

Interpersonal Needs and Trauma Bonding in Intimate Partner Violence in Men

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ABSTRACT

Intimate partner violence is any behaviour or act towards an intimate partner with an intent of harming the partner. Female perpetrated violence towards their male partner is rarely acknowledged. The abuse, being traumatic for the victim, a trauma bond may develop compelling the victim to stay and compromise with their needs. The present study included 63 participants with experience of intimate partner violence selected through purposive sampling method. The study aims to understand the interpersonal needs and trauma bonding using the fundamental interpersonal relations orientation-behaviour scale (Schultz, 1958) and researcher developed semi structured interview schedule. Mean scores were used to interpret the needs and using thematic analysis (Braun & Clarke, 2006) the interview response was analysed. The findings indicate that abuse leaves a deep impact on victims and the level of needs wanted and expressed show discrepancy.

Keywords: *Intimate Partner Violence, Trauma Bonding, Interpersonal Needs*

Intimate Partner Violence

Violence or any harmful behaviour, physical, psychological or sexual within in an intimate relationship is understood as intimate partner violence. High prevalence rate of intimate partner violence is recorded especially against women yearly. One out of three women experience intimate partner violence at one point of your time during their lives (WHO, 2010). Violence against men is rarely reported even though one out of every 4 men have been abused by their intimate partner. Men's victimisation by their female partners may be a major societal issue that's widely overlooked by society.

According to NISVS report (2010) roughly one in every seventy-one men reported to have been raped in their life in the United States. Intimate partner violence continues to perpetrate within the society and therefore the abuse leaves a deep impact on the victims. As a result, male victims of intimate partner abuse don't readily confess to being victims.

Cycle of Abuse: The cycle of abuse or the violence given by Walker in 1979 explains the phases and behaviour in a relationship that is harmful. An abuse cycle has four phases to it: tension building, incident, reconciliation and the calm phase.

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In extreme cases, where the abuser has successfully isolated their victim and has established complete control, the reconciliation, display of affection and remorse may no longer be present.

Types of Intimate Partner Abuse

An abuser can inflict pain and harm on the victim through many ways to establish dominance maintain power and take control over their partner. the most commonly reported are the physical abuse, psychological and emotional abuse, sexual abuse, threatening, stalking etc.

According to Centre for Disease Control and Prevention's survey reports, in their lifetime, one out of four men have the experience of physical abuse perpetrated by their partner. Emotional and psychological abuse is the most common form intimate partner violence exercised by women against their partner (Williams et al,2008). The abuser is emotionally manipulative, belittles and looks upon the victim condescendingly. The abuser attacks their partner's self-worth, confidence and their personal integrity.

Dicher M.E, Thomas K.A, S.N& Rhodes (2019) studied coercive control in ipv and relationship with women's experience of violence, use and danger, the results show women experience higher level of all forms of intimate partner violence and also experience higher danger while in coercive control.

Society and Abuse

It is only recently that abuse against men is being acknowledged and Society's beliefs and attitudes about men have kept this sort of abuse hidden. due to these beliefs, men who are abused by female partners won't admit it. they'll not want to inform anyone. Additionally, sometimes police and other professionals won't take the abuse seriously. Male victims of domestic violence are neglected by the public policies (Amiri,M & Safariolyaei N,2017).

While battered man syndrome is still considered to be a myth by some, evidence indicates otherwise. Strauss and Ramirez (2007) found that at younger ages, females were more likely to initiate violence.

Trauma Bonding

Trauma bonding is the phenomena of becoming attached to the abuser. destructive attachments or toxic relationships lead to trauma bond explains National Domestic violence hotline. Exploitive relationships create trauma bonds. These occur when a victim bonds with someone who is destructive to them (Carnes P,1997). Trauma bonding occurs due to the cycles of violence and its intermittent phases of punishment and rewards. Trauma bonding is a psychological response to abuse (Lois Zoppi,2020), adult survivors of abusive and dysfunctional families struggle with bonds that are rooted in their own trauma experiences. A qualitative study conducted on experience of female perpetrated ipv by men was conducted by Kevin Hogan (2016). The findings show participants had traumatic experiences and the abuse had impacted participants psychological and physical well-being negatively. shame and embarrassment for not being dominant as per cultural norms was felt by few participants

Brain in Trauma Bonding: In the presence of trauma or deprivation, the signals to the temporal lobes or within it gets affected leading to cognitive and emotional problem. The primary brain is stimulated and there is flooding of neurochemicals. (Carnes,1997). A strong neurochemistry is involved with oxytocin, dopamine, cortisol and endogenous opioids contributing to the addiction. (Freeman, R.,2017).

