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COURSE TITLE: COMMUNICATION IN ENGLISH

COURSE CODE: GST 122

DEPARTMENT: LAW

MATRICULATION NUMBER: 19/LAW01/017

**QUESTION: PERCEIVE A PROBLEM IN YOUR PRESENT ENVIRONMENT,
FORMULATE A RESEARCHABLE TOPIC FOR IT.**

TOPIC: DOMESTIC VIOLENCE

DOMESTIC VIOLENCE

“The more that we choose not talk about **domestic violence**, the more we shy away from the issue, the more we lose.” By **Russell Wilson**. Domestic violence, according to Wikipedia, is violence or other abuse in a domestic setting, such as in marriage or cohabitation, emotional, economic, religious, reproductive and sexual abuse, which can range from subtle, coercive form to marital rape and to violent physical abuse that results to disfigurement or death.

Did you know that domestic violence is among the most underreported crimes worldwide for both men and women? So, Russell Wilson was not wrong about what he said in the above quote. Thus, we are failing more because of our silence. In a country like Nigeria, domestic violence is almost considered normal. This is not absurd! What is normal about beating a spouse until he or she bleeds and coming back to say sorry? Sadly, domestic violence has extended to more than brute force; the definition cited above says it involves all forms of abuse in the home or domestic environment. So, taunting your wife or girlfriend till she cries, or calling your husband or boyfriend names till he’s provoked and scenarios of domestic violent. Raping a partner even if you are married is still domestic violence. So, you see; we have more domestic violent homes. Now the question we should ask is “Why?” Statistics report that one in three women and one in four men have experienced some form of physical violence by an intimate partner. One in seven women and one in twenty-five men have been injured by an intimate partner. Again “why?”

Domestic abuse (violence) is not as much about a “loss of control” as it is about total control. Control, or rather the need for it, is the major reason for domestic violence. I say that it may just be a factor. Not all domestic abusive people are in one way or the other abusive people. That is the answer to the question “why domestic violence?”-**CONTROL**. Surprisingly, many people especially men, believe there must be a controlling person in a relationship and marriage and of course, it should be them. The ideology is absolutely wrong. A relationship is between two people or persons, so if there is going to be any control, it should be balanced; that way we won’t have cases of “she did not pick my call on the first ring so she deserves a slap’. This sounds so ‘funny right’? Well that’s just how violence is – ‘funny’. A beating is the punishment for a meal gone bad and not a single complaint. A rape is punishment for “not being in the

mood to have sex” Nagging is the reward for not providing in time or comparing him to his mate who you have no idea how they got their money.

Ironically, many batterers do not see themselves as perpetrators but as victims most don't even enter treatment programs heavily armored with elaborate denial systems designed to justify or excuse their actions. There is absolutely no excuse for hitting a wife, you swore to protect. There's absolutely no justification for beating a spouse to the point of death. And you definitely should go to prison for killing your spouse in anger. As crazy as it sounds, there is no realer problem in homes than domestic violence. No matter how you twist the story, a batterer is in no way a victim.

It is absolutely disheartening to hear a spouse justify him or herself for hitting his or her partner. It is even more sad to hear a spouse to hear a spouse justify his or her partner for being violent. Domestic violence has become a big problem cases are increasing every year; over 12 million persons per year in the United States of America; almost 2 million in Australia which means we have over 20 million cases per year. Do not forget, These are the only reported cases. Even more people are present victims of domestic violence.

So how can we stop it? The first step, let us not shy away from this issue, let us stop pretending domestic violence does not exist or that it is a bad thing. That is just out of the question! Domestic violence is a terrible thing, and we must condemn it. The next step is enlightenment. A lot of people do not realize they can speak up when they are being abused people don't even know their rights in a relationship.

“Never let someone who contributes so little to a relationship control so much of it “unknown

Even in a relationship like marriage, there are rights. The way we talk about sexual abuse or the evil of murder, let us do the same for domestic violence. In doing this, we will have a decreasing number per year instead of the opposite. Also, in the course of enlightenment, we have to remember that walking away from a toxic relationship is the courageous thing to do. Schools, religious houses, news outlet, reporters, bloggers, the public and even social media are responsible for enlightenment and educating people in the issue “Domestic Violence “. In an abusive home, vulnerability is dangerous, it is considered a weakness. Again, a toxic relationship or abusive home is not one to stay in and everyone knows that.

One thing I have learnt about domestic violence is always going to be a repeat one slap will lead to a beating and a beating again. So, to 'prevent' it find a way to handle it when the one slap comes in my best opinion leave that house or relationship immediately. The guarantee of safety in an abusive home can never be based upon the word of a perpetrator. I have come to know that therapy helps both the victims and perpetrators. Believe it or not, not all perpetrators are so by choice. A carotid factor can lead to someone's need for control so it is important that victims and abusers get help as soon as possible still emphasis on the victims. There is no doubt that domestic violence is a problem, but it is a problem that can be fixed. I told someone if recent “Go punch a wall if you're vexed!” It starts with controlling ourselves do that we won't seek to control someone else.