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The ILLS of Domestic Violence in a Nigerian Family

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Keywords: domestic violence, family growth and development, niger delta region, nigerian society.

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The ILLS of Domestic Violence in a Nigerian Family

Dr. Umana, Emmanuel Amos [α] & Dr. Willie, Clement Etti [σ]

Abstract- The study investigated the effects of domestic violence on family development and growth in the Nigerian society. States in the Niger Delta Region were selected for the study. Domestic violence ranging among others had been plaguing the fabric of the Nigerian society of late. Researchers, in their findings, have come up with different results, which are mostly the negative effect domestic violence created on the family growth, development, family income, and the position of the relevant legal system. The objectives of the study are to examine the effect of domestic violence on family growth, to probe the impact of domestic violence on the development of domestic family, how the family income is affected by domestic violence, and the role of the legal system in curbing frequent occurrences. The research adopted a survey method. A questionnaire was distributed to gather data for analysis. The population size of 360 was got from the nine states in the Niger Delta Region. Data were collected and analysed using Chi-Square Statistical Method. The result showed that domestic violence has a significant relationship on family development and growth and the legal system in the study area. Theories used are Frustration-Aggression and Attachment Theories. The researcher recommended that Nigerian Government should give credence to family and educate them on the danger associated with domestic violence; awareness should be created by Nigerian Government on the need for peaceful co-existence in the homes as this will enhance growth and development; the effect of domestic violence on family income needs aggressive campaign, and Nigeria legal framework should be rejuvenated to be responsive to frequent incidences of domestic violence.

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I. Introduction

Domestic violence is said to be an act of intimidation, be it emotional, verbal or physical abuse that has become an endemic especially in the Nigerian society which is not new phenomena. Domestic violence especially of murder is often times reported in the dailies. Domestic violence is in every facet our society which does not preclude the rich or poor, the literate and the illiterate, including the religious cycle, and is in all countries. It is found in among freethinkers, men and in women of substance, housewives, the married and the single, and of all ages. Domestic violence, otherwise known as family violence, is a pattern of abusive behaviours by one family member against another. It is violence against another in an intimate relationship of which marriage and domestic partnership are relevant.

Domestic violence is in the form of abuse meted out for a purpose in order to gain total control over a person. The antics of the abuser is to resort to using coercion making the abused to know fear, guilt, shame, and to a larger extent intimidation to cow the person. It exists between two people in an intimate relationship such as marriage where one person usurps authority and control over the other partner.

Domestic violence and exploitation of are common experiences and are often times cuts across all classes, even among opposite or same-sex partnerships, business partners, age grades, ethnic backgrounds as well as economic levels. No matter the level at which violence or abuse of exploitation takes place, the society never accepts it and it is a misdemeanour. Some communities in Nigeria view such treatment as deserving on the part of those victims of harassments, saying that it is right punishment on the people mete on as dissidents which act has a corresponding reward. Others view it as a "just therapy" for a dissident child or wife. Many women now believe that physical abuse is most times justified.

Such brutal acts of violence or abuse in the home is constantly swallowed especially when it involves the other partner in the relationship being a child or husband or wife for the sake of such acts being considered as a stigma when reported to law enforcement agents. Such cases as rape are hardly report for obvious reasons and the perpetrators go scot-free instead of facing the music of law. Community elders and relations often times beg for forgiveness and victims bear the psychological and physical trauma of shame.

The Violence against Persons Prohibition Act of 2015 has highlighted the human rights of those molested and has printed a lot of manuals which was given out free of charge to educate the people for better understanding of their inalienable rights with the aid of Community chief and leaders as well as influential men to spearhead the fight against violence and protect

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vulnerable men, women and children using the social media as well.

Domestic violence in the time past was conceptualized primarily to physical aggression and destruction subject to punishment by the law. Still, nowadays it acts like an accident, abuse of the weak (physical and psychological) within and outside the home, the domination of one sex by the other, unequal access to worthy services, etc. are now included in the range of facts that constitute violence (Guerra de Macedo, 1993). Also, according to Heise (1993), "domestic violence against women has been characterized as the most prevalent act, that is least reckoned on as human rights abuse throughout the world."

