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TOPIC: DOMESTIC VIOLENCE

 Domestic violence can be broadly defined as all acts of physical, sexual, psychological or economic violence or aggressive behavior within the home that can be committed by a family member, legal guardian or an intimate partner. Domestic Violence is one of the most raging problem in Nigeria which is yet to be solved.

 As seen in the definition domestic violence isn’t only physical violence. Domestic violence is done for the purpose of which is to gain power and control over the other person. Domestic violence in Nigeria is a deep culture belief that is socially acceptable to hit a person as a form of discipline in most situation. Out of 100 percent of Nigeria, 60 percent of Nigerians face domestic violence most especially women and young children who are known to be more vulnerable. In most cases women have abusive husbands who tend to beat them and their children up due to various reasons. Some of the causes are; (A) Traditional beliefs: Unfortunately, some traditional beliefs give men more rights than women. That is why some families with traditional beliefs in Nigeria tend to face high cases of domestic violence. (B) Psychological disorder: There are many cases when people in the family don’t even know that one of their relatives has some psychological disorder. Because of poverty, ignorance and illiteracy, many people can’t consult with a psychiatrist, and the disorders become undiagnosed. Due to such disorders, people tend to be aggressive and dangerous. (C) Family traits: a person can be violent if he or she was a victim or witness of violence in childhood. The child can learn such behavior while growing up in the family with violent parents and other relatives. This transfers violent behavior through generations. (D) Alcoholic or narcotic abuse: Because of alcohol and narcotic, people are more often involved in violent behavior. The people who take alcohol or narcotic don’t control their violent impulses. Unfortunately, the alcohol or narcotic abuse is very widespread in Nigeria, so this reason of domestic violence is quite common.

 They are effects of domestic violence. As we know already domestic violence can be physical, sexual, mental, emotional, economic, etc. Some of the effects are; (1)Physical effects: a. Bruises b. Sprained or broken wrists c. Chronic fatigue d. Shortness of breath e. Muscle tension f. Involuntary shaking g. Changes in eating and sleeping patterns

(2) Mental effects: a. Post-traumatic stress disorder (PTSD), including flashbacks, anxiety, nightmares, etc. b. Depression, including prolonged sadness c. Anxiety d. Low self-esteem and questioning sense of self e. Suicidal thoughts or attempts f. Alcohol and drug abuse g. Academic problems

(3) Economic effects: a. Hopelessness b. Feeling unworthy c. Apprehensive and discouraged about life d. Inability to trust e. Questioning and doubting spiritual faith f. Unmotivated

(4) Sexual effects: a. Sexually Transmitted Infections/Diseases (STI/STD) b. Dissociation c. Early Pregnancy d. Injuries in private parts

(5) Economic effects: a. Deepening poverty b. Hunger c. Illness d. Lack of academic opportunities e. Creates dept

 Domestic violence can also be prevented or curbed in the society with the help of the victims and also the help of neighbors and also the police. Some of the ways to prevent domestic violence are;

1. Known the signs: People who commit domestic generally show some warning signs that can help identify him or her. Some examples are;
2. Being jealous of your friends or time spent away from partner
3. Embarrassing or shaming you
4. Controlling all financial decisions
5. Preventing you from working
6. Threatening violence against you
7. Pressuring you to have sex when you don’t want to
8. Intimidating you physically, especially with weapons
9. Don’t ignore it: if you have a friend, neighbor or family member facing domestic violence don’t wait for the person to be in a very bad situation before you report the case to the police.
10. Lend a listening ear: if someone ever confides in you that they are experiencing domestic violence, listen without judgement. Believe what they are saying
11. and ask how you can help them.
12. Check in regularity: if a loved one or friend is in danger, reach out regularly to ensure his or her safety,
13. Be a resource: you can help someone going through domestic violence by offering them money to start a better life or you can offer them shelter in your home.

 In conclusion, DOMESTIC VIOLENCE SHOULD NOT BE A NORMALITY IN NIGERIA. If you are a victim of domestic violence or you know someone going through domestic violence please find help and report to the police. The government should also make domestic violence a serious crime as some people die because of it on a daily bases.