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Oxytocin is essential in social interactions, it increases and cause person to find better situation when in distressing social situation [Dr. Shelley Taylor, (n. d)] it is one of the major factors in trauma bonding encouraging the person to return to the abuser.

They can become attached to trauma. An unhealthy, dysfunctional abnormal attachment is formed when there is presence of betrayal, humiliation, abuse and impeding danger. Victims of incest, cults, violence, kidnapping refuse to leave the perpetrator because of presence of trauma bonds.

Addictive Nature of Trauma Bonds

Trauma is known to be addictive. John money in 1980's in his study observed that abused children constantly put themselves in situations that were harmful and suggested that such actions "signify that the abused has become addicted to abuse: the response to abuse is to stimulate more of it" [John money, (n. d)]. This addiction to the abuse makes it much more difficult to leave the abuser. Harvard researcher Bessel van der Kolk while reviewing role endogenous opioid in trauma expressed that victim of trauma in one or the other way keep creating the trauma. victims feel a sense of void, boredom and emptiness in the absence of trauma.

Stockholm Syndrome

Stockholm syndrome is often used to describe trauma bonding; however, it is a specific type of trauma bonding (Lois Zoppi,2020). Graham and colleagues (1988) in their study of comparing psychological mechanisms of battered women and victims of hostage describe role of power in forming emotional bonds and further proposed four conditions significant in developing the syndrome. Power imbalance is prominent in such relationships.

Intimate Partner Violence and Psychological Distress: mediating role of Stockholm syndrome (2018) was study conducted by Amna Ahmad, Mudassar Aziz, Gulnaz Anjum. The study emphasises on exploring role of Stockholm syndrome as a mediator between intimate partner violence and psychological distress in eastern setting). Findings indicate that core Stockholm syndrome did not act as mediator while psychological damage experienced and the love dependency of the victims did.

Traumatic Bonding and Intimate Partner Violence, research by Vera George (2015) explored the role of Stockholm syndrome in abuse. The results show that Positive association between core and relationship violence was found in a sample of 86 couples.

Interpersonal Needs

Schultz (1958) explained people have 3 interpersonal needs and express them in order to receive them back: inclusion, control and affection or openness. We are dependent on each other to fulfil our needs, "people need people" (Schultz,1966). such needs are fulfilled when a satisfying relationship is formed between people.

Need For Inclusion

Inclusion is the need to belong, the desire "to establish and maintain a satisfactory relation with people with respect to interaction and association" (Schultz,1966). inclusion can be wanted inclusion wherein there is a strong need to be included or it can be expressed inclusion, wherein a person tends to give attention and make others feel belonged. Intimate partner violence victimization, interpersonal needs, and suicidal ideation among college students (2015) was a study conducted by Caitlin Wolford-Clevenger, Joanna Elmquist,

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Meagan J Brem and Heather Zapor. that aimed to look at the relationships among dating violence, thwarted interpersonal needs, and suicidal ideation and test the interpersonal-psychological theory of suicide. Positive correlation was found between dating violence, thwarted belongingness and perceived burdensomeness. it also showed that, at high levels of thwarted belongingness, perceived burdensomeness was correlated with suicidal ideation, while and contributed for drug use and depressive symptoms and its effects.

Need For Affection

Schultz defines it as “the need to establish and maintain a satisfactory relation with others with respect to love and affection”. It is more about close relationships and intimacy. People with low needs of affection are distant and avoid close relationships with others while people high needs of affection try to get close with everyone. Jennifer Irene Arpink conducted a study on social support needs of female survivors of intimate partner violence. the findings indicate measuring support from intimate partner separately from other than intimate partner can prove beneficial. unique social support needs were assessed by the measure developed in the study in the case of women who had experience of intimate partner abuse. it was observed that measure used for general population may not be appropriate.

Philip N. Smith, Natasha Basu and other conducted a study on unmet interpersonal needs contribute to accepting attitudes toward ipv (2020) which explored association between unmet interpersonal needs in terms of thwarted of belongingness, perceived burdensomeness and the acceptance of intimate partner violence. The findings show that thwarted belongingness doesn't show any associations while perceived burdensomeness show strong association with more attitudes of accepting intimate partner violence. the finding also emphasizes on enhancing perception of self-worth in order to curb risk of intimate partner violence against women.

Need For Control

Control is defined as” the need to establish and maintain a satisfactory relation with people with respect to control and power” (Schultz,1966). wanted control is the extent to which a person lets another influence or control him/her, lead and order. the other end is the expressed control which speaks of the extent a person wants to control over others or situations.