Domestic violence in our societies has become legacy bedevilling the progress, peace, development, and tranquillity of many nations and indeed the entire global village. It has been noted that domestic violence has become everyday affairs within states, groups, youths, aged, families, and individuals. Amazingly, it is saddening to know that people who are supposed to be free yet everywhere couch into a tight corner as a result of sufferings, pains, abuses, exploitation, humiliation, and manipulation. Human beings, as well as properties and resources that are expensive to count, are daily destroyed. At the same time, children are abused, women injured and harassed, while the aged are ill-treated by their concierges, and the adolescences are bullied by their contemporaries and so on. The simplest terms used include sexual violence, rape, sexual assault, physical abuse, battery, harassment, women mutilation, and the likes.

According to the Inter-African Committee on traditional practices affecting the health of women and children (1995), female mutilation, wife battery, and early marriage constitute violence against women (Galindo and Serrano, 1994; Larrain and Rodquez, 1993). Flood and Pease (2006) viewed that the term "domestic violence" may be used to exclude some forms of violence and is subject to shift in meaning and also has a difference in cultural interpretations. For example, "Rape" within marriage may not exist within some cultures, hence lacks the authenticity within the scope of domestic violence (for such society). Although domestic violence is regarded as a grave social problem in our culture, its effects on the family (especially the women and children) conspicuously expose such family to remain vulnerable as victims or would-be victims of various abuses. However, in the words of Abraham (1994), "Families affected by domestic violence touch all service systems, and live in every community such as welfare systems, health institutions, daycare centres, schools, and other agency settings." The effects are on the vulnerable regardless of religion, race, ethnicity, income, and age. For example, on the 31st December 2017 – there was a case of domestic violence when a husband, Mr. Sunday of Eda Street, Uyo, Akwa Ibom State, killed his wife, Mrs. Martha Akpan (https://punch.com/2017). While a female lawyer stabbed her husband (also a lawyer) to death in Akwa Ibom State, another female lawyer also killed Yewande Oyekiran her husband on February 2, 2016, at Akobo area of Ibadan (http://www.vanguardngr.com, June 2017). Similarly, a spare parts dealer, Tochukwu Chukwu stabbed his wife, Joy to death because he (the husband) claimed she is a flirt (http://www.vanguardngr.com (May 2018). Again, a 39 years old mother of three, Omotayo Salawudeen killed her husband in Osun State, Nigeria. (http://www.dailypost.ng (July 7, 2017).

The reality lies in the thinking, perception, and expression carried out by the "male control mechanism" over the women and children as his exclusive "Property," i.e., the power imbalances (power asymmetry) between the men and women or children. Much of this violence is afflicted on the women/girls by husband, fathers or other male relatives, although the situation is gradually changing. However, it is sad to note that seems much fewer efforts are devoted to tackling the underpinning tendencies of the expression of these inhumane abuses. Maybe the explanations of the views of Heise, Raikes, Watts, and Zwi, (1994) that, "The stigma and sensitive nature associated with domestic violence against women and children, its conceptualization as primarily a legal and judicial issues, and the lack of data on the dimension of abuse may have impeded the understanding and development of suitable interventions". It is on this premise that the Akwa Ibom State House of Assembly deserves commendation for passing a bill to curb all forms of violence and abuses within its jurisdiction on the 16th July 2018, and the bill has since been passed into law.

a) Statement of the Problem

Domestic violence is a problematic issue both in Nigeria and in some parts of Africa, as reported by Punch of 20th September 2013 and The New York Times of 4th October 2013. There is an awful cultural belief in Nigeria that hitting a woman to discipline her as a spouse is acceptable in the African culture (Daily Trust and Standard Newspapers of 2013). Domestic violence in Nigeria is wide spreading with no prospect of diminishing. The CLEEN Foundation carried out and investigation and reports that one (1) in every three (3) respondents admitted being a victim of domestic violence. The study also find that there is a nationwide increase in domestic violence especially in the past 3 years by 9% in 2013 that is an increase from 21% in 2011 to 30% in 2013 (Wikipedia). CLEEN Foundation carried out a survey in 2012 on National Crime and Safety, and find that 31% of the respondents revealed that they are victims of domestic violence (Noah, 200).

Domestic violence takes voluminous forms such as physical assault, sexual harassment, rape,

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emotional imbalance, and mental disorder. Domestic violence is mostly committed against the Nigerian female in terms of rape, acid attacks, molestation, wife-beating, and corporal punishment (Noah, 200).

