences. Thus, children should take note of the fact that, though they might not have a peaceful home, outside their homes too can be dangerous. Young people must be responsible enough to be mindful of whoever they seek help or counsel.

4.5 Conclusion

This chapter discussed the first two objectives of the study, first exploring participants' knowledge on the types of IPV they witnessed between their parents and second, examining the ways participants navigated through their exposure to parental Intimate Partner Violence. The findings disclosed that, three particular types of violence were evident in the study- economic, physical, verbal and psychological violence (gaslighting). Causes of these types of violence were attributed to gender role conflict and patriarchal norms which were linked to socialization and third parties.

For the second objective, findings showed that post-traumatic stress disorder was the main negative effect of their experience of parental IPV. Some of the harmful outcomes of PTSD were academic failure, modeling behaviours, falling into bad company and the fear of parents' divorce. In their navigation of their experience, some participants fell into bad company in their bid to make friends to mingle with to disengage themselves from the troubling and traumatic experiences of their parents'.



CHAPTER FIVE

THE GOOD, THE BAD AND THE UGLY

5.1 Introduction

Children who are exposed to their own parents are at a higher risk of experiencing a whole range of emotional and behavioral problems which has been confirmed by the findings for the second objective. This chapter therefore explored the implications of parental IPV for participants' intimate relationships. Lastly, the study set out to identify how young adults navigate the good and bad aspects of their intimate relationships.

5.2 Young adults' intimate relationships

Intimate relationships play a major role in the lives of most young adults (Paul & White, 1990). Most young people are interested in intimate relationships because intimacy is a vital human need that allows them to express their innermost feelings and their thought to their intimate partner be it heterosexual or same-sex marriage (Shaefer & Olson, 1981). In this study, none of the participants mentioned same-sex intimate relationships, hence it did not come up during the interviews, since participants subscribed to heterosexual relationships. Among young adults, gender differences regulated the understanding of intimate relationships (Edin et al., 2016).

5.2.1 Intimate Relationships

Participants who had been engaged in intimate relationships had a lot to say about their relationships. Most of the participants voiced out their expectations of an intimate partner especially due to their parents' intimate partner violence.

The majority of them pointed out how their parents could make some changes regarding their marital relationship to help improve their lives. It was necessary then to find out their own views about intimate relationships also because they had already experienced their parents' marital relationship which qualified as an intimate relationship. Archibald and Dzigbodi, two male participants expressed similar views on intimate relationships illustrated in the quotes below

It should begin with friendship and understanding. Being able to speak one another's language, you realize that the whole idea of love has to do with constructive compromise where you take your relationship into perspective and some one believes that the more you encourage yourself, you work with each other you both produce certain fruits. Here, you don't also sacrifice who you are for someone's ego because it's not the best (Archibald,27 Sakaman)

There must be communication between both parties. You must also factor understanding each other's differences (Dzigbodi,25 Awoshie)

From these participants' views, it was realized that friendship and understanding between intimate partners stood out as necessary characteristics for an intimate relationship to be successful. Taking a look at this response, participants mentioned that their own observations of their parents' marital relationship cautioned them to pay particular attention to their own intimate relationships for the better.

Other participants also looked at how both partners must consider if they share common goals and are ready to achieve them together.

Be more concerned about knowing each other better and better. Do you both have a common goal? Find out each other's goals and aspirations in life. (Andam,25 Odorkor)

The participant took notice of the fact that one's knowledge about one's partner's goals being common could contribute to both working together as a team to help each other achieve their

dreams. That way, both partners become each other's support system and with that they will respect each other's opinions because they know very well that they both have an agenda to achieve their goals. Where there are misunderstandings or arguments, the common goals both partners share can have an influence on how they handle each other.

On the other hand, some participants also looked at the religious background of the person as a very important aspect of intimate relationships.

Although many are parading as Christians, if you meet one who has a respect for kingdom values you should be safe". (Abrokwah,28 Darkuman)

Before I say yes to any guy, I checked if he was a true Christian who is interested in serving God with me (Afia, 27 Sakaman)

I have been going in and out of relationships because many girls of today don't want to control their sexual desires as much as I want to. I have a reputation to keep because I am a minister of God too. Its very necessary to never compromise your Christian values for anything that will destroy your future (Andam, 25 Odorkor)

The number one factor I will consider is his religious background. He must be a Christian before anything else (Nuerki, 27 Kwashieman)

A female participant added that one must consider if an intimate partner is indeed a true Christian because, his Christian values have the tendency to influence his behavior in the relationship. A Christian may want to consider the values guiding relationships from the Holy Book hence will be better off than an unbeliever. One Christian ethic she mentioned was forgiveness. This was her response:

An intimate relationship should be between two forgivers because that's what makes the love grow up. My partner and I iron out our differences and every time it actually catapults the love, we have for each other. It's so beautiful and peaceful" (Afia,27 Sakaman)

One last response was on the character of the intimate partner. Most of the male participants were of the view that if a man cared less about the character of the woman he wants to settle with, he

will face challenges in the future should they get married. For the most part, some male participants have the notion that ladies of today are not very traditional thus most ladies had become adamant to the very traditional gender roles relegated to them. For instance, women in the olden days were kept home to raise children and take care of the home while the men were breadwinners. In their view, promotion of girl-child education and gender equality has played a role in the character of women in modern times.

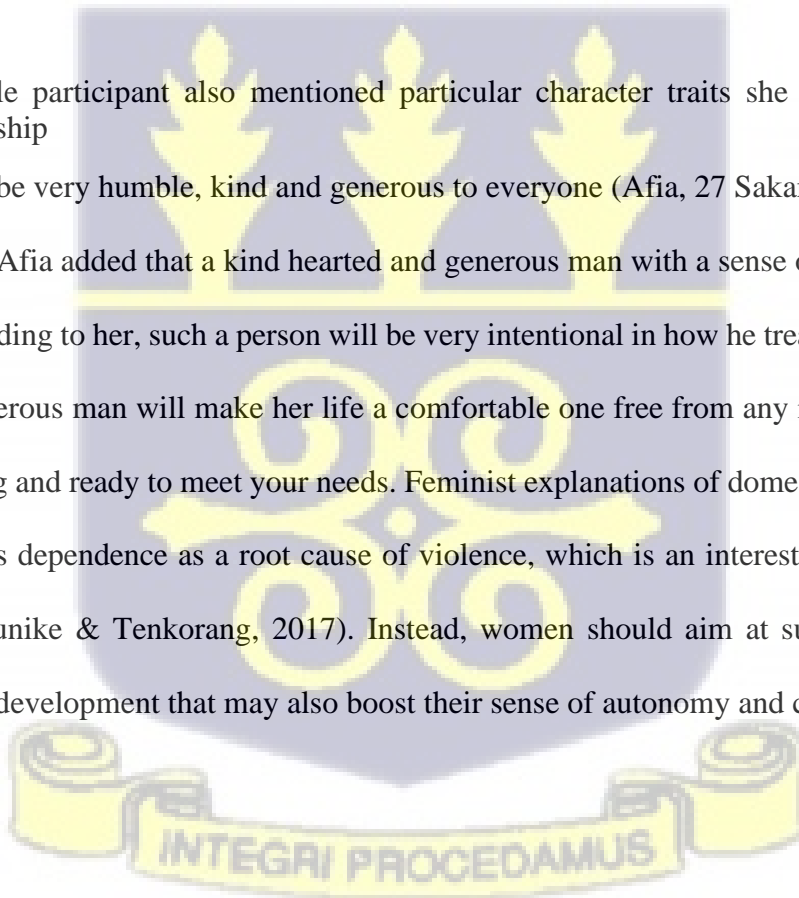
Look out for character and one who has got values” (Abrokwah,28 Darkuman)

Any woman that has the characteristics of my mum I don't want” A woman who is not submissive will be a pain in the neck (Archibald,27 Sakaman)

One other female participant also mentioned particular character traits she found vital in an intimate relationship

He must be very humble, kind and generous to everyone (Afia, 27 Sakaman)

Probing further, Afia added that a kind hearted and generous man with a sense of humility is very attractive. According to her, such a person will be very intentional in how he treats her. Again, she added that a generous man will make her life a comfortable one free from any insecurities. Thus, he will be willing and ready to meet your needs. Feminist explanations of domestic violence often point to women's dependence as a root cause of violence, which is an interesting perspective to consider (Nwabunike & Tenkorang, 2017). Instead, women should aim at support themselves economically, a development that may also boost their sense of autonomy and confidence.



On the other hand, Archibald mentioned that he has a very stringent relationship with his mother especially because she was rather abusive towards his father who also seemed to have lost control of her. He added that his mother was arrogant and disrespectful towards his father in public places which did not sit down well with him growing up. It is these experiences that built in him to resist any woman who seems to have similar characteristics of his mother.

Any woman that has the characteristics of my mum I don't want. Those undesirable treatments or actions I witnessed at home are not easily discerned in a state of relationship so I don't rush into an intimate relationship (Archibald 27 Sakaman)

Probing further to find out how he was able to detect those negative characteristics, he said that he often builds friendship with the aim of observing the woman before he takes the steps of talking about implications for perceptions to be built in the minds of people who witness it. In situations where young people who are in their formative years encounter their own parents' intimate partner violence, they will want to put measures in place to have a better relationship free from violence.

I would rather we build friendships first. With time, I can make my observations which would help me make a decision to either back off or take the bold step to enter into the relationship. (Archibald 27, Sakaman)

5.2.2 Choosing an intimate partner

In the light of participants' experiences of their parents' IPV, it was necessary to let them give a brief description of how they made their choice of partner. During the interview, it was clear that all 15 participants had been in a relationship before. However, some had broken up with their partners while others were in serious relationships with the hope of getting married.

Majority of the participants indicated that the decision to settle on a particular person was ultimately taken by them, however some considered the opinions of their well trusted friends while others confided in their parents. One participant was not in agreement with consulting his parents about a life partner because his parents failed to give him a positive example of a happy marriage. Since they had failed in working on their marriage, they will not be in a better position to counsel him, so he sought advice from all others except his parents.

After all that I have experienced and learnt, I don't need anyone to choose for me because I personally ask questions a lot. I also have mentors who are like fathers to me who are able to help answer my questions. My parents don't have a say when it comes to my relationship because they failed to give us a positive template or perspective about marriage" (Agyeman, 23 Darkuman)

One male participant clearly stated that, due to the negative projections he had about women as a result of his own mother's abusive behavior towards his dad, he wanted to go through personal therapy before he could consider entering into any intimated relationship. Another reason why this same participant was worried about relationships was because he realized that he attracted women who had a similar character as his mother. This happened in his past relationship This he indicates:

From the beginning, it was sweet until I started smelling mummy. Sometimes I noticed that she also wants to use shouting and insulting ancillary comments to get her way. Once she is angry, she will shout, insult and use harsh words. I made complaints and hoped that she would change but it was the same. I told myself I could not handle this". (Archibald,27 Sakaman)

Understanding the differences that exists between each other also emerged under this theme. IPV is closely associated with gender differences especially because partner relationships are often heterosexual (Sikström, et al. 2021). Some participants were also interested in choosing partners who expressed their understanding of the gender differences that exists between each other.

Andam indicates:

You must also factor understanding each other's differences. I am a guy and you are the lady. There is no denying the fact that I am stronger than you and that alone means that I am capable of physically abusing her when she does something wrong. I also know very well how women are verbally abusive. When we all have this understanding, we will be guided (Andam, 25 Odorkor)

When I was settling on a partner, I told myself that I will need a lady very understanding because my parents' marriage did not have these and it has affected them up till date because they still fight and quarrel which is why I have even left home so I can enjoy my peace (Adomako 27, Darkuman)

In their view, when both partners have that understanding, they will be careful to resolve issues without having to engage in violence and also enjoy peace. Research has shown that, violence sometimes occurred when misunderstandings transitioned into physical expressions (Sikström, et al. 2021). Often the women are said to verbally assault the men who then in turn physically attack them because they are much stronger, and this confirms the current research done by the Office for National statistics (2019). The findings showed that, amongst the 2.4 million adults that experienced domestic abuse in 2018, 1.6 million were women and 786,000 were men. This clearly explains the prevalence of IPV because of gender differences.

Other participants expressed their interest in choosing a partner with whom they have established a strong bond of friendship. According to some participants, their parents engaged in Intimate Partner Violence because of the absence of friendship in their marital life. Abrokwah had this to say about the importance of friendship.

I have always wanted a woman who is my friend that we can both discuss everything together. We can do everything together. Even in my bad days, I should still be able to look her in the face and be willing to solve our issues or even reason with her. I say this because I realized my parents were never friends, would not reason together so communication was always not the best. (Abrokwah, 28 Darkuman)

Currently I am in a relationship. One of the things that influenced my choice was the fact that I found a friend in her. (Andam, 25 Odorkor)

Some also were convinced that having a strong bond of friendship will bring about openness. Archibald explains this below:

There should be that freedom to be myself and never be afraid to be judged criticized or misconstrued when there is that strong bond of friendship. Even if I receive criticisms, it will come in a very nice way. We will be more considerate with each other. (Archibald, 27 Sakaman).