Control in relationship is often contributing to violence in relationships. a study (Felson&Messner,2000) found that control acts as a precursor in dating violence. when sense of control is threatened in an individual, the person desperately tries to gain or maintain the sense of control back, often resorting to whatever option is available. (Rouse,1990)

Jane Warren and Wayne Lanning conducted a study on sex role beliefs, control and social isolation of battered women (1992). the study included comparing control needs, inclusion needs and sex role types in battered and non-battered women findings show that there is a significant relationship between the battered or non-battered status and sex role type and the wanted control. It is also found that more feminine sex role type was seen in the battered participants than the non-battered participants. More tolerance towards external control was also seen in the battered participants.

Rationale For Present Study

This study aims to provide a better understanding about the interpersonal needs and trauma bonding in men who have experienced intimate partner violence. Understanding the needs of an individual who experienced intimate partner violence would give us an insight on how the

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abuse affects the individual and how they are driven to trauma bond with the abusers. Majority of the studies revolve around violence against women and hence women have access to better services and facilities to reach out while male victims often struggle to get help. The current study is significant in understanding intimate partner violence against men and their needs.

METHODOLOGY

Aim:

The present study aims to understand interpersonal needs of men who experienced intimate partner abuse and gain insight on trauma bonding in an abusive relationship.

Research Questions

1. What are the interpersonal needs of men with experience of intimate partner violence?
2. What Is the nature and trauma bonding in intimate partner violence?

Objectives

- To understand interpersonal needs among adults with experience of intimate partner violence
- To understand nature of trauma bonding in adults with experience of intimate partner violence.

Variables

Independent variable: Experience of intimate partner violence among men

Dependent variables: interpersonal needs, trauma bonding.

Operational Definition

- *Intimate partner violence:* any behavior within an intimate relationship that causes physical, psychological or sexual harm to those in the relationship.
- *Trauma bonding:* a bond or an attachment between the abuser and the abused occurring due to cycles of violence with intermittent punishment and rewards
- *Interpersonal needs:* the needs an individual has and expresses it in order to receive them back from others.

Research Design

The research is descriptive in nature (Best &Kahn,1998) and adopts convergent parallel design where quantitative and qualitative study is conducted parallelly with equal importance, analysed independently and interpreted together for results. (Creswell &Pablo-Clark,2011).

Sample

Purposive sampling of 63 men across India who have the experience of intimate partner violence have been considered for the study.

Inclusion criteria

- Between 20 to 60 years of age
- Has experienced intimate partner violence
- Who can communicate in Kannada/English/Hindi

Tools

- **Socio demographic data sheet:** Basic information about the participants like name, age, place, sex, relationship status, educational qualification and profession was collected as information for the study.
- **Quantitative data collection:** Fundamental interpersonal relations orientation-behaviour (FIRO-B)-developed by William Schultz (1958) was used to assess interpersonal needs in men with experience of intimate partner violence. The FIRO-B test includes three areas: inclusion, control, affection. These three dimensions are further categorized into wanted behaviour and expressed behaviour.
Reliability: ranging from .71 to .85 on test – retest reliability and ranging from .85 to .96 for all measures for reliability coefficients substantiates good reliability.
Validity: FIRO-B has an established validity with development over 60 years and numerous studies and researches validate the scale.
- **Qualitative data collection:** Semi- Structured interview schedule developed by the researcher consisting 16 questions in regard to experience of violence, trauma bonding and their outlook on the subject.
Validity: the semi structured interview schedule on trauma bonding was validated by method of expert validation. The soft copy of interview schedule was sent to experts for review and validation. The interview schedule was validated by 6 experts in the field of psychology with few corrections as suggested by them. The questions were reviewed by one language expert and validated.

Procedure

The Save Indian Family Foundation (SIFF) was contacted and Google forms platform was used for collecting the quantitative information. The forms were circulated in social media among members of SIFF and participants who consented, responded to the questionnaire. For the qualitative data, semi structured interview was conducted by the researcher using the interview schedule prepared by the researcher for the purpose of current study.

Ethical consideration

- Participant's consent was taken
- Participants were assured of confidentiality regarding the information and the identity
- Participants were informed that they are allowed to withdraw from the research at any point.

Data analysis

Quantitative data:

The quantitative data is processed, analysed using measures of central tendency. The Mean scores obtained will be used to interpret the result.

Qualitative data:

Thematic analysis method is used for interpreting the qualitative data. A six-phase process of analysing qualitative data and finding themes as proposed by Braun & Clarke (2006) was followed to analyse the data obtained from semi structured interview, the data was coded using QDA Miner Lite software version 2.0.8 by Provalis Research Lab.