Many scholars have agreed that domestic violence is perhaps the most under-reported crime disputes within the family, even outright physical abuse, are often not perceived as criminal acts either by perpetrators, the victims themselves, or by the legal system (Watts, Raikes, and Zivi (1994). Various families in Nigeria have been drowned over the years with violence as a result of cultural and socio-economic discrepancies which easily result in the husband beating the wife or children on a regular basis. Still the victims hardly report these abusive cases. Instances abound where victims are further humiliated or ridiculed by relevant authorities under the pretence of the issue being a "family matter" or "minor case" of two family members fighting. The erroneous perception, misconception, and misinterpretation of the nature of domestic violence is the assumption that the uncivilized and unlearned in the Nigerian society (especially those in the local area) are the tragic vulnerable. In contrast, there is need for empirical confirmation of its prevalence for proper guidance in curbing this menace in our society. Ikejiuba (1997) posited "that the causes of wife battery include refusal to respect husband, insufficient food allowance, refusal to have sex, extramarital affairs as well as disrespect shown to in-laws." However, the effects of the abuses above are likely to result in permanent deformation, miscarriage, sexually transmitted diseases, e.g. HIV/AIDS, staphylococcus, etc. It is important to note that, as realities unfold vis-a-vis the effects stated above, victims may die, divorce set in, children drop out of school, unwanted pregnancy from the children, hunger and poverty overtaking the growth and development of the family. Given the above, this study seeks to undertake a comprehensive and comparative investigation on domestic violence; its effects on family growth and development in the Niger Delta Region of Nigeria.

b) Objectives of the Study

Generally, this research unravelled the nature as well as the effects of domestic violence on family growth and development in the Niger Delta Region. The specific objectives are:

i. To examine the effects of domestic violence on family growth and development in the Niger Delta Region.
ii. To examine the significant relationship between domestic violence and growth/development in Nigerian society.
iii. To examine the correlation between the legal system and the frequent incidence of domestic violence in Nigeria.

c) Research Questions

We formulate the following research questions to guide us in this study.

i. What are the effects of domestic violence on family growth and development in the Niger Delta Region?
ii. Is there any significant relationship between domestic violence on family growth and development in Nigerian society?
iii. Why is there domestic violence in Nigeria?

d) Statement of Hypothesis

To further articulate the research problem of this study, the following hypotheses were formulated:

i. There are no significant effects of domestic violence on family development and growth in the Niger Delta Region.
ii. There is no substantial relationship between domestic violence and family growth and development in Nigerian society.
iii. There is no domestic violence in Nigeria.

e) Significance of the Study

Empirically, the data gathered on the nature and effects of domestic violence on family growth and development could be the basis for a policy to respond to this social problem. Non- governmental institutions, the government, and interested researchers in the area of this study could benefit from this research. Theoretically this research study would add to the existing literature on domestic violence effects in family development in Nigeria. This work would present the opportunity for testing the validity of existing theories on domestic violence. Additionally, some intervention and prevention programmes that are being recommended will curb domestic violence in the Nigerian society.

II. Review of Related Literature

a) Conceptualization of Domestic Violence in Nigerian Society

The Nigerian Society (as every other society of the World) daily are flooded and overwhelmed with shocking and frightening news of domestic violence, where a husband kills the wife or a wife kills the husband, a father abusing his daughter(s) sexually, men and women are beaten, raped and even murdered by members of their own family at the slightest provocation which ranges from not preparing meals on time, visiting family members/friends without permission of the husbands, etc. The victims may experience an acid bath from their intimate partners who may cause permanent disfigurement that may lead to death.

The intentional and persistent abuse of anyone in the home in a way that causes pains, distress or injury is also known as domestic violence. It also refers to any abusive treatment of one family member by another, thus violating the Law of basic Human Rights. These

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include battering of intimate partner and others, sexual abuse of children, child's labour, marital rape, and traditional practices that are harmful to the family at large. Domestic violence is a global issue (UNICEF, 2015; Dahlberg and Krug, 2002). In Nigeria, reports revealed a "shockingly high" level of domestic violence against women (Afro News, 2007). Amnesty International (2017) reported that a third (and in some cases two thirds) of women are subjected to physical, sexual and psychological violence by their husbands, partners, and fathers while young girls are often forced into early marriage and are severely tortured if any attempted to escape from their husbands. More pathetic to note is the position of Oyediran and Isugo (2005) that domestic violence is grossly underreported and non-documented due to cultural factors. Traditional Nigerian Society, in a subtle manner, accepts the beating of the Wives and Children as a form of discipline (UNICEF, 2001). Hence, in beating their children, parents believe they are instilling discipline in them, same as husbands beating their wives, who are regarded as children to be prone to indiscipline, which must be restrained (Aihie, 2009). Ahmed et al. (2004) noted that women from patriarchal society might accept and adhere to the norms and values of that society. This conception is so when women are economically dependent on the Man.