5.2.3 Experiencing intimate partner abuse in the own intimate relationship

Forms of violence against women and girls have become quite common in most intimate relationships (Ajayi & Soyin Aiwerele, 2018). Having discussed some types of intimate partner violence early on in the study, participants were now abreast with them, so they boldly voiced out through their descriptions, the actual type of violence they experienced in their various intimate relationships. Majority of the violence participants encountered was verbal abuse, followed by emotional and psychological abuse with the last one being sexual abuse. The responses outlined below shows the type of violence experienced by these participants. The two main violence that recurred in majority of the participants' relationships were physical and verbal violence. Gaslighting was unique amongst all the violence mentioned by respondents whereas sexual abuse was experienced by one victim amongst all participants.

We fought a lot and I mean it was physical because I was very defensive. Whenever he hits me, I also hit him in return. (Adzo,22 Darkuman)

Verbal assaults were also constant to the extent that some of the words she said to me were used by my parents when I was young, so it really hurt me" (Archibald,27 Sakaman)

Gas lighting is a core feature of intimate abuse. It is an increasingly ubiquitous term used to describe the mind-manipulation tactics often used by abusive people, in both politics and interpersonal relationships. Sweet (2019) argues that *gaslighting* is a social phenomenon but sociologists have left it for psychologists to explore the area despite its growing recognition as an abusive power strategy employed by abusers in interpersonal relationships. This assertion is however relative because of the differing subject matter of both disciplines. However, that notwithstanding, the issue of gaslighting might be happening but due to the inability of victims to recognize it as an abuse and express it leaves it untapped.

While Stern (2007) argues that gaslighting is gender-neutral, virtually all her case studies include a heterosexual male partner as gas lighter and a woman as gaslightee. Often victims have no idea that it's actually a mutual participation but that is the case with gaslighting. The victim's actions, desires and the like unknown to him or her, has the tendency to encourage the perpetrator to engage in gaslighting.

Gender inequality is regarded as a notable condition for *gaslighting* (Anderson 2010; Richie 1996; Stark 2007).⁶ Men can also experience abuse tactics like women do, however there is no denying the fact that gender inequality does not favor women but rather victimizes women for the most part.

Gaslighting is gender bias owing to the attribution of femininity with irrationality, which makes women more vulnerable to this form of abuse. One of the female participants in her response to experiencing intimate partner violence mentioned *gaslighting*. In fact, she was the only participant who talked about it, and you could see from her reaction that it was really disturbing her. She indicated that dating guys from West Africa is quite draining because they gaslight a lot.

I have dated men from Liberia, Nigeria, Ghana and they are all the same even though I can't generalize. They gaslight women. My boundaries were crossed several times. For instance, I say to my boyfriend don't touch me when he has touched me, then he goes like "I never touched you" and I am like 'wow' that's madness right there. They make you feel like you are out of your mind" (Okailey,23 Odorkor)

Sexual violence was absent in all the interviews with the exception of one female participant. Although, she mentioned that her own parents' intimate partner violence was more of emotional and verbal abuse, her intimate partner abused her sexually. Prior to her engaging in sexual relations with her partner, she was of the view that her only way to get love from men was to give them sex. This is because she lacked affection from her parents due to their marital issues.

In Ghana, research on sexual assault has been recorded as the second most common type of violence against women in 2002 (DOVVSU, 2005). Sexual harassment, child sexual abuse, rape, defilement, are some offenses regarded as criminal. Ghanaian criminal law recognizes incest, sexual harassment, child sexual abuse, and rape as sexual offenses that attract stiff punishment. Apparently, this female participant's father was emotionally unavailable for her, and it made her feel unloved. She thought that she could get the attention and affection from a man by giving in to his sexual demands only to realize that most of these guys have the tendency to sexually abuse you when you least expected that from them. She explains:

I was in a relationship with this guy, and we were making love, I told him to stop, and he just will not stop, and I had to push him off and still he never stopped. I felt sexually abused by this guy so many times and that is why I had to break up with. It was purely toxic for me. (Okailey,23 Odorkor)

Okailey explained that she considers this particular incidence as sexual abuse and this is because, she felt like her boyfriend forcibly had sex against her will. She added that although she was sexually active in most of her relationships, she wished that her partner was willing to respect her

sexual rights. There is increasing evidence that suggests that gender inequalities existing in intimate relationships constrains young women's agency which confirms this finding (De Vries et al. 2014; Jewkes and Morrell 2010; Jewkes, Morrell, and Christofides 2009).

A young male partner is interested in having frequent sexual experience to the extent of even forcibly having sex with his female partner with the aim of gaining a respected masculinity (Edin, Nilsson, Ivarsson, Kinsman, A. Norris & Kahn, 2016). On the other hand, the young woman might also want to avoid an unwanted pregnancy which may jeopardize her possibilities of building a future which is why she would resist her partner with the aim of also gaining a respected femininity (Edin et al., 2016). However, when I probed further about her resistance, rather said she felt uncomfortable when he forced to have sex with her against her will. For her, she felt that he failed to listen to her concerns about her discomfort hence her claim about being sexually abused.

Sexual norms and gender inequality are replicated across generations, and girls especially are socialised through several agents of socialization in the society thus through family and the society at large to not resist male domination (Wamoyi, Wight, and Remes 2015). However, it would be important to interrogate the complications of inequality by engaging both young men and women. Societies must raise the awareness or empower young adults where for instance there is the support of their agency especially with young women on individual decision-making on their sexual rights and freedom from oppression (Torres et al., 2012). Lastly, young adults in relationships must be convinced not to trivialize abusive behaviours in their in their intimate relationships.

Apart from Okailey, none of the participants both male and female touched on the topic of sexual abuse which I found interesting. When I asked, almost all of them expressed no interest in talking about sexual life. They would either brush it off or would make claims of not engaging in sexual relationships with their intimate partners which stood out for me in this study. Research on

sexuality has shown that the cultural taboos in the Ghanaian society has prevented education of adolescents on sexuality (Owusu, 2012). It appears that most Ghanaian parents are not likely to allow the discussion of sex in their homes even though, there are other parents who are exceptions and this (Baku et al, 2018).

Often, girls as compared to boys, are brought up with strict discipline and fear, making them shy away from asking questions that centers on sexuality matters (Brocato & Dwamena,2007). This could possibly be the reason for which these young adults may have avoided discussing anything related to sexual abuse from their partners. Also, this participant had actually lived abroad before and for the liberality that exist in the west side, makes her vocal on sexual matters.

5.3 Perpetration of intimate partner violence

Although it is necessary not to assume that witnessing violence influences one to behave violently, social learning theory has suggested that children who witness violence may also learn to use it (Bandura, 1963). There was the need to also find out if these young adults also engaged in intimate partner violence in their relationships. This was necessary because research has documented that most children who witness abuse grow up to become perpetrators of intimate partner abuse.

5.3.1 Varying conceptions of IPV Perpetration

Some participants mentioned that of a truth they had wanted to engage in abuse but resisted the urge for their own good. In the GFHLS 2015 survey, Domestic violence was found to have adverse qualitative effects on child development, educational opportunities among children and on youth deviant behaviour. As a result of broken marriages and the resulting economic burden, and the

direct exposure of children to violence within the household, those innocent children are more likely to experience or perpetrate domestic violence later in life.

Majority of the male participants mentioned that when they recall how their father's abuse led to their mothers' unhappiness, they were determined not to replicate of their father's abusive behavior. Abrokwah mentioned that in order for him to suppress his tendencies of being violent towards his partner when there was a misunderstanding, he rather puts himself in her shoes so they can settle things appropriately. This he illustrates in the quote below:

On my part, I try to put myself in her shoes and understand her and then I can also voice out my suggestions to settle on a middle ground. We try to give ourselves sometime when it gets heated and then we are less emotional, we can talk more about it. I know I can choose to be violent, but I suppress it because of my experience with my parents' marital problems. The relationship must be worked on daily to achieve the best in your partner. (Agyeman, 23 Darkuman)

Simons, Lin, & Gordon, L. C. (1998) argues that although marital violence may project violence as the right thing to do to the people they love. It is however unlikely that children who are exposed to witness parental violence will be conclusive on violence as the best way to go as far as intimate relationships are concerned. This concurs with one male participant who expressed a similar view on his refusal to perpetuate violence in his own intimate relationship. Dzigbodi states that:

I wanted to be different because I am fully aware of how this has cost my mother her happiness as a married woman and a mother for that matter (Dzigbodi,25 Awoshie)

On reflection, some were also of the view that they were not necessarily violent but normally would ignore or avoid their partner's call and also give her space when they were angry with them. One participant did not consider this action as violent because for him that was a way to resist any urge to engage in violent behavior. Abrokwah states that:

When she avoids my calls, I also avoid hers

(Abrokwah,28)

However, Tenkorang and Owusu (2018) also argue that victims' early childhood experiences are critical to intimate partner violence. They were of the view that women with childhood experiences of violence were more likely to be perpetrators and victims of IPV than colleagues with no such experiences. The literature confirms one of the female participants' decisions to perpetuate violence in her intimate relationship, the literature does not concur with the views of the rest of the female participants. Among the four female participants, Adzo was the only one who mentioned that she had engaged in IPV a number of times because she often attracted abusive partners. According to Adzo, she also had to pre-empt the violence in her relationship to avoid being the victim just like her father had done to her mother.

I am very defensive due to how many guys have taken advantage of me so many times. I was not going to be loose. I can choke him, and he does the same to me, he hits me I give him a beating and it was just silly (Adzo,22 Darkuman)

Research has indicated that children who see IPV are more likely to commit violent crimes, but the findings are mixed. While others avoided the use of violence against their intimate partners, most especially the males, the situation was different for one female participant because of her attraction to abusive partners. Adzo added that, she simply did not know why she kept attracting abusive partners, however she was very certain that the absence of a father in her life made her desperate for love. In fact, her need for love blinded her from signs of an abusive partner. This provides a distinct perspective on how these young adults choose to act in their intimate relationships. Again, as social learning has argued that people are a product of their environment, these mixed findings make the theory inconsistent.

5.3.2. Fear of commitment in a relationship

A few of the male participants who had experienced a series of broken relationships mentioned the fear of commitment as an implication of their parents IPV. There are instances where some participants' mother or father abandoned their marital homes, and this situation created some level of doubts about committing to a person.

There was the fear that if they were fully committed in the relationship and some issue came up, these partners might also abandon them and break their heart. Others were of the view that their knowledge of cheating in relationships in relation to their parents' marriage made it difficult for them to commit to a partner because in their opinion their partners were likely to cheat on them. In order to save themselves from being hurt and heartbroken, they would rather hang in the relationship for as long as it could survive till it finally broke down.

I have always been scared about committing to a woman because I feel she can walk out on me or make me unhappy looking back at what I saw at home (Adomako,27 Darkuman)

I am always thinking someone is cheating on me with another guy just like how my dad cheated on my mum (Andam,25 Odorkor)

5.3.3 Distaste for third parties in relationship

Almost all participants expressed extreme distaste for third parties in their relationship. They had seen for themselves how their parents' marriage got worse with the involvement of third parties. On the account that third parties have a way of taking sides. According to a male participant, it was not good to give third parties a foothold in your relationship

In my relationship I don't do third parties. My experience has taught me a lot. Personally, when I am dating, I don't want to know your friends and I also don't want you to know mine. I would like to know them from afar" (Agyeman,23 Darkuman)

I don't want to even hear that thing called third parties because they will take sides and rather cause more problems" (Andam,25 Odorkor)

From these responses, participants expressed how the idea of third parties should not be entertained especially in intimate relationships. Thinking through more participants distaste for third parties, I realized that these responses showed the long-term effects of their experiences on their perceptions of seeking support in situations of violence. On the other hand, this could also imply that these participants had tendencies of being abusive hence the resistance of third parties so that they can have full control of people to abuse them.