RESULT AND DISCUSSION

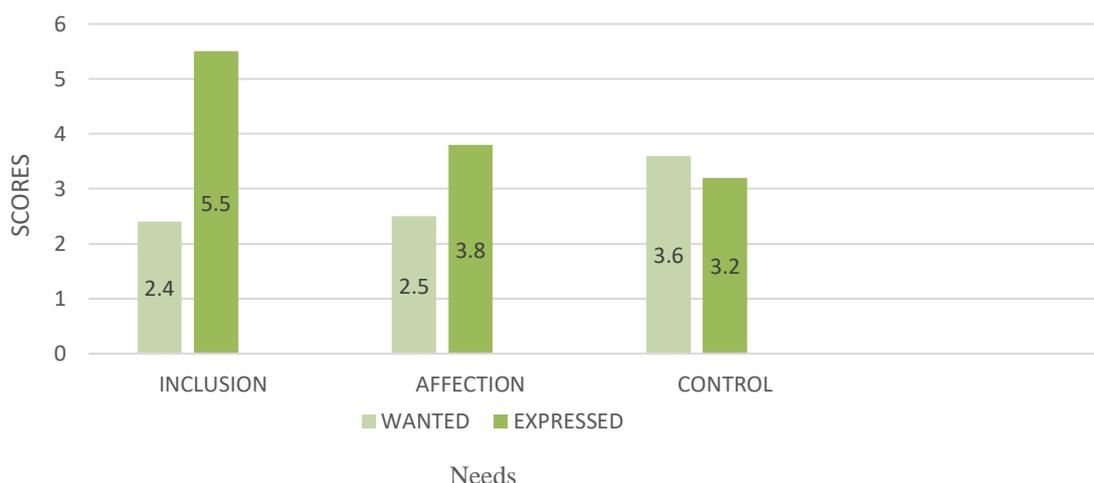
Socio-demographic details

The demographic details of the sample such as age, education, relationship status reveals all participants are educated belonging to age range of 20-60yrs.

Interpersonal Needs

The responses obtained on fundamental interpersonal relations orientation scale (Schultz,1958) was scored and the mean of the scores on each need was calculated and interpreted to understand the interpersonal needs of men with experience of intimate partner violence.

Figure 3.2.1 Mean scores of all Interpersonal needs.



Note. The above figure shows the three-dimensional interpersonal needs of men with experience of intimate partner violence, obtained on FIRO-B scale (Schultz,1958).

The mean scores on dimensions inclusion and affection show that the expressed needs are more than the wanted needs. This indicates that participants are being expressive, including and associating with others and are warm in their relationships even with the need to be cautious and selective in associating and forming relationships.

On the dimension of control, the participants’ mean scores indicate the level of wanted control need is slightly more than the expressed control in their lives, indicating there might be a need to establish more control in their lives.

This contradicts the study conducted by Marcella Dunaway in 2002 on need for control in interpersonal relationships and courtship violence which found no relationship between expressed control and violence. The wanted control remained same for both violent and non-violent participants with no gender difference.

Trauma Bonding

Six phase thematic analysis method (Braun&Clarke,2006) was used to generate codes and find themes in the data obtained from semi structured interview.

The overall experience was captured in the comprehensive theme “a quicksand”. The comprehensive theme consists of emerging themes such as nature of relationship, types of

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abuse, the impact of the abuse etc and subthemes such as hamster in a wheel, addictive, walking on eggshells etc.

The theme and subthemes identified from the data are presented in the thematic map (figure 3.3 .1). the themes are described with supporting excerpts from the data.