The Nigerian Society is patriarchal, and women's position in the scheme of things is decidedly subordinate and subjugated. Therefore, domestic violence in this society functions as a means of enforcing conformity with the role of women and children specified within a customary dominated and influenced society. Given the facts above, it does not matter if the woman or the girl child is a dependant or not, she is regarded as a subordinate. However, women who accept or cut-up with patriarchal norms and values are less likely to define such behaviour as domestic violence, less likely to judge such behaviour as serious, less likely to report such behaviour to others, and indeed less likely to define themselves as victims of domestic violence. Liu (1995) agreed that domestic violence against women as a measure of a society's inequalities and the historical roots of family violence goes back to patriarchal where the Husband, Men, and Fathers controlled everything own by the family. Domestic violence is largely regarded as private in Nigerian society and therefore shielded from public scrutiny. According to Nwankwo (2003), Wife battering is 'Culturally' accepted; it is 'Normal way of life' and even as a 'sign of love'; but it is a disrespect on the part of the woman who is powerless subjected to such treatment throughout her life span; and such is a dehumanization. It is in light of these that Heise (1993) posited that the fear of domestic violence ensures women's submission to males' decision making and as such, quite a lot of women in their little effort to avoid violence accept insults and misery or even escape the marriage relationships. Such treatments are applicable to the Nigerian society since it accepts patriarchal norms and values. Kiragu (1995) opined that violence against women by their male partners is widely excused by many African Societies (Nigeria included) where there is a belief that a husband may chastise his wife by beating her. This kind of act has been supported by the belief in many Nigerian cultures that Men are superior, and that women with whom they live with are their possessions or properties to be treated as the Men considered appropriate (UNCSDHA, 1993).

According to Stewart (1995), domestic violence in Africa is not only widespread, but it is socially acceptable. Thus women may accept violent abuse on them due to prejudice, frustration, and low self-esteem. Ahmad, Riaz, Bavata, and Steward (2004) refer to the concept of "patriarchy" as an ideology that fosters a set of beliefs which justify male domination over female in society. Patriarchal beliefs exist in all societies to various degrees and they are less likely to be found in western societies due to women's access to education and employment and, above all, their increased autonomy of women via their legal instruments. UNICEF (2001) reported that African societies (particularly Nigerian Society), traditionally and subtly accept and condone the beating of the wives and children as a form of discipline.

Ahmad et al. (2004) noted that women from patriarchal societies might themselves accept and adhere to patriarchy norms and values. This notion and understanding are concocted when the women are economically dependent on the men; therefore, domestic violence in the patriarchy functions as a means of enforcing conformity with the role of women and children specified within a customary dominated and influenced society like Nigeria. This understanding of the concept of "patriarchy" is so strong that the very fabric of the Nigerian society applies it with or without the economic dependency of the woman or the girl child, the treatment is like that of children is subordinate.

Duarte (1994) viewed gender domestic violence as a reflection of the societal perception of violence, and a natural phenomenon that is founded on a biological and determinist model in which the "strong" dominate the "weak." Practically in our Nigerian societies: Women are regarded as the "weaker sex," and their main responsibility relates to "procreation." The United Nations (1995) attributed gender domestic violence to the structural inequality between men and women either in the family or society. Also, domestic violence is a function of beliefs fostered in countries where men are superior, and the women they live with are their possession and chattels which they may treat as they wish and as considered appropriate (UN, 1995). Again UN (1996) reported that domestic violence against women derived essentially from the lower status accorded to women in the family in the society.