5.3.4 Fear of experiencing IPV in their future marriages

Considering the fact that participants had encountered their own parents IPV, a number of them had become gamophobic - a term used to describe a person who is basically afraid of being married due to negative experiences of marriage witnessed in one's own family. There is the fear of intimacy, abandonment, and trusting others. Unfortunately, some participants justified their fears by saying that whatever they thought about marriage was no fault of theirs but that of their own parents who were not considerate enough to shield them from seeing all the ugly and dangerous sides of their marriages. Nuerki is one of the female participants who expressed her fears for marriage even though she is in a committed relationship. She stated:

I feel scared about my future. I sometimes perceive this same thing happening in my marriage anytime I think about marriage (Nuerki,27 Kwashieman)

I kept asking myself if my children will have to see me fight their mother like my parents were doing. I had to really sit down and think about the whole institution called marriage because this model from my parents was just dreadful" (Arthur,25 Awoshie)

These participants have unanswered questions about what to expect in their marriages. Flashbacks of their parents' abusive relationships would not leave them. When I asked them how they intend to deal with the fear since they are in a relationship, they were quick to say that their only hope was to pray for their God to deliver them because they really did not have confidence in anything called therapy. This clearly explains participants traditional world view of the Supreme being. Participants' religious beliefs about the sovereignty of the Supreme being was influencing their behavior towards therapy. in all that he does Others also said they will want to reorient themselves by getting close to people' whose marital life is encouraging and also a peaceful one while others said they would listen to preachers of faith to adopt and learn positive perspectives on marriage, unlearn the negative experiences they had. This clearly confirms social learning theory in the sense that people are willing to model after significant others especially if that behavior is rewarding. Thus, if this negative exposure they had from their parents are unlearnt, and better and appropriate perspectives are learned and modelled, they will be rewarded with a peaceful and happy intimate relationship. Adomako had this to say about dealing with his phobia:

Since I did not get a beautiful picture of marriage, I confided in one neighbor who took it upon himself to mentor me because he was also a very responsible married man and had had his own experience so he could converse" (Adomako,27 Darkuman)

I have decided to colonize myself by learning new perspectives on marriage from various preachers of faith so I can one day enjoy my marriage (Agyeman, 23 Darkuman)

5.3.5 Lack of trust for people or intimate partners

Others had little or no trust for people let alone their own intimate partners. Primarily, parents are the first teachers of a child hence it becomes difficult for them to trust another person outside their homes. This is clearly in Abrokwah's response:

I can't trust any other, especially when you know your own father did this to your mother. I mean who else you can trust outside there (Abrokwah, 28)

The only problem I had was to trust a woman. I could not trust any of the ladies I dated because I was always thinking that, just like my father was unfaithful to my mum, my partner may also do same to me (Andam, 25 Odorkor)

Almost all participants expressed how overwhelming it could be for them when they thought about trusting people or their own intimate partners. They always felt insecure whenever they thought that perhaps what they saw happen to their parents could be replicated in their own marriages. In other words, they might possibly be living with this trauma every single day of their lives. What was more disturbing about this was the fact that a few of them who talked about lack of trust are currently in relationships at the time of the interviews.

What is the future of these intimate relationships knowing the importance of trusting your partner in a relationship? Another thing I took note of was the fact that, almost all of them showed no interest in seeking professional help which could come through therapy or counseling sessions. My suggestion of having a counselor on standby to help them out was not embraced by almost all participants during the interview. I supposed that participants were not willing to speak to a counselor whose support could help them in addressing and working out through the issues because perhaps they are in self- denial or probably lacked confidence of support systems.

5.3.6 Harboring negative sentiments and emotions

For nearly all of the participants, harboring negative sentiments and emotions towards the opposite sex was found. Male participants who had abusive mothers harbored negative sentiments or emotions towards ladies and vice versa. There were two male participants who mentioned that they had terribly negative projections about women because of his mother's attitude towards his father.

Archibald stated:

I have always had the notion that all women were evil. I keep projecting my mum on all women and I am pretty much aware that it is not the right thing so I have to unlearn that thing so I can move on and think about marriage ever again” (Archibald,27 Sakaman)

I have always been scared about committing to a woman because I feel she can walk out on me or make me unhappy (Agyei, 18 Sakaman)

In the same vein, Okailey mentioned how she feels emotionally unavailable towards her intimate partner as a result of her parents IPV. This she indicates;

Because of how my dad was emotionally unavailable to my mum, I feel the same way around guys. Unfortunately, I often attract emotionally unavailable guys and its very uncomfortable for me” (Okailey,23 Odorkor)

Clearly, these responses show that these negative sentiments and emotions they have about the opposite sex is not in itself right. Having to project your mother on all women because of her behavior may deter such a person from even dating which is why he confidently admits and goes on to find a way to unlearn these negative projections so that he can consider marriage in the near future. Others who may also do nothing about it may find it difficult to relate well because of how they have magnified these sentiments in their minds. Another thing is that the negative sentiments and emotions they have bottled or harbored in their heart could blind them from identifying a good partner they could be safe with.

5.4 Strategies young adults adopted to face challenges within their own intimate relationships

In the event where two people find themselves in an intimate relationship, there is no denying the fact that their differences as a result of socialization makes conflicts inevitable. The final objective of this study was to look at how young adults navigate their own challenges within their intimate relationships. How did they handle disagreements? And in what ways did they navigate through their own challenges?

Since all participants had been in a relationship before, each one had one or two challenges to share. Wathen (2013) posits that, most children who have witnessed family violence either between parents or against a caregiver over a long period of time will often engage in violence to resolve struggles in adulthood be it in an intimate relationship or marriage. However, listening to the participants, it was realized that most of them treaded cautiously with their intimate partners whenever conflicts surfaced. Some challenges they faced in the intimate relationships were, financial problems, mistrust, sexual demands, mistreatment, fear of being vulnerable. They are discussed below.

5.4.1 Financial Problems

Raising a family can be very hectic when there is the lack of finances especially in developing countries like Ghana faced with economic hardship. The Commission for Financial Capability's financial Capability Barometer Survey (2020) in a study found that, family, partners, and close friends may encounter problems due to financial challenges.

From the findings of the survey, most individuals between the ages of 18-34 indicated relationship strain as a result of financial stress which was however not the case for those aged 65 and above. Thus, most people make the effort to manage their finances better as they age and learn to communicate better with their partner (or leave the relationship). In the same vein, findings from the study suggested similarly strain on relationships as a result of financial challenges.

Common among the challenges participants shared was that of financial problems which was addressed by most of the male participants. They explained how uncomfortable it was to not have enough money when in a relationship. Most women they came into contact with had expectations of them providing for their material needs like buying phones, clothes and spending time with

them in a very special place of their choice. Furthermore, some male participants added that, immediately you showed your inability to provide, they either threatened to break up with you or change their attitude towards you which on many occasions led to quarrels and arguments.

Two male participants shared their experiences of losing their intimate partners to other men because of their inability to provide financially for their intimate partners.

She started behaving differently towards me and it was all because I could not afford to buy her material things. She kept listening to her friends who kept telling her to leave me for another person because I did not have money” (Abraham, 18 Darkuman)

I could not provide financially for my then girlfriend, so we had to break up

(Andam,25 Odorkor)

If one’s intimate partner was bold enough to quit a relationship because of financial challenges, then we are forced to find out what really is the bases for a relationship to thrive. Is it based on love or money? Despite this, research shows that women worry a great deal about their sense of relationship security, especially in light of traditional gender roles that place men as the breadwinners and the heads of their households and women in the nurturing, procreative, and domestic roles (Karim, 2011)

For instance, a woman will consider what will become of her if the man happens to impregnate her. How will he cater for her and their child with all the financial challenges at hand? The easy way out for some of these women is to quit the relationship and look for a someone who can provide for them and that’s autonomy right here. That a woman sees the need to choose her freedom over oppression.

5.4.2 Mistrust

Mistrust was second to financial problems from the responses of the male participants. Majority of participants were of the view that most ladies were always suspicious about guys disrespecting them by cheating on them with other ladies. Some of them also added that even when they failed to show up for an 'outing', they quickly ran into conclusions that they were with another girl or other girls which was not the case. Archibald indicates:

I often counsel young people and she feels threatened especially when I have meetings with ladies. She felt I was going to sleep with another lady, but I was not." In fact, she threatened to leave me if I do not stop having meetings with ladies. Can you imagine? (Laughs) (Archibald,27 Sakaman)

On this same topic of mistrust, one male participant indicated that, though he did not cheat on his intimate partner, she rather did cheat on him, and the worst thing was that she cheated with his own best friend. This was the greatest challenge he ever faced in a relationship.

Everything was fine until I found out she was hiding something from me. She was cheating on me apparently with my own best friend. I find it very uncalled for (Dzibodi,25 Awoshie)

The issue of cheating breeds mistrust between partners. One must ensure that they are committed to a relationship by being transparent as much as possible. It is also suspected that such behaviours have a way of creating tension between partners resulting in the occurrence of violence.

5.4.3 Sexual demands from partners

Bhana (2012) indicates that the dominance of men in relationships lessens the choices and opportunities for women. In most intimate relationship, one would expect that the male partner would rather make sexual demands, but this was not the case for some male participants in the

study. Majority of the male participants expressed their concern about pre-marital sexual relations. Some of them met intimate partners who were already sexually active unlike them.

Only one male participant had this challenge in his intimate relationships. He mentioned that he was determined to not engage in any sexual activities until he was married but his partners were not giving in to this principle. This is quite interesting because mostly it is expected that males would rather make sexual demands on girls as society has made it very uncomfortable for women to express themselves in that regard. Andam indicated that:

I am very disciplined in my intimate relationships with ladies. Especially because I know that I was conceived out of wedlock which was one of the factors that led to my parents' IPV, I vowed to stay away from sexual activities, but the ladies will not listen to me. I have been going in and out of relationships because many girls of today do not want to control their sexual desires as much as I want to (Andam, 25 Odorkor)

He added that he never wanted to end up like his father who impregnated his mother and for that reason had to be forced into marriage when they were really not ready to live together as a couple. Andam explained that his mother was not willing to abort him amidst his father's pressure and that was the reason his father was forced to marry his mother which contributed to the physical, verbal, and economic violence in his parents' marriage. This caused his mother pain and unfortunately for him she unleashed her pain and bitterness on him by maltreating him right from childhood till he had to run away from the house. It will be very "unwise" for him like he said to also end up causing another woman pain just by being irresponsible in his youthful days.

5.4.4 Being treated well

On the other hand, the female participants had little to say about financial problems being a challenge for them in their relationships. They were rather concerned about how their partners treated them. For instance, if a guy failed to give them attention, they tended to feel sad about it

and it was a challenge for them. It could also be about patience, care, respect, honesty, communication, respecting boundaries, and being taken advantage of.

I think for me my current boyfriend's patience and caring attracted me to him. He was there for me even when we were friends (Afia, 27 Sakaman)

In my personal opinion, my boyfriend should freely talk to me, openly talk to me about everything and also should not be afraid to be vulnerable about anything happening in his life whether family, work or personal life or something. That is a solid communication right there and I can tell you it will be fruitful for a relationship (Adzo, 22)

Okailey complained about her previous toxic relationship with a guy in college. She stated:

My boundaries were crossed several times, and this was a big challenge I faced in almost all my past relationships. All the time he wants to have his way and will not give you a listening ear. I just want to be treated well (Okailey, 23 Odorkor)

Some boundaries according to Okailey was the issue of her partner taking advantage of her need for affection to gaslight her, forcibly having sex with her even against her will, failing to respect her privacy etc. This

5.4.5 Fear of being vulnerable

Fears and doubts regarding intimate relationships exist (Doron et al., 2013). Some female participants indicated that they were not comfortable with being vulnerable in the presence of their intimate partners. Opening up to discuss their difficulties and challenges was quite difficult for some female participants to engage in. It was clear that some of them were conscious of not creating problems just like their parents had done in their marital relationship.

I always pretended that everything was fine. Whether i am hurt or in distress, i prefer to keep things to myself than open up to my boyfriend. I do not want to create problems for myself, so I tend to be very secretive (Afia, 27 Sakaman)

Achiaa indicated that her experience of parental IPV at home had really affected her way of communicating with people. She mentioned that due to the verbal abuse that often ensued between her parents she was very much afraid to voice out her worries for fear of being abused. Achiaa preferred to keep things to herself open up to her partner even though she knew it was unhealthy for their relationship and would rather harbor the pain than voice it out because she did not want to lose the relationship. Achiaa added that her fear of not opening up rather made matters worse because her partner could not stand it when she just shut when everything showed she was in distress.

I became afraid of talking about things that bother me in the relationship for fear of hurting the person. I will just shut down or become moody or not talk for some time or better still stay away till I feel better. I do not feel safe being vulnerable because my partner may not know how best to handle things and might end up breaking up with me. if he gets tired of me. (Adzo,22)

Others were holding back in their relationship for fear of hurting their intimate partners because they knew that the outcome might not be what they wished for. Again, it was interesting to also note that what was a challenge for the male participants was not for the female participants.

5.5 Navigating through challenges within their intimate relationships

There are numerous ways partners resolve issues or problems that occur in their relationships. Usually, people employ measures we saw our parents or people we looked up to employ in their relationship to solve their problems. Having discussed these challenges, respondents were now questioned on how they navigated through their own challenges. Obviously, their diverse experiences meant that their approach would be different even though they might have related results at the end.

5.5.1 Disapproval of third parties

Due to their own experiences of parental IPV and how the issue of third parties appeared to have cost their parents' marriage in the previous accounts, almost all male participants showed an extreme distaste for it in marriages or relationships no matter who was posing as the third party. Some male participants were not even going to consider their own parents, siblings, or friends to have a say in their relationship matters.

According to them, their parents' failure in keeping their marriages from the reach of family members, neighbors and even head pastors was a great lesson they would want to even pass on to their own children in future. These sentiments they shared about third parties' involvement in marital or intimate relationships seem to suggest that marriages have not benefited from the involvement of third parties, but research does not agree with this assertion from these participants. Here are some responses of participants on the issue of third parties.

I chose to handle our relationship issues single handedly because I know the way third parties can destroy beautiful things especially like I always say, my parents are proof that third parties' involvement in relationships and marriage is not the best option. (Agyeman,23 Darkuman)

No, I don't do third parties. My experience has taught me a lot. Personally, when I am dating, I don't want to know your friends and I also don't want you to know mine. I would like to know them from afar (Andam,25 Odorkor)

These findings suggest that, with the notions of masculinity, most male participants felt that it was in their rightful place to take such decisions as men to guard against anything that could be a distraction to the intimate relationship. Although the majority of the male participants expressed their distaste for third parties in resolving marital problems, almost all the females were silent when it came to involving third parties in their relationships. Most of them were rather focused on involving God in their relationships because like Afia said:

I believe God has the final say. I have committed my relationship into the LORD's hands and i trust that our relationship will end up in marriage (Afia, 27 Sakaman)

This finding is consistent with Wolfinger & Wilcox (2008) on quality relationships. Their study showed that religious commitment has got a positive effect on the quality of relationships.