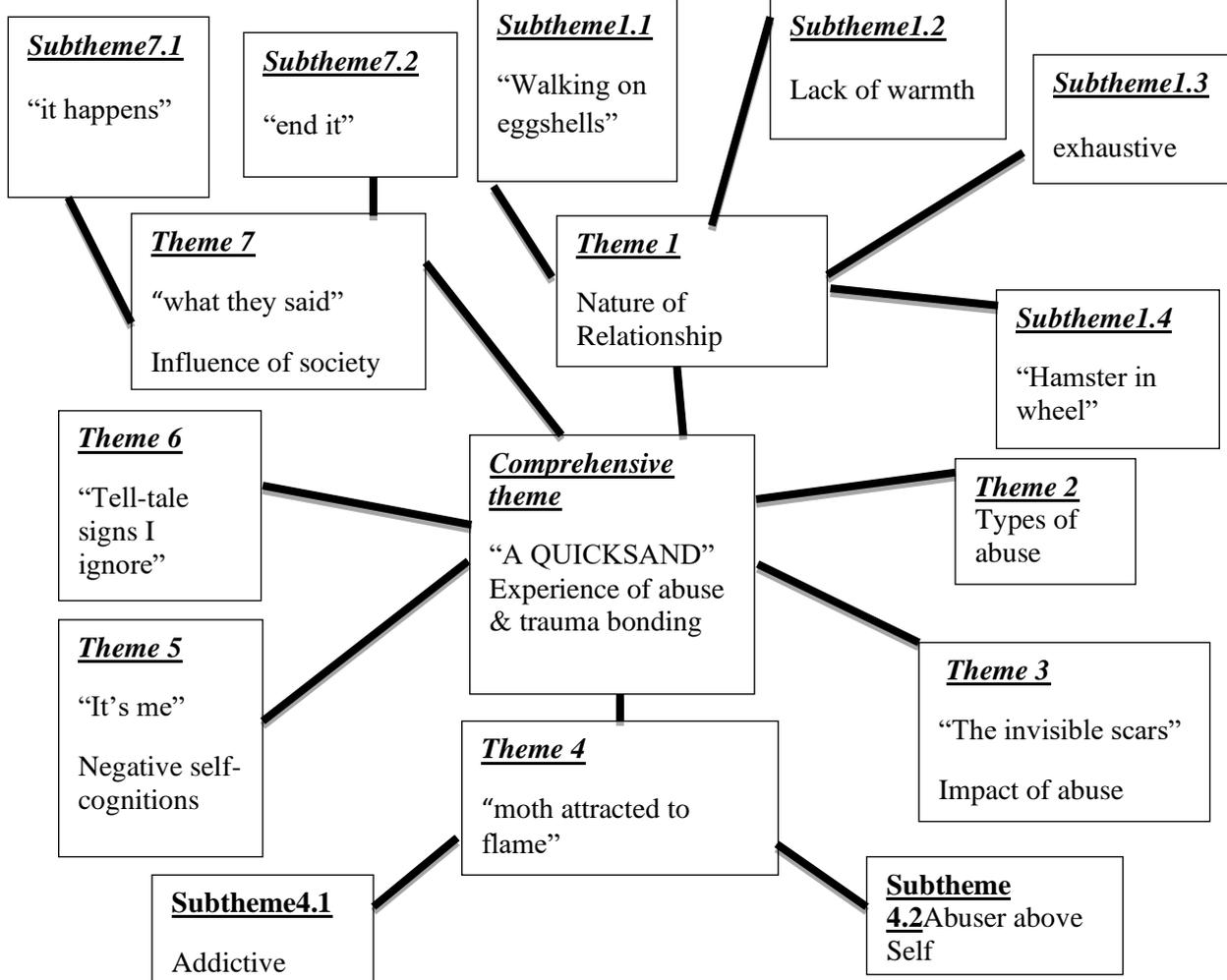
The details of the participant are masked and initials of the participants are used for reference in order to maintain confidentiality.

Comprehensive Theme. “A Quicksand”

This captures the overall essence of men who had experiences of intimate partner violence and trauma bonding. participants described their experience as that of something like sinking slowly like standing in a quicksand.

The participants reported the kinds of abuse that they underwent, how it had affected them and how they perceived it. The participants also revealed that only handful of people were aware of what had happened, participants were very apprehensive about sharing their experience. This comprehensive theme consists seven themes and sub themes identified in the interview data.

Figure 3.3.1 Thematic map -Men’s experience of abuse and trauma bonding



Note. The above map illustrates the themes and subthemes capturing experience of intimate partner violence and trauma bonding.

Theme 1. Nature of Relationship

The theme describes the nature of the relationship and the participant's experience being in that relationship.

Sample: *"good but as time passed everything started going down...slowly but definitely"* (B)
"then everything went spiralling down." (RL)
"On surface it looks all fine but, deep down it's very complicated." (N)

The participants statements reveal that the relationship was initially good with a good start and eventually deteriorated. It also provides information of presence of complexity of the relationship.

Subtheme 1.1 walking on eggshells

this subtheme captures the feelings or perception of always walking around the edges, trying their best not to set anything off and worrying.

Sample: *"I used to make sure that I checked my phone when I am out, fretting that she would have texted something"* (P.R)
"it was quite unpredictable...it was like.... you know...I always had to think before I do something, because...(sighs) I honestly didn't know what would she do next" (B)
"I thought a hundred times before I told anything to her" (MS)

The participants account that they were apprehensive and constantly worrying about what would happen next and were always careful of what they did. They always had to be conscious of what they spoke or did in the relationship.

Subtheme 1.2 Lack of Warmth

This subtheme describes the lack of warmth or pleasant feeling in the relationship.