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Adebayo (2003) posited that the backlash of violence or its threats from Male has many negative outcomes that may tend to hinder the involvement of women in economic activities, thus reducing their tendency to improve on their level of economic independence, which may likely afford some protection against violent abuses. In this setting, most victims of domestic violence bear the pains, condone various degrees of abuse for a reason such as no income, the fear of losing the custody of the children, exposure to information, low esteem, stigmatization, and so on. More often than not, victims are prevailed upon to forgive their abusers regardless of the ordeal they have gone through daily or the scars tattooed all over their bodies. The heart breaker is that sometimes the physical trauma, the psychological torture, and the emotional disenchantment transforms a once beautiful, handsome, and loving person or victim(s) into a secluded person who may out of frustration, and many dies in the process, and many more trapped in sever bondages in which they could no wriggled out.

i. *Ways of Recognizing an Abusive Relationship*

Traits of an abusive relationship are not hidden, and can easily be seen especially the most telling sign being the fear of your partner. If you are to constantly watching what you say or do to avoid an unpleasant treatment from your spouse, then there is an abusive relationship. Other traits that can be detected is where a partner belittles you or tries to control you, and also having feelings of self-pity, helplessness, and extreme anxiety. You need to constantly check up your relationship whether it is abusive or not, and the answers to the following questions set below will indicate the type of relationship you are in. The more affirmative answers you got suggest that you are in an abusive relationship. Everyone needs to check his/her inner thoughts and feelings. The questions are as follows:

A. *In your experience with your partner.*

Do you:

i. Feel of your partner when absent much of the time?
ii. Avoid some topics in discussion for fear of your partner getting angry?
iii. Always feel that you can't do anything correct for your partner's liking?
iv. Think that you deserve to be maltreated any time you do something for your partner?
v. Wondered or felt as if you are the crazy one?
vi. Feel emotionally numb or helpless without your partner?
vii. Always feel that you are in an abusive relationship?

B. *Check your thoughts and feelings about your partner with the following questions:*

Does your partner:

i. Treat you poorly even for once by embarrassing you before your friends and family relations?
ii. Often criticize and put you down even in the absence of other people?
iii. Humiliates or yells at you in the presence of others?
iv. Like to ignore or put down your opinions or accomplishments?
v. Like to point accusing fingers at for his/her abusive behaviour?

C. *Assessing the violent behaviour and threatening's of your partner through the following questions:*

Does your partner:

i. Offended you or threaten to offend or kill you occasionally or always?
ii. Have a bad and unpredictable temper?
iii. Threatens to commit suicide if you leave him/her?
iv. Threatens to kill, harm or take your children away from you?
v. Coerce you to have sex?
vi. Destroys your belongings?

D. *Assessing the Behaviour of your Partner after Violence.*

Does your partner:

i. Act excessively jealous and possessive?
ii. Always worried and be inquisitive about your whereabouts all the time?
iii. Controls what you do, or where you go?
iv. Constantly checking up on you?
v. Like to limit your access to money, the phone, or the car?
vi. Prevent you from visiting your friends, or family members?

E. *Personal assessment of your relationship*

Are you in an abusive relationship?

ii. *Nature and Forms of Domestic Violence*

Akinjiola (2000) opined that discrimination has always been an intolerable phenomenon, sometimes subtle and sometimes violent resulting, even in death. In his view, violence-related discrimination and harmful traditional practices manifest in all societies and various forms. He highlighted these practices as early marriage, male-child preference, teenage pregnancies, female genital circumcision, widowhood practices, polygamy, the inheritance of females, wife battery, sexual harassment, and intuitions put on the way of the womenfolk all in the name of culture and tradition. It is instructive to note the publication of Daily Trust as she tracked 21 reports of headline news –grabbing spouse killing from February 2016 until June 2018. Eight (8) husbands and 21 wives were reported killed by their spouses. The reasons advanced ranged from mundane (infidelity, inheritance, a misunderstanding, second wife, and flirting) to outright bizarrely. Among the bizarre: "refusal to wash clothes or cook food," "argument over

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N200 soup money," "refusal to cook Christmas food," "husband had an accident, lost his teeth and started limping" when these killings happen, the children are directly the primary victims, and are at risk of so many things. The support they usually get is no more there. "Therefore many see domestic violence as shameful if they reveal abuse and may die in shame and anguish and nobody knows" (http://ww.dailytrust.com.ng - August 5, 2018).