On the other hand, upon refusal to seek help from third parties in their relationships, most of the male participants were quick to say that they preferred to settle their disagreements by themselves.

This then means that even in a situation where one of them had abused or been abused by the other, both of them will want to come together and settle things amicably without allowing other concerned people to know about it.

I won't say we have never fought, that's like a quarrel. We do but we are always bent on settling our issues amicably. Whether I am wrong or not I will insist on apologizing so that we can have peace" (Afia,27 Sakaman)

On my part, I try to put myself in her shoes and understand her and then I can also voice out my suggestions to settle on a middle ground. Often, we try our best to avoid disagreements often so that we can enjoy our relationship (Agyeman, 23 Darkuman)

Participants chose to be empathetic about whatever their partners had done. This shows that most of them solve their problems unlike the parents who abused their partners. Agyeman for instance explained how his parents could go for days without talking to each other. Another thing is that the societal stimulus of males being in control could be seen in the above responses. His parents were under the same roof but never spoke to each other for about 12-15 years but clearly his response shows his determination to do things differently.

Some participants in navigating through their challenges referred to being open to each other as their best option. Doing this would then help them avoid blowing things out of proportion. Being

silent or discreet when there were disagreements rather escalated the problems because then that problem was left unresolved. Nuerki indicates:

I had to learn how to be intentional about being open whenever there is any disagreement between the two of us. My current partner was not happy with how I often will shut down when we have a misunderstanding, He insisted I open up so the relationship can progress if not we go our separate ways (Nuerki,27 Kwashieman)

Nuerki had mentioned that she knew very well that she learnt this behavior from her mother. Unfortunately for her, she grew up being very discreet about her emotions and is now striving hard to come out of that so she could have a successful relationship with her partner. She added that her partner complained about her behavior as emotionally draining for him which to him was not healthy for them. At least if she would not speak to him, he preferred she confided in other trusted friends to help her out than completely shut down.

5.5.2 Choosing to love over abuse

Love is a necessary element, when present in a relationship success is assured (Rahmat & Sharma, 2015). It plays a significant role in intimate relationships. Most of the female participants express their concerns about putting love first over abuse. In order for one to enjoy a long-lasting relationship, intimate partners should promote behaviors that help in the maintenance of the relationship rather than jeopardize it (Rusbult & Buunk, 1993).

A female participant indicated:

Love does not promote hate. Once you declare your love for another person, you should be very diligent in keeping your word. My partner and I iron out our differences and every time it actually catapults the love, we have for each other. It's so beautiful and peaceful. Avoid abusing each other as much as you can (Afia,27 Sakaman)

Afia explained further that both partners must know how to forgive because in her opinion that was the beginning of love. She added that on many occasions when she and her partner had differences, she was quick to choose love over hate which was why she would not engage in any violent behaviour or throw tantrums at him as a way to punish her partner. Whether she is wrong or not, at the end of the day she wanted peace to prevail and so she would forgive her partner.

5.6 Conclusions

This chapter sought out to explore the implications of parental IPV on participants' intimate relationships. It further discussed the ways participants navigated through challenges. The findings of this chapter indicate that, of a truth, almost all participant in the study confirmed diverse implications of parental intimate partner violence on their intimate relationships, one of the key findings in this chapter was although most participants faced challenges like, financial challenges, feelings of mistrust, not being treated well, fear of being vulnerable, they had a different approach towards these were devoid of abuse. This suggests that as social learning theory posits that behaviors are learnt, these participants had weighed the consequences of their parents' IPV on their lives hence preferred to rather learn to choose to settle things amicably with emphasis on building friendship, understanding and finally choosing to love over hate. Most of the male participants also expressed a heightened resistance of third parties in their relationships whilst the female participant sought the face of GOD for help to secure their relationships.



CHAPTER SIX

SUMMARY OF FINDINGS

6.1 Introduction

This chapter captured the findings which are summarized, and conclusions made based on the research aims of this study. Further, it discusses limitations of study, recommendations, and suggests areas for future research. This chapter discusses the findings on the implications of young adults' parental IPV on their intimate relationships. The findings of this study cannot be said to be the views of young people in general, but of a select group of young people in different communities in the Greater Accra region.

At the beginning of this research, four questions were asked, that is, what were the knowledge, construction, and perceptions of young adults on IPV? How did young adults navigate through their childhood in the face of experiencing parental IPV? What were the implications of their parents' IPV on their previous and current relationships? and finally how did they navigate their own challenges in their intimate relationships? The study thus aimed at enriching the understanding of young adults' experiences of parental IPV and to also contribute to the literature. Four main themes emerged from the transcribed data that addressed all the four objectives. Out of these four main themes, there were sub themes under each main theme in relation to the respective objectives.

6.2 Knowledge about the types of IPV witnessed by participants

After engaging in an active reading of the transcriptions from the interview, the general view was that the majority of participants were not familiar with the term "intimate partner violence".

However, after I briefed them on the topic, most of them realized that they knew about actions that related to the theme. The major theme that emerged for the first objective was the knowledge of the types of IPV by participants.

The study discovered that young adults' parents experienced five different forms of intimate partner violence which includes verbal, physical, sexual, psychological/ emotional (gaslighting) and financial abuse. The most common being verbal abuse which was often accompanied with physical abuse and emotional violence for some of the parents of participants. It was also realized that, both male and female parents of participants were vulnerable to these five types of intimate partner violence however, there was no evidence that showed that women physically abused men in this study. First objective was well answered and achieved.

Most of the participant's mothers used verbal violence either to defend themselves from their husbands who were either physically, verbally or economically abusing them.

Furthermore, it was realized that, none of the participants had anything to say about parental sexual violence and this confirms the literature which suggests that the Ghanaian culture addresses sexuality as sacred hence a topic not appropriate to be discussed with children and adolescents (Baku et al, 2018) hence a parent may find it difficult to even disclose anything of that sort to the child should she or he experience it.

Following the responses, financial issues happen to be one major reason for the rise of intimate partner violence according to participants. Dillon et al, (2015) posits that, marital conflicts can emerge between intimate partners due to reasons like finances, quality time for each other, and the division of domestic tasks which confirms this finding. First objective of this study was fully achieved.

6.3 Navigating through childhood in the face of their parents' IPV

The second objective was to examine the ways by which participants navigated through their childhood in the wake of their experience of parental IPV. It can be easy to overlook the problems of children that are involved in their parents' intimate partner violence. The study found that many people had no idea of what was happening to their parents when they were young. It so happened that it was after some years that some of them realized they had been exposed to their own parents intimate partner violence.

The study discovered that exposure to Parental Intimate Partner Violence affected nearly all 15 subjects. Parents, particularly fathers, failed to provide participants with basic necessities such as food, clothing, shelter, and education. This also resulted in violence between the parents, which led to separation and, in some cases, divorce. Anxiety and suicidal ideation were some of the negative consequences of parental intimate partner abuse among participants. Because of their parents' IPV, several individuals were socially isolated from friends, relatives, community members, and typical social activities. Because of how degraded they felt about their parents' Intimate Partner Violence, some participants found it challenging to socialize with others.

The main theme was navigating through the experience, and it had quite a number of sub themes because of how differently every one of them interpreted their experience even though some had similar responses. Social life, behaviour patterns, emotional insecurity, psychological trauma (Fear) which included suicidal attempts.

Research has indicated that, children who have witnessed marital violence are prone to a whole range of behavioral and emotional difficulties, anxiety, hopelessness, poor academic performance, low self-esteem, disobedience, nightmares and physical health issues (Edleson, 1999) which

confirms some of the responses given by the participants. Some explained further how their academic failure had affected them right from primary school days through to the tertiary level. Others also focused on describing how they wished their parents adopted better ways of handling their marital issues than involving third parties in the marital issues.

The majority of participants were of the view that, even though what was happening at home was not appropriate, they had nowhere to go or anybody to turn to. This is why they believed that they had been affected greatly by their Parental Intimate Partner Violence. At least if even one of the parents was considerate about the future of their children, things would have been better. Participants also felt that they were to blame for their parents' IPV, especially those who mentioned that they were born out of wedlock or parents had financial issues.

Children exposed to IPV are also more likely to have increased fearful reactions and greater involvement in conflict, which in turn, were related to higher anxiety and depression symptoms (Cummings, Pellegrini, Notarius, & Cummings, 1989; Davies, Cicchetti, & Martin, 2012). This literature then confirms the finding that indicates that fear of the future was one emotion expressed by almost all participants.

Some mentioned that they still have flashbacks of very dreadful scenes which makes them afraid of considering marriage in the future. Others are also afraid that should they marry, they will replicate whatever they saw at home hence have no clue what to expect if anything like that happens. Some mentioned that they had to drop out of school because of the lack of funds. This meant that they either had to fend for themselves by looking for a job which is not quite easy to access because of the requirements.

The majority of participants were not happy that they grew up having to witness their parents' intimate partner violence. They perceived that witnessing IPV was detrimental to their growth and development particularly when some of them had realized that they had learnt violent behaviors exhibited by their parents. Subconsciously, these young adults had become aware of behaving in similar ways to their parents. Most of them added that mainly, their character and attitude towards marriage life and even social relationships have been greatly impacted by their parents' IPV and this clearly shows that objective two was achieved

6.4 Implications of parental IPV for young adults' intimate relationships

Given the length and extent of the violence witnessed by these young adults in their various families, participants expressed their views on the implications for their own intimate relationships. At the time of the interviews, the majority of participants had been in a relationship before. However, some had also taken a break from their previous relationships to attend to their own personal issues.

About 3 participants claimed they were still in intimate relationships. It was clear from their responses that their choices, decisions and perceptions about intimate relationships had been greatly influenced by their experiences of Parental Intimate Partner violence.

There has been a proven correlation between children that have been exposed to intimate partner violence and those that go on to abuse their own families or when in other relationships (Nixon et al., 2013). The first experience that anyone has with relationships and marriage is within their family of origin. Some respondents claim that they had second thoughts about marriage.

The main theme for this third objective was to explore the implications of parental IPV for young adults' own intimate relationships. However, there were sub themes underlying the main theme,

that is, participants' intimate relationships, experiencing IPV or perpetuating IPV victimization or perpetration of IPV in their own relationships.

As a result of their experiences, young adults threaded cautiously in choosing their partners which indicates that for perpetration, adolescents who have been exposed to IPV are more likely to engage in physical abuse and relational abuse toward their partners compared with adolescents who have not been exposed to IPV (Ferguson, Miguel, Garza, & Jerabeck, 2012).

Some were concerned about religious backgrounds, while others were more concerned about the character of the partner. They were keen on not having abusive partners just like their parents had so that they also do not suffer violence. young adults who have been exposed to IPV were more likely to experience dating violence victimization compared with young adults who have not been exposed to IPV

Gaslighting was one form of violence that came out of the findings. Some female participants were of the view that most West African men were manipulative and emotionally unavailable. Given her description of gaslighting as a manipulative way of the abuser to make the victim lose their sense of reality, it showed that it was quite common in intimate relationships only that people were unable to detect it as a form of abuse. The intimate partner violence (IPV) literature does not often use the term "gaslighting," but explains gaslighting as gendered in nature and common in abusive relationships (Sweet, 2018).

There has been a proven correlation between children that have been exposed to intimate partner violence and those that go on to abuse their own families or when in other relationships (Nixon et al., 2013). If Mom and Dad were great parents and wonderful spouses, kids of that relationship generally were likely to look upon marriage as a positive, essential component of their future. Children who grew up in dysfunctional families with abusive, addicted, or neglectful parents

generally will not have a positive sense of self or a positive sense of being part of a relationship (Sherry G., 2013)

Social learning theory explains that children exposed to parental violence are more likely to experience violence themselves, learn the violent behavior and go on to replicate what they have learnt towards others. However, not all of these children will go on to perpetrate violence (Temple et al., 2013). Even though some participants confirmed that they had learnt acts of violence from their parents IPV, they were very cautious of repeating such acts in their own relationships, however one participant explained that her attraction to abusive intimate partners influenced her to also perpetuate IPV in her relationships.

Third parties were one recurring theme that emerged in the findings of the third objective. Most participants suggested that they had observed that involvement of third parties in marital relationships was not the best option. From their own views, third parties tend to take sides which in the long run ruins conflict management. Almost all participants had decided never to engage third parties in their own intimate relationships. Though a lot has not been done on third parties, it's a medium through which conflicts are resolved between two parties. However, findings from Jordan and Bhandari (2016) indicated that, the roles of some extended family members who can be classified as third parties have been indicated as a contributory factor to IPV.

