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**Topic: domestic violence**

**INTRODUCTION:**

Domestic violence is an attempt by an individual either a spouse, in a relationship or a family member to gain power or control over the other. It does not only come in a physical way but also psychological and emotional. It affects people of any age, race, gender, and sex. As such, domestic violence can be represented in a number of ways as it can be in the form of threats, insults, sexual coercion, or emotional abuse. Domestic violence, a form violence that inflicts pain to the people around the abuser, still remains as a big issue to society. Domestic violence has no gender, meaning it affects anybody at any place. The outcome of this violence critically affects the victim to several psychological and physiological issues.

Most cases of domestic violence are always not reported because of fear and unawareness of their rights.

Domestic violence may be categorized by the following:

Domestic violence covers more than the list below but this is just a brief write-up.

**Emotional Abuse**

It involves undermining an individual’s self-worth. It is mostly done by persistent insults, harsh criticism, name-calling, mocking, and humiliations. This is a very common type of violence but is not enough to bring domestic violence action unless combined with other types of abuse.

**Physical Abuse**

It refers to the type of violence that involves the use of force to impact physical harm. Physical abuse may lead to individual sustaining injuries or requiring medical attention. Examples of physical abuse include; burning, hitting, slapping, choking and many others. According to studies, most cases of physical abuse are reported by women even though there are some instances when men are physically abused by women.

**Sexual Abuse**

It involves any activity that would lead to violating one’s body integrity, the cases of sexual abuse include, rape, coercing sexual contact, prostitution, unwelcome touching and treating another person in a sexually demeaning behavior either physically or verbally.

**Psychological Abuse**

It refers to a type of behavior where the abuser is always intimidating, causing fear, and also threatening others. A spiritual misuse is also a form of psychological abuse, where one uses religious beliefs to manipulate and control others for their interest.

**Financial Abuse**

According to research, financial abuse is a type of abuse that is least common and occurs in many different forms. It can occur when a victim is made completely financially dependent on the abuser. Also, it is represented when the victim is denied an opportunity to work. Some abusers may also control or withdraw any financial or economic assistance making the victim with no access to any finances apart from getting it from the abuser.

**How Domestic Violence Starts**

Abuse tends to be based upon insecurities, fears and the inability to control their own life. Domestic Violence can start when you have a combination of two people with insecurities who do not have practical strategies to deal with them. It normally starts with seemingly small and insignificant comments and builds up.

Examine and understand the past, learn from it, not dwell on it, and then take action to change what you don’t like into what you do like by living in the present and looking to what you want in the future. Many people who have or are experiencing abuse feel embarrassed at some stage, saying to themselves: how did it get this far, what happened, how could I let this happen? A commonly held belief is that Domestic Violence is only committed by strong men against weak women or that only poor people experience domestic violence.

**HOW CAN WE HELP STOP DOMESTIC VIOLENCE?**

While men are responsible for the majority of domestic violence, it is important that we recognize the majority of men are not abusive in their relationships. Non-abusive men may not realize it but they have the potential to make an enormous difference in helping to stop domestic violence and sexual assault.

Many men will come into contact with domestic violence in their daily lives. This can be through the workplace if they are a magistrate, judge, solicitor, police officer, doctor, nurse, social worker, psychologist, pastor, priest or crisis support worker. Others may come into contact with domestic violence in their personal lives: it might be their neighbor, a friend, a family member or an acquaintance who is affected by domestic violence.

There are many opportunities for men to support female victims by speaking up about other men’s violence. Some are listed below:

* Be a positive role model to other men. If you know somebody who is abusive toward their partner tell them their behavior is not okay and they need to get help to stop.
* Be a positive role model to children. If you know a child who is without a positive adult male figure you can help to provide consistent support and help the child to make a safety plan.
* Speak out against domestic violence. This can have a powerful effect in helping change attitudes and social norms that support and perpetuate abuse.
* Confront sexist, racist, pedophiles, homophobic and all other prejudiced remarks or jokes.
* Organize or join a group to raise awareness of and work against domestic violence. This might be at university, your workplace or among friends.
* Reach out and show support to someone you know is experiencing domestic violence. Gently ask her if you can help. Never put the blame on the victim of domestic violence.
* Participate in local community events to raise awareness of domestic violence