According to Ifezulike (1994), in Nigeria, a man can inflict punishment on the wife for leaving the house without permission, keeping bad company, drinking alcohol, and cooking bad food or cooking late. He also identifies rape, wife battery, forced early marriages, female child labour, sexual harassment, female circumcision, marital rape, and some cultural attitudes and practices such as harassing and beating of women by masquerades during festivals as constituting domestic violence in Nigeria.

iii. *Different Kinds of Domestic violence and abuses*

These forms of Domestic Violence expressed above may be highlighted as follows:

i. *Physical abuse or battering*

This is the use of physical force in a way that injures the victim perhaps put the victim at risk of being injured through beating, punching, kicking, knocking, choking, confinement and such other like female circumcision, being the most frequent form of domestic abuse or violence. There is no better or worse form of physical assault occasioning severe injuries, which can result in pushing the abused once or twice in the relationship. Therefore, if your spouse has injured you once, it is very likely that the partner will continually assault you physically. Physical assault can only stop when the abused become passive and gave up his/her right to express himself/herself as desired and made efforts to make personal decisions and also see the reasoning of others in similar matters. It is not a victory if the abused gives up his/her right in exchange to permanently end the assault.

ii. *Emotional Abuses*

According to Obi and Ozumba (2007), to threaten a person of his/her possession, or damaging a person's sense of self-esteem by positioning him/her at risk of grave behavioural, psychological, emotive or mental maladies constitute emotional abuse, and shouting at a partner is found to be the most common in this form of domestic violence. Also included in emotional abuse are intimidations to dominate, name-calling, criticism, snubbing, terrorizing a person verbally or physically, exposing a child to ferocity, and routinely making unreasonable demands. These forms of violence may occur once or repeatedly, and it escalates in geometrical progression. However, some abuses of injuries are not physical but emotional; victims often have low self-esteem and find it difficult to trust others. The anger and stress experienced by the victims may likely lead to depression and other emotional disorders and sometimes may lead to suicide. Victims may also express hurtful health behaviour like taking to excessive smoking, taking to alcohol, use of hard drugs and engaging in unsafe sexual activity. An abused teenager is likely to grow up in not trusting other people, and may go into a relationship with aggressive mode or may become withdrawn or afraid to go into an intimate relationship.

iii. *Psychological Abuse*

Status (1994) reported that children who are hit by parents have a higher rate of depression than those whose parents discipline in other ways, and are more likely to think about suicide. Some researchers have found out that children whose mothers were abused by their parents have an intelligence quotient (IQ) lower than usual (BBC News Education, 2003). However, as a child grows, what happens around him/her has negative influence on the character and actions displayed while relating with peers, elders, parents, and siblings. For instance, if violent punishment such as corporal punishment unleashed out to the child, psychologically, this may lead to delinquency in adolescents and, subsequently, violent crime. According to Anikweze (1998), the well-being of adolescents is threatened by violent tendency and the adolescent may become socialized in violent behaviour.

iv. *Cultural Belief*

Culturally, fathers are seen by their children as "gods," their words must be obeyed, and no one in the family dares their authority, and their words always are the mothers' command. It is the general view of all ethnic groups in Nigerian Societies whose stout patriarchal structures encouraged men to believe they are entitled to "Power" and "Control" over their partners. This perception in our societal cultures leads and boost the frequency of domestic violence experienced today. It is basically because most women are strongly dependent or weakly dependent on their husbands for their "basic" or "untimed" needs. When this situation is imminent, men or women immaturely and irresponsibly take undue advantage of the would-be victims by seeing and treating them as one of his or her properties. However, if obedience and submission do not comply, violent abuse of any kind may be applied just to "control" their partner.

v. *Religious Belief*

Apart from our cultural perspective of domestic violence, the religion, our religion also has its "face" and "space". Only women are regulated and controlled in their dressing, presiding over religious congregational affairs, partaking in major discussions and decision and religious rites, to be silent during religious functions (no matter how objective their views are), and so on. The effects is that the more men keep hearing these

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sermons, they become more hardened and let "hell" loose if wives (women) and children violate these "commands" or "commandments."

vi. *Economic Abuse*

These may constitute economic abuse: stealing from or defrauding a loved one, withholding money for essential things like food and medicals, manipulating or exploiting family member for financial gains, dictating choice of business or occupation for the loved one, and/or disallowing a so-called loved one from accepting a job.