On the other hand, these findings do not confirm the tenets of social learning because the findings suggest that some participants had experienced a wide range of harmful outcomes of their own parents IPV and may have learnt some violent behaviours. However, participants were conscious of these negative experiences hence have done their best to desist from violent acts or behavior. This is to ensure that they do not replicate these violent behaviours having in mind the consequences. In a nutshell, young adults were greatly impacted by their parents' intimate partner

violence but most of them were keen on not becoming a replica of their past experiences. Again, objective was duly achieved.

6.5 Strategies adopted in facing their own challenges in intimate relationships

The final objective for the study sought to identify how young adults navigated their own challenges within their intimate relationships. The sensitivity of intimate partner violence made it necessary for participants to generate their own ways of navigating through their own challenges in intimate relationships. The main theme was navigating challenges within intimate relationships. Sub Themes that emerged were disapproval of third parties, settling of disputes, being open, and choosing to love over hate.

Participants expressed their disapproval of third parties resolving conflicts or addressing challenges in their intimate relationships. The majority of them had taken lessons from their parents' negligence to avoid third parties, who were a contributing factor in their parents IPV. Most of them in similar views indicated that, what most parents failed to do in resolving or addressing their challenges was because they were not open about issues, and this was because most parents had not developed a close friendship with each other. Others also explained that there was often lack of patience and understanding between both parents which sparked their parents Intimate Partner Violence.

Others also mentioned that the appropriate way was to settle their issues themselves without the need to call on outsiders who are likely to exacerbate their problems. The key finding for the last objective was choosing to love over abuse. Participants, most especially females, were of the view that if you love an individual, you will never want to hurt the person therefore most intimate

partners must express true love towards their partners to deter them from being violent or abusive towards them.

In navigating through their own challenges in intimate relationships, most ladies preferred to commit their problems to the Lord suggesting the consciousness of women in religious beliefs. However, the literature indicates that most women who have been victimized asked for and support from different agencies that provide victims with shelters, advocating for their rights, providing for health care among others (Hoan,2003) which is not consistent with the findings. Objective was duly achieved following the findings.

6.6 Conclusion

The findings of this study have shown that, exposure to parental intimate partner violence has of a truth affected these young adults' intimate relationships. Also, the study agrees with Joann Wu Shortt (2018) conclusion that children are also psychologically and emotionally affected when they witness parental intimate partner violence between their parents. Witnessing parental violence in childhood can lead to victimization and perpetration of violence in adulthood. These findings indicate that in Ghana, experiencing cycles of intimate partner violence was reinforced by the fact that young people are more exposed to parental violence at young ages considerably increasing the probabilities of further exposure to and perpetration of violence.

6.7 Recommendations

Findings from the study has shown that parental intimate partner violence has negative implications such as academic failure among young adults. Hence, it is recommended that institutions such as schools should consider drawing out programs for students where they will be enlightened on intimate partner violence, types of intimate partner violence, early detection of IPV

and reduction of Parental Intimate partner violence At least, these programs can run effectively under the supervision of headteachers and the teaching staff. School authorities should also grant access to organizations who hold seminars and workshops on programmes that enlighten and increase awareness about parental intimate partner violence and the long-term effects it has on their children.

Additionally, it is recommended that the government should allocate money to organizations to help fund operations on intimate partner violence cases, especially Parental Intimate Partner Abuse. Organizations such as the National Council for Women and Development, NCWD, Department of Social Development under the Ministry of Gender Children and Social Protection and the Department of Children. The government must make a conscious effort to introduce initial and training of staff to keep them updated, provide support services such as counseling, legal, and medical services so that victims can voice out their abusive experience and receive help where necessary. This will reduce the problem of under-reporting criminal activities like partner abuse.

Due to the dangerous effects of Parental Intimate Partner Violence on young adults such as post-traumatic stress disorders, academic failure, fear of marriages, the study recommends that governments and other donors be encouraged to invest much more in research on young adults who have witnessed their parents IPV. Over the next decade, research should be centered on the children of couples who have engaged in intimate violence so that policy makers will pay attention to it when implementing policies.

One key finding from the study was the involvement of third parties in participants' parents' marital problems. Some victims of IPV in their bid to seek informal support involve family, friends, and even neighbors which was not favorable according to some participants. Religious bodies should

sensitize their congregants not to tolerate IPV. They should enlighten women, men and children about the effects of underreporting cases of abuse. Religious bodies should become involved in reaching a wider and more diverse audience to address issues of intimate partner violence. For instance, by organizing healthy relationship programs for couples, counselling on parenting skills or family relationship programs. This will be of a great contribution to the curbing of violence between intimate partners.

Gender role conflict and patriarchy were some societal perceptions captured in the findings of this study employed by male partners to abuse women. Family is also primal to the development of societal norms and values, hence capable of promoting acceptable behaviour of its members. Building an environment that tolerates and encourages non-violent intimate relationships would play a significant role in preventing the high rates of intimate partner violence. In such an environment, we can raise a generation of children who would be exposed to healthier and suitable ways of handling relationships and resolving conflicts without being violent.

Target men and boys and encourage them to be part of efforts to prevent IPV since there is increasing evidence of men being perpetrators of intimate partner violence. Men and boys should be encouraged to also speak out and support victims of IPV, promote social norms that reduce future perpetuation of violence. These approaches often target men in peer groups, such as athletic teams. Also, parents should take the initiative to socialize their children with appropriate notions of attitudes and behaviour so that they will know how men and women can better relate with each other bearing in mind their gender differences since it happens regulate the understanding of intimate relationships.

Legislation can be an effective means of changing behaviour and perceptions of cultural and social norms. All the types of intimate partner violence must be criminalized, and punishments tightened so that victims can report and have perpetrators dealt with. Often, people are quite about their experiences of violence and will want to handle it as “family matters” which makes people cover up for their perpetrators to walk in freedom while victims bear consequences.

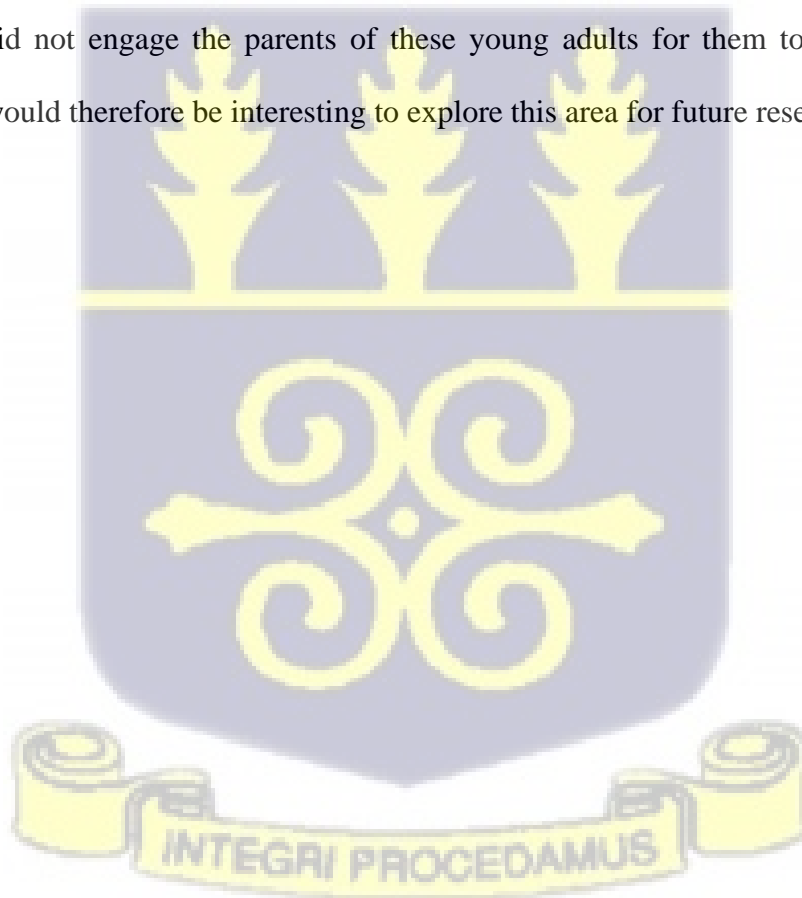
The findings of the study showed that financial challenges in marital union contributed to the rise of violence in homes. This challenge was a contributing factor to their parents’ intimate partner violence. I will suggest that, at the government level, policies that are implemented will stimulate economic development whereby there will be an increasing employment opportunity for both women and men. Such initiatives will help reduce the stress of family’s particular parents who are raising children in their home.

6.8 Limitations of the Study

- i. The study setting was in the Ablekuma North District. All interviews were done in this area, hence the likelihood of the findings being the exact reflection of the general view of all young adults of Ghanaian elsewhere who have witnessed their parents’ IPV may not exactly be the same.
- ii. Participants witnessed parental IPV when they were young. So much time has elapsed and as such some of them may not have easily recall exactly what happened in their parent’s relationships. This may affect their ability to give in depth and accurate information. Even though intimate partner violence affects a wide range of both the young and old, the study solely focused on the past experience of young adults’ parental violence due to limited time and scope of the study,

6.9 Areas for Future Research

- i. Based on the above limitations; it is recommended that future researchers: extend the study area in order to make a wider generalization which will have a broader reflection of parental intimate partner violence. Studies in the future could include the early adolescents, parents, and family or other members of the community in order to be more representative on parental intimate violence in Ghana.
- ii. Due to the qualitative design employed in this study, results could not be generalized. Future studies can explore a mixed method approach.
- iii. The study did not engage the parents of these young adults for them to share their lived experiences. It would therefore be interesting to explore this area for future research.



REFERENCE

- Abraham, M (1999). Sexual abuse in South Asian immigrant marriages. *Journal of Violence Against Women*, 5 (6), 591-618. doi:10.1177/10778019922181392.
- Adinkrah, M. (2011). Criminalizing rape within marriage: Perspectives of Ghanaian university students. *International journal of offender therapy and comparative criminology*, 55(6), 982-1010.
- Adjei S. B (2015) Entrapment of Victims of Spousal Abuse in Ghana: A Discursive Analysis of Family Identity and Agency of Battered Women <https://doi.org/10.1177/0886260515586375>
- Ahmad, F., Driver, N., McNally, M. J., & Stewart, D. E. (2009). “Why doesn't she seek help for partner abuse?” An exploratory study with South Asian immigrant women. *Social science & medicine*, 69(4), 613-622.
- Amnesty International. (2012). *The state of the world's human rights*. Geneva, Switzerland. Retrieved from <http://www.amnestyusa.org/sites/default/files/air12-report-english.pdf>
- Amoakohene, M. I. (2004). Violence against women in Ghana: A look at women's perceptions and review of policy and social responses. *Social Science & Medicine*, 59, 2373-2385.
- Anderson, Kristin L. 2010. “Conflict, Power, and Violence in Families.” *Journal of Marriage and Family* 72(3):726–42.
- Ansara, D. L., & Hindin, M. J. (2010). Formal and informal help-seeking associated with women's and men's experiences of inti-mate partner violence in Canada. *Social Science and Medicine*, 70, 1011–1018. doi: 10.1016/j.socscimed.2009.12.009

Ajayi, L. A., & Soyinka-Airewele, P. (2018). Key Triggers of domestic violence in Ghana: A victim centered analysis. *African Population Studies*, 32(1).

Amoakohene, M. I. (2004). Violence against women in Ghana: A look at women's perception and review of policy and social response. *Journal of Social Science and Medicine*, 59, 2373-2385.

Atuguba, R. A. (2003, November). *Police oversight in Ghana*. Paper presented at Workshop on Security Sector Governance in Africa. Elmina, Ghana.

Bair-Merritt, M. H. (2010). Intimate partner violence. *Paediatrics in review*, 31(4), 145-150.

Baku, E. A., Agbemafle, I., Kotoh, A. M., & Adanu, R. M. (2018). Parents' experiences and sexual topics discussed with adolescents in the Accra Metropolis, Ghana: a qualitative study. *Advances in Public Health*, 2018.

Baldry, A. C. (2003). Bullying in schools and exposure to domestic violence. *Child abuse & neglect*, 27(7), 713-732.

Barber, C. (2008). Domestic violence against men. *Nursing standard (Royal College of Nursing (Great Britain): 1987)*. 22. 35-9. 10.7748/ns2008.08.22.51.35.c6644.

Barkhuizen, L. R. (2011). Dating violence in young adult intimate relationships. *Unpublished honours thesis*. University of Cape Town, South Africa.

Bell, Kenton, ed. 2014. "Parent." In *Open Education Sociology Dictionary*. Retrieved June 3, 2021

- Bhuyan, R., Mell, M., Senturia, K., Sullivan, M., & Shui-Thornton, S. (2005) Women must endure their karma: Cambodian immigrant women talk about domestic violence. *Journal of Interpersonal Violence*, 20(8), 902– 921.
- Boateng, FD (2014) Perceived organizational support and police officer effectiveness: testing the organizational support theory in Ghana. *International Criminal Justice Review* 24(2): 134–150.
- Boateng, F. D. (2015). Victims of sexual assaults: The experiences of Ghanaian women. *International review of victimology*, 21(3), 343-360.
- Bolze, S. D. A., Crepaldi, M. A., Schmidt, B., & Vieira, M. L. (2013). Relacionamento Conjugal e Táticas de Resolução de Conflito entre Casais [Marital relationship and tactics of conflict resolution between couples]. *Actualidades en Psicología*, 27(114), 71–85. <https://doi.org/10.15517/ap.v27i114.4828>
- Boserup B, McKenney M, Elkbuli A. (2020). Alarming trends in US domestic violence during the COVID-19 pandemic. *Am J Emerg Med* doi: 10.1016/j.ajem.2020.04.077. Published online April 28, 2020.
- Bowen, G. A. (2008). Naturalistic inquiry and the saturation concept: a research note. *Qualitative research*, 8(1), 137-152. DOI: 10.1177/1468794107085301
- Breiding, M. J., Basile, K. C., Smith, S. G., Black, M. C., & Mahendra, R. R. (2015). Intimate partner violence surveillance: Uniform definitions and recommended data elements. National Centre for Injury Prevention and Control Centres for Diseases Control and Prevention, Atlanta (GA)

Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3, 77–101.