Sample: *"it was just plain and boring I guess?"* (RL)
"on the whole I, I would call it a distant, cold relationship rather than warm" (JB)
"It wasn't of type that gave me secure feeling or the corny romantic stuffs." (B)

Participants recollected that the relationship was very platonic and never felt the warmth of the relationship with their partner. Interpersonal warmth is very important in social perception and impression (Asch, 1946; Kelley, 1952).

Subtheme 1.3 Exhaustive

This sub theme captures the distress or the exhaustive nature of the relationship.

Sample: *"it was emotionally very exhaustive."* (B)
"It's costing my mental health too much". (PR)
"my girl and I are in a boat sailing and I'm the only person who's rowing and she's just sitting opposite to me seeing me rowing and that's it." (N)
"I'm kind of exhausted." (JB)

The participants reported the relationship being too stressful and exhaustive and that it was taking a toll on their mental peace. They felt drained, they were putting in too much effort for the relationship to work.

Subtheme 1.4 "hamster in a wheel"

A Hamster in a wheel is stuck inside running non-stop. It goes on and there is no stopping or break free. Abuse follows a cyclic nature; this theme brings out the cyclic nature of abuse.

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Sample: *“it was always going up and then down, it was like a constant see-saw kind of thing. Few days it would be good and then next week bad something like that.” (JB)*

“It occurred once a week at least and things used to turn dirty once a while.” (MS)

“Once the things get settled, she seems to be very lovely. And it just went on like a cycle” (B)

“Whenever the workload is there she’ll drink and displaces anger on me. Later after sometime she’ll apologize and cry for the way she behaved.” (N)

“She would go on yelling and verbally abuse me and later become silent and do all the works for me” (RL)

“And this finally became a pattern” (PR)

The participants’ anecdotal tells us that they were often stuck between the phases where the abuser is abusive and then later affectionate and caring. the statements also show that this change in attitude and these cycles of abuse occurred often.

Theme 2. Types of Abuse

This theme delineates the types of abuse men experienced in the relationship. Participants reported having gone through abuse in the form of physical, verbal, psychological, emotional neglect and control.

Sample: *“she used to bring all the upsetting events from past and quarrel with me. Then blocking me on all social media” (B)*

“she threw things and broke a few chairs and she also broke my eye glasses” (JB)

“She once took the heating rod, you know an? that immersion rod thing with coil... and hit me with it” (JB)

“It was more of a quiet fest when she turned violent. You could feel her fuming from within and waiting to snap. Things got really uncomfortable often” (MS)

“She used to ignore me for a week or be cold, rude when I reach out to her, or verbally accuse me and manipulate me to feel guilty. Threaten to spread false accusations that I’m threatening her,” (PR)

“She’ll displace all the anger on me sometimes and if I retort, she’ll just walk away or cut the call” (N)

“Oh, she would verbally abuse me, call me things and just keep shouting and holler” (RL)

“she was extremely controlling in nature actually” (RL)

These experiences of men clearly prove that men too are subjected to intimate partner violence in various ways (Strauss & Gelles,1986). the most common type of abuse identified was verbal, psychological and coercive control. participants give accounts of being threatened, blackmailed and manipulated to do things.

Theme 3 “The Invisible Scars”

The theme captures the impact of abuse on participants.

Sample: *“. It was initially hard for me to get back” (PR)*

“I had become overly apologetic” (MS)

“trying to prove that it was my role as a man and had to always be there to help her” (B)

“I’m just done ...women.... I know everyone are not like that.... getting into a relationship again? I just can’t, I have trust issues now” (JB)

“I don’t think love exists.... ya not anymore” (RL)

“I had come to a stage where I would keep reminding myself to stay quiet, I wouldn’t share anything, or express anything” (RL)

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Participants described continuing to be conscious even when they had ended ties with the abusive partner, they were sort of conditioned to justify everything they did and put in extra effort for every single thing, more than it was ever required. Development of trust issues, and being aversive towards whole idea of love, romantic relationship was also noted.

Theme 4. “Moth attracted to flame”

The theme encapsulates the attitude towards the abuser, how participants perceived their partner and elements that kept them bound to the relationship.

Sample: *“she was the only person I had found with whom I could discuss philosophical things or with whom I could share my sports interests” (PR)*

“She’s a nice person but behaves like this” (N)

“was socially desirable and beautiful.” (MS)

The participants were of the opinion that their partner was nice if not for the abuse and control.

They admired their partners’ abilities and were attracted because of their charm.

Subtheme 4.1 Addictive

this subtheme describes the addictive nature of the relationship.