vii. *Physical and sexual abuse*

Physical abuse happens when physical force of any manner is super-imposed on someone in a way that injures and/or endangers the person. Such an assault being battering of a person within same family or not is a crime. The Nigerian Police is empowered, or authority to protect every citizen from any form of physical attack. Sexual abuse is said to have occurred when a person is forced against his/her will to participate in an unwanted, unsafe, and degrading sexual activity. Every forced sex with one's spouse or intimate partner with whom you also have consensual sex in time past, is an act of aggression and domestic violence. Likewise, people are seriously injured or even killed when their partners abuse them physically *and* also sexually;

This form of domestic violence includes all practices of sexual assault, harassment, or exploitation. It includes acts, like fondling, genital or penile penetration, exhibitionism done on the opposite sex via the use of force. It also involves using a child for sexual purposes, including child prostitution and pornography. Sexual violence against children (especially little girls) is on the rise in today's Nigerian society.

Also, marital rape comes under this form of domestic violence. One could imagine if a husband can rape the wife! If the sexual act is carried out in some unwanted, degrading manner, and sometimes involving threats to the life of the wife: should she want to resist such an act, which resistance is regarded as marital rape. Again, incest falls into this category, and it constitutes any form of inappropriate touching or fondling or sexual intercourse with someone who shares biological traits with the victim(s) who may be a sister, mother, cousin, brother, or some other person adopted into the family.

a. *Abuse of Widows*

When a husband dies (in a typical Nigerian Society), the wife is put through all manner of abuse. She is always the prime suspect for the death of her husband. She is compelled to go through some horrible and dehumanizing rituals like drinking the water bath of the deceased, no shaving of hairs (in the head, armpit, and private part), and no cutting of nails till the burial of the deceased. All these traditional practices are instituted to prove her innocence of the dead. Her worse case will be if she gave birth to only female children. She will be deprived of all her husband's belongings. One can only imagine what the case could be if the marriage had not produced any issue. Most times, she may be turned into a "property" for a family member to inherit.

b. *Neglect of Family*

According to Nwankwo (2003), it is an abuse for men to leave their homes with mothers and children without any support such as food, clothing, medical treatment, shelter, and protection from external aggression. This neglect of essential family needs may affect the physical, intellectual, psychological, emotional well-being of the family. According to Dr. Adamu Bello Kwasarawa, a commander, Sokoto State Hisbah Commission posited "ignorance of marital responsibilities and failure to meet set responsibilities are major causes of domestic violence and such are as a result of accumulated torture by the men on their women… where 48, 000 domestic violence cases were documented with the commission in 2017 and so far 2,160 cases received by the commission from January – April 2018."

This weakness or lack of commitment to basic family needs is the product of unpreparedness to raise a family, forceful relationship, lacked or loss of love and care in a relationship, cultural and biological effects. The prevalence of these will bring frustration and violent behavioural tendencies. According to Hajiya Farida Muhammed, the Publicity Secretary of International Federation of Women Lawyers (FIDA), Kebbi State "Causes of domestic violence are due to extreme "jealousy" and "frustration;" when a woman is pushed to the wall by her husband, she has nobody to defend her at that time she may lose her control and attack the man using whatever weapon at her disposal and sometimes it is in self-defence." It is vital to note the same situation can happen to the male partners. Mr. Emmanuel Okon, a victim of domestic violence residing at Kaduna State, stated that "people just laughed when I narrated my ordeal on domestic violence, instead of offering useful advice or intervening because most people don't believe that men are also victims of domestic violence."

c. *Child's Labour*

Ayantayo (2011) opined that this form of abuse includes street vending, shop, market, or mall minders, beggar guards for disabled beggars, head loaders in the markets, wheelbarrow boys, bus conductors, etc. and denies the child the right to education and good welfare. All over the Nigerian society, many children are used for child labour. At the time, a whole family is dependent on the proceeds these children bring home daily.

d. *Forced and Underage Marriages*

Underage marriage is another form of abuse that plaques most Nigerian Societies. Young adult girls are usually forced to marry someone against their will.