Braun, V., and V. Clarke. 2016. “(Mis) conceptualizing Themes, Thematic Analysis, and Other Problems with Fugard and Potts’ (2015) Sample-size Tool for Thematic Analysis.” *International Journal of Social Research Methodology* 19 (6): 739–743. doi:10.1080/13645579.2016.1195588.

Burns, R. (2000). *Introduction to Research Methods*.

Cannon, C., Lauve-Moon, K., & Buttell, F. (2015). Re-theorizing intimate partner violence through post-structural feminism, queer theory, and the sociology of gender. *Social Sciences*, 4(3), 668-687.

Cantalupo N, Martin LV, Pak K, Shin S. (2010) Domestic Violence in Ghana: The Open Secret. Georgetown Public Law and Legal Theory Research Paper No. 10-56. 2010.

Carlson, B. E. (1984). Causes and maintenance of domestic violence: An ecological analysis. *Social Service Review*, 58 (4), 569-587.

Carrell, S. E., & Hoekstra, M. L. (2010). Externalities in the classroom: How children exposed to domestic violence affect everyone's kids. *American Economic Journal: Applied Economics*, 2(1), 211-28.

Chikte, Z. (2012). Young People’s Constructions of Partner Violence in Intimate Heterosexual Relationships.

Cho, H. (2012). Examining gender differences in the nature and context of intimate partner violence. *Journal of Interpersonal Violence*, 27(13), 2665-2684.

- Choi, H. J., & Temple, J. R. (2016). Do gender and exposure to interparental violence moderate the stability of teen dating violence? Latent transition analysis. *Prevention science, 17*(3), 367-376.
- Clark, C. J., Silverman, J. G., Shahrouri, M., Everson-Rose, S., & Groce, N. (2010). The role of the extended family in women's risk of intimate partner violence in Jordan. *Social science & medicine, 70*(1), 144-151.
- Coker, A. L., Smith, P. H., Thompson, M. P., McKeown, R. E., Bethea, L., & Davis, K. E. (2002). Social support protects against negative effects of partner violence on mental health. *Journal of Women's Health and Gender-Based Medicine, 11*, 465-476.
- Coker, A. L., Davis, K. E., Arias, I., Desai, S., Sanderson, M., Brandt, H. M., & Smith, P. H. (2002). Physical and mental health effects of intimate partner violence for men and women. *American Journal of Preventive Medicine, 23*, 260-268.
- Cook, M. & Nash, R. (2017). Violence. In J. C. Cash & C. A. Glass. (Eds). *Family Practice Guidelines*. (4th Ed., pp. 43-51). New York, NY: Springer Publishing Company.
- Colucci, E., O'Connor, M., Field, K., Baroni, A., Pryor, R., & Minas, H. (2013). Nature of domestic/family violence and barriers to using services among Indian immigrant women. *International Journal of Intercultural Research, 3*(2), 9-26.
- Crandall, M., Senturia, K., Sullivan, M., & Shiu-Thornton, S. (2005). 'No way out': Russian-speaking women's experiences with domestic violence. *Journal of Interpersonal Violence, 20*(8), 941-958. doi:10.1177/0886260505277679.

- Creswell, J. W. (2009). *Research design: Qualitative, quantitative, and mixed methods approach* (3rd ed.). Thousand Oaks, CA: Sage.
- Creswell, J., & Plano, C. VL (2011). *Designing and conducting mixed method research*. Thousand Oaks, CA.
- Cummings, J. S., Pellegrini, D. S., Notarius, C. I., & Cummings, E. M. (1989). Children's responses to angry adult behavior as a function of marital distress and history of interparental hostility. *Child Development, 60*, 1035–1043.
- Davies, P. T., Cicchetti, D., & Martin, M. J. (2012). Toward greater specificity in identifying associations among interparental aggression, child emotional reactivity to conflict, and child problems. *Child Development, 83*(5), 1789-1804.
- DeBoard-Lucas, R. L., & Grych, J. H. (2011). Children's perceptions of intimate partner violence: Causes, consequences, and coping. *Journal of Family Violence, 26*(5), 343.
- DeJonghe, E. S., Bogat, G. A., Levendosky, A. A., Von Eye, A., & Davidson, W. S. (2005). Infant exposure to domestic violence predicts heightened sensitivity to adult verbal conflict. *Infant Mental Health Journal: Official Publication of The World Association for Infant Mental Health, 26*(3), 268-281.
- DeJonghe, E. S., Bogat, G. A., Levendosky, A. A., & von Eye, A. (2008). Women survivors of intimate partner violence and post-traumatic stress disorder: Prediction and prevention. *Journal of Postgrad Med, 54*, 294-300.

- DeJonghe, E. S., von Eye, A., Bogat, G. A., & Levendosky, A. A. (2011). Does witnessing intimate partner violence contribute to toddlers' internalizing and externalizing behaviors? *Applied Developmental Science, 15*(3), 129-139.
- Dickson, K. S., Ameyaw, E. K., & Darteh, E. K. M. (2020). Understanding the endorsement of wife beating in Ghana: evidence of the 2014 Ghana demographic and health survey. *BMC women's health, 20*(1), 1-7.
- Doane, L. D & Adam, E. K. (2010). Loneliness and cortisol: Momentary, day-to-day, and trait associations. *Psych neuroendocrinology, 35*, 430 – 441.
- Doron, G., Szepeswol, O., Karp, E., & Gal, N. (2013). Obsessing about intimate-relationships: Testing the double relationship-vulnerability hypothesis. *Journal of behavior therapy and experimental psychiatry, 44*(4), 433-440.
- Doku DT, Asante KO. Women's approval of domestic physical violence against wives: analysis of the Ghana demographic and health survey. *BMC Women's Health. 2015; 15:120*
- Douglas, E. M., & Hines, D. A. (2011). The help seeking experiences of men who sustain intimate partner violence: An overlooked population and implications for practice. *Journal of Family Violence, 26*, 473–485. doi:10.1007/s10896-011-9382-4
- Doyle, S. (2007). Member checking with older women: A framework for negotiating meaning. *Health Care for Women International, 8*(10), 888-908.
- Driver, J., Tabares, A., Shapiro, A. F., & Gottman, J. M. (2016). Interação em casamentos com alto e baixos níveis de satisfação. F, Walsh (2016). Processos narrativos da família: diversidade e complexidade. POA: Artmed.

Dunkle KL, Jewkes RK, Brown HC, Gray GE, McIntyre JA, Harlow SD. Gender-based violence, relationship power, and risk of HIV infection in women attending antenatal clinics in South Africa. *Lancet*. 2004 May 1;363(9419):1415-21. doi: 10.1016/S0140-6736(04)16098-4. PMID: 15121402.

Du Plat-Jones, Joanne. "Domestic violence: the role of health professionals." *Nursing Standard*, vol. 21, no. 14-16, 13 Dec. 2006, pp. 44+. *Gale Academic OneFile*, link.gale.com/apps/doc/A156552910/AONE?u=anon~80706800&sid=googleScholar&xid=113579ff. Accessed 1 Nov. 2021.

Edleson, Jeffrey. (1999). Children's Witnessing of Adult Domestic Violence. *Journal of Interpersonal Violence - J INTERPERS VIOLENCE*. 14. 839-870. 10.1177/088626099014008004.

Edwards, K., Dardis, C., & Gidycz, C. A. (2012). Women's disclosure of dating violence: A mixed methodological study. *Feminism & Psychology*, 22, 507–517. doi:10.1177/0959353511422280

Ehrensaft, M. K., Cohen, P., Brown, J., Smailes, E., Chen, H., & Johnson, J. G. (2003). Intergenerational transmission of partner violence: a 20-year prospective study. *Journal of consulting and clinical psychology*, 71(4), 741.

Elwood, L., Mott, J, Lohr, J, & Galovski, T. (2011). Secondary trauma symptoms in clinicians: A critical review of the construct, specificity, and implications for trauma-focused treatment. *Clinical Psychology Review*, 31(1), 25-36. doi: 10.1016/j.cpr.2010.09.004

- Erez, E., Adelman, M., & Gregory, C. (2009). Intersections of immigration and domestic violence: Voices of battered immigrant women. *Journal of Feminist Criminology*, 4(1), 32-56. doi:10.1177/1557085108325413.
- Eswaran, M., & Malhotra, N. (2011). Domestic violence and women's autonomy in developing countries: theory and evidence. *Canadian Journal of Economics/Revue canadienne d'économique*, 44(4), 1222-1263.
- Evans, Sarah & Davies, Corrie & DiLillo, David. (2008). Exposure to Domestic Violence: A Meta-Analysis of Child and Adolescent Outcomes. *Aggression and Violent Behavior*. 13. 131-140. 10.1016/j.avb.2008.02.005.
- Family Violence Prevention Fund (2009), Coaching boys into men. Your role in ending violence against women {Electronic version}, Retrieved March 22, 2007, from [http:// end abuse.org/cm](http://endabuse.org/cm).
- Fantuzzo, J. W., & Lindquist, C. U. (1989). The effects of observing conjugal violence on children: A review and analysis of research methodology. *Journal of Family Violence*, 4, 77-94.
- Fantuzzo, J. W., DePaola, L. M., Lambert, L., Martino, T., Anderson, G., & Sutton, S. (1991). Effects of interparental violence on the psychological adjustment and competencies of young children. *Journal of consulting and clinical psychology*, 59(2), 258.
- Fang, X., Fry, D. A., Brown, D. S., Mercy, J. A., Dunne, M. P., Butchart, A. R., ... Swales, D. M. (2015). The burden of child maltreatment in the East Asia and Pacific region. *Child Abuse & Neglect*, 42, 146–162. <https://doi.org/10.1016/j.chiabu.2015.02.012>.

- Farver, J. A. M., Xu, Y., Eppe, S., Fernandez, A., & Schwartz, D. (2005). Community violence, family conflict, and preschoolers' socioemotional functioning. *Developmental psychology, 41*(1), 160.
- Ferguson, C. J., San Miguel, C., Garza, A., & Jerabeck, J. (2012). A Longitudinal Analysis of Video Game Violence, Youth Aggression, Dating Violence, and Bullying.
- Finger, B., Hans, S. L., Bernstein, V. J., & Cox, S. M. (2009). Parent relationship quality and infant–mother attachment. *Attachment & Human Development, 11*(3), 285-306.
- Flake, D. F. (2005). Individual, family, and community risk markers for domestic violence in Peru. *Violence against women, 11*(3), 353-373.
- Fredland, N. M., Campbell, J. C., & Han, H. (2008). Effect of violence exposure on health outcomes among young urban adolescents. *Nursing research, 57*(3), 157-165.
- Fuchsel, C. L. M. (2013). Familism, sexual abuse, and domestic violence among immigrant Mexican women. *Journal of Women and Social Work, 28*(4), 379-390. doi:10.1177/0886109913503265
- Garrido, E. F., & Taussig, H. N. (2013). Do parenting practices and prosocial peers moderate the association between intimate partner violence exposure and teen dating violence? *Psychology of violence, 3*(4), 354.
- Ghana Statistical Service (GSS) (2013). 2010 Population and Housing Census: National Analytical Report. Accra: Ghana Statistical Service.

Ghana Statistical Service, Ghana Health Service and ICF Macro (2009). Ghana Demographic and Health Survey 2008 (DHS Final Reports No. FR221). Accra: Ghana Statistical Service and Ghana Health Service, and Calverton, MD: ICF Macro.

García-Moreno C, Watts C. Violence against women: its importance for HIV/AIDS. *AIDS*. 2000;14 Suppl 3: S253-65. PMID: 11086869.

Gewirtz, A. H., & Edleson, J. L. (2007). Young Children's exposure to intimate partner violence: Towards a developmental risk and resilience framework for research and intervention. *Journal of Family Violence*, 22, 151-163

Gilbert, R., Widom, C. S., Browne, K., Fergusson, D., Webb, E., & Janson, S. (2009). Burden and consequences of child maltreatment in high-income countries. *Lancet*, 373(9657), 68–81. [https://doi.org/10.1016/s0140-6736\(08\)61706-7](https://doi.org/10.1016/s0140-6736(08)61706-7)

Guruge, S. (2014). Perceptions about and responses to intimate partner violence in the Sinhalese immigrant community in Toronto. *Arts and social sciences journal*, 1, e006-e006.