Sample: *“I felt extremely drawn to her.” (B)*

“she did verbally abuse me, but yet I was so engulfed in pleasure that she actually got back to me.” (PR)

“It was like a drug and the withdrawal meant that I would settle with just looking at her from afar. It was a really painful scenario and chest pains, palpitations were a common occurrence.” (MS)

“I did feel that other were just involved in relationships that were overly romanticised and were mere eroticism while”. (N)

“Sometimes just the “hey” message she sends use to make me go mad with happiness after hours” (PR)

“But as usual I cannot let go of her” (N)

“I just couldn’t think of surviving without her, so I never left.” (MS)

Even with unpleasant experiences, and pain inflicted by their partner the participants revealed feeling addicted to their partner, craving for their partner’s affection and rejoicing or cherishing the slightest attention or care shown towards them by their partner. Feeling of strong attraction towards their partner and dreading leaving the abuser or experiencing discomfort, panic when attempting to leave the abuser.

Subtheme 4.2 “Abuser above Self”

This subtheme captures the habit of prioritizing abuser and their needs.

Sample: *“but I did put in efforts and tried a lot I really did...to make her happy and provide her everything even though I was tired and stressed.” (JB)*

“I made every effort to never let her get hurt by me” (PR)

“I often was the person who went in and apologized” (MS)

“and I would again apologise and tell her that I would somehow make it up to her when it was her who was at fault” (PR)

“I was even ignored or cut ties with people she did not like” (B)

“I tried to even make myself best, to an extent where...for example ... I use to check my grammar when I spoke to her.” (PR)

“I moved out of social media and maintained less contact with others so that she

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doesn't fight." (B)

"I believe I always put in too much effort to keep the relationship going, I believe I might've devoted too much of my mental peace to it." (MS)

The participants reported doing everything in accordance to their partners' likes or preferences, constantly apologising for things they were never at fault to being with, withdrawing themselves from people around them to please the abuser. Catering to their partner's needs at the cost of their own and doing anything and everything to help them.

Theme 5. "It's me"

The theme describes what participants attribute or their attempt to reason out, justify the happenings by thinking it's all of their own fault or a result of what they did.

Sample: *"I use to panic because I knew that there was something I had not done right and I would be neglected for days" (PR)*

"This in-fact made me think...feel guilty, like .I'm not enough or ..." (PR)

"it was my duty to not let people have negative say or opinion about her. I used to somehow give reasons" (B)

"I did think at times that it might be my problem" (JB)

"I'm probably not good at this and that I'm not enough" (JB)

"life might've triggered a chain of thoughts that made me feel that I deserved it all and that I was scum." (MS)

"She was socially accepted and she had a higher job position than I was, so I felt like a trash" (PR)

"I felt like I had no self-esteem left, I felt like I was unworthy and all that kind of crap" (MS)

"a hasty decision to save the moment from turning shitty and regret, self-doubt and questioning my self-esteem were what followed. Eventually it felt like I was drowning in my own questions" (MS)

"constantly blamed myself for not able to give enough." (N)

the participants narrative highlights the negative thinking and feeling directed towards self. Self-blame was identified to be prominent among other negative cognitions such as questioning self, lowered self-belief, self-esteem, feeling of worthlessness etc.

Theme 6. "tell-tale signs I Ignore"

This theme captures participants attempt to ignore or deny the signs of abuse and hope for things to become better desperately.

Sample: *"I tried to ignore the whole thing because I couldn't handle it." (JB)*

"I would say its fine." (B)

"I use to journal her good side pointing out that I was ignorant to acknowledge it, so that I could forget the bad things" (PR)

"I stayed quiet and adjusted even when she was controlling everything about Me" (RL)

"when my colleagues asked me why I was sad I use to blame it on presentations or on work load." (PR)

From the responses of interviewee, it was inferred that there was denial present in men, there was refusal to acknowledge the fact that their partner was being abusive. attributing the cause of distress to other things in environment such as work also emerged.

Theme 7. “what they said”

The theme captures influence of society. It describes what people around the participant tell them or advise them about the relationship. Social influence is a strong force that can bring changes (Baron R. A, 2017). It consists of two sub themes. While some people raise questions about the kind of experiences one has in a relationship, others tend to ignore it or downplay it.

Subtheme 7.1 “it happens”

This subtheme delineates society’s ignorance towards abuse.

Sample: *“later there was a lot of pressure to sit and talk it out and somehow mend the relationship, divorce is somehow not accepted in the society” (RL)*

“they pressurised me to stay in the relationship, telling it was normal to have few Fights” (JB)

“Never really had people asking me to or mentioning the toxicity of said relationship” (MS)

Society’s disregard towards other problems, dismissing others’ problems without a thought is highlighted. The tendency of people to normalise abuse, considering it very lightly and equating it to normal arguments was highlighted.

Subtheme 7.2 “end it”

This subtheme describes people voicing out their concern about the relationship.