Gustafsson, H. C., Coffman, J. L., Harris, L. S., Langley, H. A., Ornstein, P. A., & Cox, M. J. (2013). Intimate partner violence and children's memory. *Journal of Family Psychology*, 27(6), 937– 944. <https://doi.org/10.1037/a0034592>.

Gustafsson, H. C., Coffman, J. L., & Cox, M. J. (2015). Intimate partner violence, maternal sensitive parenting behaviors, and children's executive functioning. *Psychology of Violence*, 5(3), 266–274. <https://doi.org/10.1037/a0037971>

Hair, J. & Black, W. & Babin, Barry & Anderson, Rolph. (2009). Multivariate data analysis. Prentice Hall. London.

Hamby, S. L., Finkelhor, D., Turner, H., & Ormrod, R. (2011). Children's Exposure to Intimate Partner Violence and Other Family Violence. National survey of children's exposure to violence.

Hancock, B., Windridge, K., & Ockleford, E. (2009). An introduction to qualitative research. The National Institute for Health Research. Retrieved on 15th December, 2015 from https://www.nihr.ac.uk/wp-content/uploads/2013/05/5_introduction-to-qualitative-research-2009.pdf

Hazen, A. L., & Soriano, F. I. (2007). Experiences with intimate partner violence among Latina women. Journal of Violence Against Women, 13(6), 562-582. doi.10.1177/1077801207301558.

Heise L, Ellsberg Mary, Gottmoeller Megan. International Journal of Gynecology & Obstetrics (2015) 78, s5-s14, 2002 retrieved from <https://iogt.org/wp-content/uploads/2015/03/a-global-overview-of-gender-based-violence.pdf>

Hicks, M. H. (2006). The prevalence and characteristics of intimate partner violence in a community study of Chinese American women. Journal of Interpersonal Violence, 21(10), 1246-1269. doi:10.1177/088620506291651.

Hindin, M. J., & Gultiano, S. (2006). Associations between witnessing parental domestic violence and experiencing depressive symptoms in Filipino adolescents. American Journal of Public Health, 96(4), 660-663. <https://doi.org/10.2105/ajph.2005.069625>

Hines, D., Brown, J., & Dunning, E. (2007). Characteristics of callers to the domestic abuse helpline for men. Journal of Family Violence, 22(2), 63-72.

- Hines, Denise A., and Emily M. Douglas. "Women's use of intimate partner violence against men: Prevalence, implications, and consequences." *Journal of Aggression, Maltreatment & Trauma* 18 (2009): 572–86.
- Holmes, M. R., Voith, L. A., & Gromoske, A. N. (2015). Lasting effect of intimate partner violence exposure during preschool on aggressive behavior and prosocial skills. *Journal of interpersonal violence, 30*(10), 1651-1670.
- Holt, M. K., Kaufman Kantor, G., & Finkelhor, D. (2008). Parent/child concordance about bullying involvement and family characteristics related to bullying and peer victimization. *Journal of school violence, 8*(1), 42-63.
- Holt, S., Buckley, H., & Whelan, S. (2008). The impact of exposure to domestic violence on children and young people: A review of the literature. *Child Abuse & Neglect, 32*, 797-810
- Hoskin, A. W., Hartley, R. D., Ellis, L., & McMurray, H. (2017). Does religiosity explain cross-national differences in crime? The case of American versus Malaysian university students. *Journal of Religion & Society, 19*, 1-17.
- Hurwitz, E. J. H., Gupta, J., Liu, R., Silverman, J. G., & Raj, A. (2006). Intimate partner violence associated with poor health outcomes in U.S. South Asian women. *Journal of Immigrant and Minority Health, 8*(3), 251-261. doi: 10.1007/s10903-006-9330-1.
- Iliyasu, Z., Abubakar, I. S., Galadanci, H. S., Hayatu, Z., & Aliyu, M. H. (2013). Prevalence and risk factors for domestic violence among pregnant women in northern Nigeria. *Journal of Interpersonal Violence, 28*, 868-883.

Institute of Development Studies (IDS), Ghana Statistical Services (GSS) and Associates. Domestic Violence in Ghana: Incidence, Attitudes, Determinants and Consequences. Brighton: IDS; 2016

International Centre for Migration, Health and Development. (2013). *Domestic violence against women and migration*. Retrieved on 10th February, 2016 from <https://www.icmhd.wordpress.com/2013/09/30/domestic-violence-against-women-and-migration-2/>

Israel, E., & Stover, C. (2009). Intimate partner violence: The role of the relationship between perpetrators and children who witness violence. *Journal of Interpersonal Violence*, 24(10), 1755–1764. <https://doi.org/10.1177/0886260509334044>

Jewkes, R. (2002). Intimate partner violence: Causes and prevention. *Lancet*, 359, 1423–1429. [https://doi.org/10.1016/S0140-6736\(02\)08357-5](https://doi.org/10.1016/S0140-6736(02)08357-5)

Jordan, A., & Bhandari, S. (2016). Lived experiences of South Asian women facing domestic violence in the United States. *Journal of Ethnic & Cultural Diversity in Social Work*. doi:10.1080/15313204.2015.113437.

Karaoglu, L., Celbis, O., Ercan, C., Ilgar, M., Pehlivan, E., Gunes, G., ... & Egri, M. (2006). Physical, emotional and sexual violence during pregnancy in Malatya, Turkey. *The European Journal of Public Health*, 16(2), 149-156.

- Karlsson, M. E., Temple, J. R., Weston, R., & Le, V. D. (2016). Witnessing interparental violence and acceptance of dating violence as predictors for teen dating violence victimization. *Violence against women*, 22(5), 625-646.
- Kerley, Kent & Xu, Xiaohe & Sirisunyaluck, Bangon & Alley, Joseph. (2010). Exposure to Family Violence in Childhood and Intimate Partner Perpetration or Victimization in Adulthood: Exploring Intergenerational Transmission in Urban Thailand. *Journal of Family Violence*. 25. 337-347. 10.1007/s10896-009-9295-7.
- Kerstin Edin, Bo Nilsson, Anneli Ivarsson, John Kinsman, Shane A. Norris & Kathleen Kahn (2016) Perspectives on intimate relationships among young people in rural South Africa: the logic of risk, *Culture, Health & Sexuality*, 18:9, 1010-1024, DOI: 10.1080/13691058.2016.1155749
- Kim, J. Y., & Sung, K. (2000). Conjugal violence in Korean American families: A residue of the cultural tradition. *Journal of Family Violence*, 15(4), 331-345. doi:1023/A:1007502212754
- Kim, C., & Sung, H. (2016). Characteristics and risk factors of Chinese immigrant intimate partner violence victims in New York City and the role of supportive social networks. *The Family Journal: Counselling and Therapy for Couples and Families*, 24(1), 60-69. doi: 10.1177/1066480715615632.
- Lannert, B. K., Garcia, A. M., Smagur, K. E., Yalch, M. M., Levendosky, A. A., Bogat, G. A., & Lonstein, J. S. (2014). Relational trauma in the context of intimate partner violence. *Child Abuse & Neglect*, 38, 1966-1975. doi:10.1016/j.chiabu.2014.10.002

Lapierre, S (2010). 'Striving to be 'good' mothers: abused women's experiences of mothering', *Child Abuse Review*, vol. 19, pp. 342-357.

Littlejohn, Krystale E. (2013). "It's Those Pills That Are Ruining Me: Gender and the Social Meanings of Hormonal Contraceptive Side Effects." *Gender & Society* 27(6):843–63.

Karim, V. (2011). Domestic violence in Ghana. *A Feminist Magazine at Yale*, 7, 1-4.

Keeperts, C. R., & Pittman, L. D. (2017). I wish my parents would stop arguing! The impact of interparental conflict on young adults. *Journal of Family Issues*, 38(6), 839-857.

Kiteley, R., & Stogdon, C. (2014). *Literature review in social work*. Thousand Oaks, CA: Sage.

Knous-Westfall, H. M., Ehrensaft, M. K., Watson MacDonell, K., & Cohen, P. (2012). Parental intimate partner violence, parenting practices, and adolescent peer bullying: A prospective study. *Journal of child and Family studies*, 21(5), 754-766.

Kobak, R., & Madsen, S. (2008). Disruptions in attachment bonds: Implications for theory, research, and clinical intervention. In J. Cassidy & P. R. Shaver (Eds.), *Handbook of attachment: Theory, research, and clinical applications* (2nd ed., pp. 23–47). New York: Guilford Press

Lansford, J. E., Deater-Deckard, K., Bornstein, M. H., Putnick, D. L., & Bradley, R. H. (2014). Attitudes justifying domestic violence predict endorsement of corporal punishment and physical and psychological aggression towards children: A study in 24 low- and middle-income countries. *The Journal of Pediatrics*, 164(5), 1208–1213

Laura, T. (2010). Out of Africa: Coping strategies of African immigrant women survivors of intimate partner violence. *Health Care for Women International*, 31, 345-364. doi: 10.1080/07399330903348741.

Levine, M. D. (1975). Interpersonal violence and its effects on the children: A study of 50 families in general practice. *Medicine, Science and Law*, 15, 172-176.

Leung, P., & Cheung, M. (2008). A prevalence study on partner abuse in six Asian American ethnic groups in the USA. *Journal of International Social Work*, 51(5), 635-549. doi:10.1177/0020872808093342.

Levendosky Alytia A. G. Anne Bogat and Cecilia Martinez-Torteya. (2013) PTSD Symptoms in Young Children Exposed to Intimate Partner Violence. *Violence Against Women* 2013 19: 187 originally published online 17 February 2013. DOI: 10.1177/1077801213476458 <http://vaw.sagepub.com/content/19/2/187>

Lulofs, R. S., & Cahn, D. D. (2000). *Conflict: From theory to action*. Massachusetts: Allyn & Bacon

Mahenge, B., Likindikoki, S., Stöckl, H., & Mbwambo, J. (2013). Intimate partner violence during pregnancy and associated mental health symptoms among pregnant women in Tanzania: a cross-sectional study. *BJOG: An International Journal of Obstetrics & Gynaecology*, 120(8), 940-947

Maier, S. F., & Seligman, M. E. (1976). Learned helplessness: theory and evidence. *Journal of experimental psychology: general*, 105(1), 3.

- Manchikanti Gómez, A. (2011). Testing the cycle of violence hypothesis: Child abuse and adolescent dating violence as predictors of intimate partner violence in young adulthood. *Youth & society*, 43(1), 171-192.
- Mann, B., & Gilliom, L. (2004). Emotional security and cognitive appraisals mediate the relationship between parents' marital conflict and adjustment in older adolescents. *The Journal of Genetic Psychology*, 65(3), 250–271. doi:10.3200/GNTP.165.3.250-271
- Mason, M. (2010, August). Sample size and saturation in PhD studies using qualitative interviews. In *Forum qualitative Sozialforschung/Forum: qualitative social research* (Vol. 11, No. 3).
- Mathews, S., Abrahams, N., Jewkes, R., Martin, L. J., Lombard, C., & Vetten, L. (2008). Intimate femicide-suicide in South Africa: a cross-sectional study. *Bulletin of the World Health Organization*, 86, 542-558.
- McCloskey, L. A., Williams, C., & Larsen, U. (2005). Gender inequality and intimate partner violence among women in Moshi, Tanzania. *International Family Planning Perspectives*, 31, 124-130
- Minze, L. C., McDonald, R., Rosentraub, E. L., & Jouriles, E. N. (2010). Making sense of family conflict: Intimate partner violence and pre-schoolers' externalizing problems. *Journal of family psychology*, 24(1), 5.
- Moracco, K. E., Hilton, A., Hodges, K. G., & Frasier, P. Y. (2005). Knowledge and attitudes about intimate partner violence among immigrant Latinos in rural North Carolina: <http://ugspace.ug.edu.gh/> 108 Baseline information and implications for outreach. *Journal of Violence Against Women*, 11(3) 337-352. doi:10.1177/1077801204273296.

Moore, T. M., Stuart, G. L., McNulty, J. K., Addis, M. E., Cordova, J. V., & Temple, J. R. (2008). Domains of masculine gender role stress and intimate partner violence in a clinical sample of violent men. *Psychology of Men & Masculinity*, 9(2), 82.

Mose, G. B., & Gillum, T. L. (2016). Intimate partner violence in African immigrant communities in the United States: Reflections from the IDVAAC African Women's Round Table on Domestic Violence. *Journal of Aggression, Maltreatment & Trauma*, 25(1), 50-62. doi:10.1080/10926771.2016.1090517.

Narayan, A., Englund, M., Carlson, E., & Egeland, B. (2014). Adolescent conflict as a developmental process in the prospective pathway from exposure to interparental violence to dating violence. *Journal of Abnormal Child Psychology*, 42, 239–250. doi:10.1007/s10802-013-9782-4

Neuman, D. (2014). Qualitative research in educational communications and technology: A brief introduction to principles and procedures. *Journal of Computing in Higher Education*, 26(1), 69-86.

Nixon, K.L., Radtke, H.L., & Tutty, L.M. (2013). “Every day it takes a piece of you away”: Experiences of grief and loss among abused mothers involved with child protective services. *Journal of Public Child Welfare*, 7, 172–193. doi: 10.1080/15548732.2012.715268

Nwabunike, C., & Tenkorang, E. Y. (2017). Domestic and marital violence among three ethnic groups in Nigeria. *Journal of Interpersonal Violence*, 32(18), 2751-2776.

- Owusu, S.A (2012) "Cultural and religious impediments against sex education," Feature Article, Wednesday, 5th December 2012, <https://www.ghanaweb.com/GhanaHomePage/NewsArchive/Cultural-and-Religious-Impediments-against-Sex-Education-258360>.
- Oxenham, J., Diallo, A. H., Katahoire, A. R., Mwangi, A. P., & Sall, O. (2012). Skills and literacy training for better livelihoods: a review of approaches and experiences.
- Palmberg, C., Wasén, H. (2003) *Slagen Man - Fyra Former av Mansmisshandel*. Stockholm University, Institution of Sociology
- Pearson, K. A., Millar, G. M., Norton, G. J., & Price, A. H. (2018). Alternate wetting and drying in Bangladesh: Water-saving farming practice and the socioeconomic barriers to its adoption. *Food and Energy Security*, 7(4), e00149.
- Pollet, S. L. (2011). Economic abuse: The unseen side of domestic violence. *New York State Bar Association Journal*, 83, 40-44.
- Pool, M. S., Otupiri, E., Owusu-Dabo, E., Ank de Jonge., & Agyemang, C. (2014). Physical violence during pregnancy and pregnancy outcomes in Ghana. *BioMed Central Pregnancy and Childbirth*, 14(71). Doi :10.1186/1471-2393-14-71.
- Postmus, Judy & Plummer, Sara-Beth & McMahon, Sarah & Murshid, Nadine & Kim, Mi. (2012). Understanding Economic Abuse in the Lives of Survivors. *Journal of interpersonal violence*. 27. 411-30. 10.1177/0886260511421669.
- Price, L. (2005). *Feminist frameworks: Building theory on violence against women*. Halifax, UK: Fernwood Publishing.

- Rees, S., & Pease, B. (2007). Domestic violence in refugee families in Australia. *Journal of immigrant & refugee studies*, 5(2), 1-19.
- Reina, A. S., Lohman, B. J., & Maldonado, M. M. (2013). 'He said they'd deport me': Factors influencing domestic violence help-seeking practices among Latina immigrants. *Journal of Interpersonal Violence*, 29(4), 593-615. doi:10.1177/0886260513505214.
- Robbins, S., Chatterjee, P., & Canda, E. (2012). Contemporary human behavior theory a clinical perspective for social work. (3rd). Allyn and Bacon, Upper Saddle River, NJ
- Rusbult, C. E., & Buunk, B. P. (1993). Commitment processes in close relationships: An interdependence analysis. *Journal of social and personal relationships*, 10(2), 175-204.
- Schaefer, M. T., & Olson, D. H. (1981). Assessing intimacy: The PAIR inventory. *Journal of Marital and Family Therapy*, 7, 47-60. doi:10.1111/j.1752-0606.1981.tb01351.x
- Shuler Caroletta A. (2010) Male Victims of Intimate Partner Violence in the United States: An Examination of the Review of Literature through the Critical Theoretical Perspective <https://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.676.3289&rep=rep1&type=pdf>
- Snyder, H. (2019). Literature review as a research methodology: An overview and guidelines. *Journal of business research*, 104, 333-339.
- Spilka, B., Hood, R. W., Hunsberger, B., & Gorsuch, R. (2003). *The psychology of religion: An empirical approach*. Guilford Press.

Sylaska, K. M., & Edwards, K. M. (2014). Disclosure of Intimate Partner Violence to Informal Social Support Network Members: A Review of the Literature. *Trauma, Violence & Abuse, 15*(1), 3–21.

<https://www.jstor.org/stable/26638329>

Soni, T., Hari, B. D., & Yoko, B. (2009). A preliminary study of intimate partner violence among Nepali women in the United States. *Journal of Violence against Women, 15*(2), 206-223.doi:

10.1177/1077801208329389.

Straus, M. A. (2009). Gender symmetry in partner violence: Evidence and implications for prevention and treatment.

Swan, Suzanne & Gambone, Laura & Caldwell, Jennifer & Sullivan, Tami & Snow, David. (2008). A Review of Research on Women's Use of Violence with Male Intimate Partners. *Violence and victims. 23. 301-14. 10.1891/0886-6708.23.3.301.*

Sweet PL. (2019). The sociology of gaslighting. *Am Sociology Rev.* 2019;84(5):851-875. doi:10.1177/0003122419874843

Sultana, A. (2010). Patriarchy and women s subordination: a theoretical analysis. *Arts Faculty Journal, 1-18.*

Takyi, B. K., & Mann, J. (2006). Intimate partner violence in Ghana, Africa: The perspectives of men regarding wife beating. *International Journal of Sociology of the Family, 32*(1), 61-73.

Thomas L. (2018) Gaslight and gaslighting. *The Lancet Psychiatry.* 2018;5(2):117-118. doi:10.1016/S2215-0366(18)30024-5

Thurston, W. E., Roy, A., Clow, B., Este, D., Gordey, T., Haworth-Brockman, M., & Carruthers, L. (2013). Pathway into and out of homelessness: Domestic violence and housing security for immigrant women. *Journal of Immigration & Refugee Studies*, 11(3), 278-298. doi:10.1080/15562948.2013.801734.

Tonsing, J. C. (2014). Conceptualizing partner abuse among South Asian women in Hong Kong. *Journal of Transcultural Nursing*, 25(3), 281-289.

Warshaw, C., Lyon, E., Bland, P., Phillips, H., & Hooper, M. (2014). Mental health and substance use coercion surveys: *Report from the National Center on Domestic Violence, Trauma, and Mental Health and the National Domestic Violence Hotline*. Retrieved from <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.697.5825&rep=rep1&type=pdf>.

Wellings, K., M. Collumbien, E. Slaymaker, S. Singh, Z. Hodges, D. Patel, and N. Bajos. 2006. "Sexual Behaviour in Context: A Global Perspective." *Lancet* 368 (9548): 1706–1728.

Women, U. N. (2020). Issue brief: COVID-19 and ending violence against women and girls.

Wolfe D, Mosk M (1983), Behavioral comparisons of children from abusive and distressed families. *J Consult Clin Psychol* 51 :702-708

World Health Organization (2002). *World report on violence and health: Summary*. Retrieved on 25th March, 2015 from https://www.who.int/violence_injury_prevention/violence/world_report/en/summary_en.pdf

World Health Organization/London School of Hygiene and Tropical Medicine. Preventing intimate partner and sexual violence against women: taking action and generating evidence. Geneva: World

Health Organization, 2010 retrieved from https://www.who.int/violence_injury_prevention/publications/violence/9789241564007_eng.pdf

World Health Organizations. (2012) *Understanding and addressing violence against women*. Retrieved on 25th March 2015 from <https://www.who.int/reproductivehealth/publications/violence/en/index.html>

World Health Organization. (2014). *Preventing and addressing intimate partner violence against migrant and ethnic minority women: the role of the health sector*. Geneva. Assessed from www.euro.who.int/data/assets/pdf-file/0018/270180/21256-WHO-partner-violence-low-V7.pdf?ua=1 on 20th November, 2015.

Yllo, K. A. (1993). Through a feminist lens: Gender, power, and violence. In R. J. Gelles and D. R. Loseke (Eds.), *Current controversies on family violence* (pp. 47–62). Newbury Park, CA: Sage.

Zannettino, L. (2012). ‘There is no war here; it is only the relationship that makes us scared’: Factors having an impact on domestic violence in Liberian refugee communities’ South Australia. *Journal of Violence against Women*, 18(7), 807-828. doi:10.1177/1077801212455162.

Zarza, M. J., Ponsoda, V., & Carrillo, R. (2009). Predictors of violence and lethality among Latina immigrants: Implications for assessment and treatment. *Journal of Aggression, Maltreatment & Trauma*, 18, 1-16. doi:10.1080/10926770802616423

Zeanah, C. H., Berlin, L. J., & Boris, N. W. (2011). Practitioner review: Clinical applications of attachment theory and research for infants and young children. *Journal of Child Psychology and Psychiatry*, 52(8), 819–833. doi:10.1111/j.1469-7610.2011.02399.x

Zolotor AJ, Denham AC, Weil A. Intimate partner violence. Prim care. 2009 mar;36(1):167-79, x.doi:

10.1016/j.pop.2008.10.010.PMID:19231608



APPENDIX 1

Interview guide

I am a student at University of Ghana pursuing a Master of Philosophy degree in Sociology.

I am conducting a study on the topic “**The Implications of parental intimate partner violence on young adults’ intimate relationships**”. I humbly request that you provide me with the needed information through this interview. Your responses will be used solely for academic purposes and are also assured of the confidentiality and anonymity.

Parental Intimate Partner Violence and its impact on young adults’ mate selection

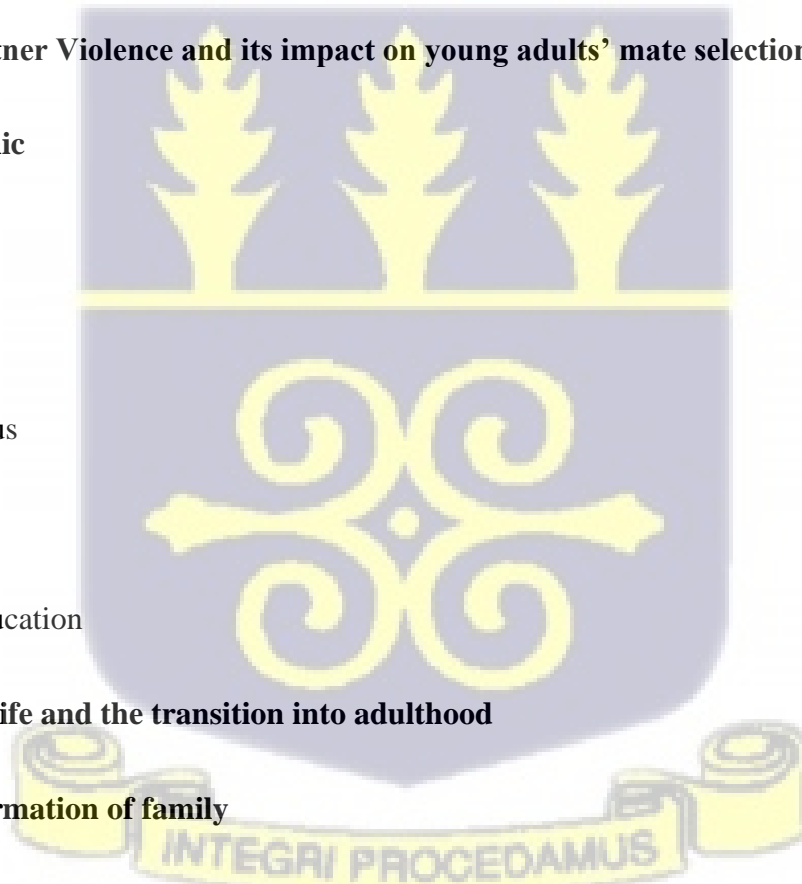
Section A: Demographic

1. Age
2. Marital status
3. Religion
4. Level of education

Section B: Childhood life and the transition into adulthood

Background Information of family

1. How long have you been living (lived) with your parents?
2. What is the size of your family?



3. Please describe your relationship with your parents?

Explore young adult's knowledge on the types of IPV

1. Are you currently living together with both parents?
2. How long were you exposed to your parents' or guardians intimate partner violence?
3. How would you describe your parent's marital life?
4. Which of your parents was abusive?
5. Can you describe the type of violence you experienced in your home between your parents?
6. Can you recall the time you first encountered a quarrel between them?
7. How did you take it? Probe
8. Why do you think parental intimate partner violence occurred in your family?
9. How are disagreements handled in your family?
10. Have you ever had discussions with both parents about their intimate partner violence? Probe
11. What is a "ideal family in your opinion?"

SECTION C: Examine the ways by which young adults navigated through childhood in the face of their parents' IPV.

1. How do you feel about this whole experience?
2. Which areas in your life has this experience affected greatly?
3. What were your worries about your parents' intimate partner violence?
4. What did you do about it?

SECTION D: Implications of Parental intimate partner violence on young adults' current intimate relationships

1. How do you go about selecting the right partner?
2. How does an intimate relationship have to look like?
3. Are you in a relationship with someone? How long have you been together?
4. How old were you and your partner?
5. Has anyone ever influenced your choice of partner(s)?
6. How long did it take you to make a decision?
5. How would you describe your relationship with your partner and how certain are you about it?
6. What do you do when you disagree with your partner?

7. Do you perceive any similarities or differences comparing your current relationship with your parents' marital relationship?

Section E: Navigating the good and bad aspects of their own intimate relationships.

1. Have you ever been threatened by your partner before?
2. What was the reason for that? If yes, did you confide in any one about it?
3. Do you have any supportive adult you converse with on such matters? If yes, what form does the support take?
4. Apart from this supportive adult, who else is your point of call when you are involved in an uncomfortable situation with your partner?
5. Were there any strategies you developed independently to cope with the situation at home?
6. Do you think you can handle any unforeseen occurrences without any support from anyone?