Sample: *“people asked me why I still chose to be in the relationship or what made me fall in love with the said person” (B)*

“when I expressed all these to my close friend, he told me to end this here as it doesn’t seem like going well” (N)

“Yes, my roommate uses to quite often tell me that I seem like a different person. That I am no longer in my element. What’s going on? they asked.” (PR)

It was evident from the responses that people around participants were noticing how things are going downhill and were concerned, participants reported they had their friends and other closely associated people mention to them that it is better to end the relationship right then.

The emerging themes show that men are subjected to different kinds of abuse, the nature of relationship, self-blame and insecurities, tendency to ignore the abuse, undying attraction towards abuser, society’s influence etc. This is supported by Megan Koch’s study on women of intimate partner abuse (2018) delineating psychological entanglement with abuser because of humiliation and study on conflicting perceptions of domestic violence by Ajeesh Sebastian & Shahina Begum (2017) which describes women facing emotional conflicts, emotionally bonding with their abusive husband and stay with them due to fear of losing companion.

SUMMARY & CONCLUSION

This chapter summarises the present study, the findings of the study, limitations and implications of it.

Summary

This study was conducted to understand the interpersonal needs and trauma bonding in men with experience of intimate partner violence. The study is descriptive in nature and adopts Convergent parallel research design (Creswell & Pablo-Clark, 2011). The participants of the study included 63 men who had experienced female perpetrated intimate partner violence, contacted through the NGO for purposive sampling. The socio-demographic data sheet and

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semi structured interview schedule was prepared by the researcher and the data obtained was analysed using thematic analysis. A thematic map was constructed from the emerging themes and each theme was discussed. The interpersonal needs were assessed using the fundamental interpersonal relations orientation-behaviour scale (Schultz, 1958) and result was graphically presented and interpreted according to the scale norms.

Findings of the study

Mean scores obtained on fundamental interpersonal relations orientation-behaviour scale (Schultz, 1958) was used to understand the interpersonal needs. the findings indicate:

- The expressed inclusion is more than the wanted need of inclusion.
- The expressed affection is more than the affection wanted
- The expressed control is slightly lesser than the control wanted

Using thematic analysis (Braun&Clarke,2006) emerging themes were identified and discussed.

- The participants reported feeling exhausted, distressed and feeling edgy all the time.
- The participants recalled that things kept repeating in a cyclic manner.
- Participants were subjected to physical, verbal, coercive control, psychological and emotional forms of abuse, control and verbal abuse being the most commonly occurring.
- Deep impact of abuse in the form change in perceptions, habits was seen in participants.
- Sacrificing and lack of self-care while trying to please their abusive partner was prominent.
- Self-blame, self-doubt, lack of confidence, denial of abuse and prioritizing abusive partner was also evident.
- Society's influence in terms of pressurizing to stay in the abusive relationship or end it emerged.

Limitations

- The present study involves only literate participants.
- Influential factors such as attachment style, personality type, childhood history etc have not been considered in the study.
- The sample size for qualitative data is small.
- The duration of abuse endured is not specified.

Implications

- The level of expressed need and level of wanted need show discrepancy.
- Trauma bond can compel a victim to stay with the abuser.
- A behaviour might be expressed more without the need to do so in the abused, if it pleases the abuser.
- A sense of control is lost in victim and has a greater wanted control than expressed the expressed control.
- Female perpetrated abuse against men is often not brought into light.
- The expression of needs might be affected due to experience of abuse.

Suggestion for Future Research

- A larger sample can be selected for exploring trauma bonding.

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- A sample of illiterate population can be considered into the study
- Related factors such as attachment styles, abandonment fear, insecurity, can be investigated.
- Idea of masculinity and gender roles in abuse can be studied.
- A study can be conducted to understand acceptance of abuse in victims.
- Normalizing of abuse in marriages by society and culture can be investigated.
- Lack of services and legal help for male victims should be actively investigated.
- Other interpersonal needs such as trust, commitment can be assessed.

CONCLUSION

The result of this study shows that female perpetrated intimate partner violence against men is a common occurrence that is not being acknowledged in our society. Intimate partner violence can be extremely distressing and drains the energy of the victim. The constant abuse chips at self-concept and core belief of victims resulting in having negative thoughts directed towards self. It is inferred from the study that the victim often goes out of their way and do things only to impress or satisfy the abuser's needs, this might be the reason behind higher level of expressed inclusion and affection contrary to lower need of wanted inclusion and affection. The controlling nature of abuser and the lower level of expressed control substantiates the lost sense of control in abusive relationship and hence the greater level of wanted control.

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Conflict of Interest

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