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As a result of the act, a few months or years into such a relationship, since it was contracted based on lack of love and interest; the girl will not enjoy the marriage. She may do anything to end the marriage via any form of domestic violence deem necessary. Forced and underage marriages have increased the number of domestic violence and divorce in our societies. In 2014, a 14 years' old teenager forced to marry a man older than her for 21 years made the news headline when she fed the husband and three others with food laced with rat poison. On the other hand, underage girls are forced into marriages at times on religious persuasion (as practised in some Nigerian Societies), a situation where young, immature girls are given out in marriage to wealthy men to become a part of their harem. In the end, hatred, bitterness, lack of love, betrayal etc is being brewed out of the relationship: and finally, domestic violence becomes inevitable which may result in permanent disability or even death.

The persistence of this abuse (domestic violence), if any partner cannot bear, may lead to drastic measures ranging from divorce to separation, killing to maiming, battering to punching, and so on. It is a fact that some people often hide under the guise of culture to justify acts of domestic violence; while many claimed "this is our culture," "I am an African man," "man is the head of the house, according to the law of God," "a foolish woman breaks her home," etc. All these are a ploy to keep the weak partner(s) in "check" and "chain". A careful study of African culture reveals that encouragement and care should be shown on our women with dignity and respect as against aggression currently experiencing today. Weak partners in the home should be cherished and not abused.

iv. *Behaviour of an Abuser*

In spite of what people believe, domestic violence and abuse of a truth do not take place because an abuser lost his temper; rather, it is a deliberate choice to gain control of the other person. Offenders have a variety of strategies to employ in exerting their power in the following ways:

a. *Dominance over Partner*

Abusive are of the opinion that they are in control of their relationship, and so take decisions in the family, and passes on such decisions to be complied with without questioning; and treat others as children, servants, and as their possession or property.

b. *Humiliation of Partner*

An abuser will do everything to humiliate others and make them feel imperfect, worthless, and can only be accommodated by the bully, thereby ensnaring you and you're not likely to quit that relationship, but rather remain to receive more insults, shaming, and public put-downs.

c. *Isolation from all others*

In order to make the abused depend upon the abuser continually, he will make you depend on him/her by cutting you off from the rest of the world. You will be restrained from seeing family members and friends, and even you from going to School or work unless you are permitted to do so.

d. *Threats on the Abused*

Threats are commonly used by abusers to keep their partners exclusively for them. Their threats ranges from hurting or killing the partner, their children, members of the family of the abused, or even their pets. Furthermore, they threatened committing suicide, or raise false charges against you to law enforcement agents, or to child abuse services.

e. *The use of Intimidation*

The use of intimidation tactics is common just to scare the other fellow into submission. Such intimidation include threatening looks and gestures, open destruction of property or things, open display of dangerous weapons, etc. as a way of sending violent messages to the oppressed to succumb or to be ruthlessly dealt with if you don't obey them.

f. *Denial of acts and apportionment of blame*

Abusers are skilful at denial of their actions and often find others of fault, and easily make excuses for their inexcusable offences. They apportion blames on others for their abusive and violent behaviour to acts of the other person, a bad day, and more so, on you their victim.

v. *The Attitude of an Abuser*

Abusers incessantly conceal their behaviour in the presence of a third party, and goes on to plan more molestation on the victim all times. We look at their perennial lifestyle as follows:

a. *Abuser decides whom to abuse.* Not everybody is abused or insulted, threatened, assaulted even, if given a grief. Their abuse is reserved for the people they loved that are closest to them.

b. *The choice of when and where to abuse.* Abusers perpetrate their act when there are no eye witnesses, but being alone with their victim and act fine in the public.

c. *Abusers stop their behaviour whenever they have benefits.* Most abusers are not out of control. They're able to stop their deeds when it's to their advantage especially in the presence of the Police or their bosses.

d. *Violent abusers unseen blows.* Physical assault of kicking and punching are direct at areas of the body that will not show.

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The Cycle of Domestic Abuse

Domestic abuse has a directed pattern in the form of a cycle as below:



e. *Direct abuses on those regarded subordinates.* Aggressive, belittling, violent behaviour and abuses are usually displayed to show who is the boss.

f. *Guilt after Act.* Guilt only comes upon the abusers due to worry of being caught and punished for violent behaviour.

g. *Excuses usually given.* Abusers do rationalize after their action and shifts blame to the abused being provocative, just to avoid being responsible for such actions taken.

h. *"Normal" behaviour* is usually exhibited as a regain or control of behaviour to make the other party stay in the relationship; and pretends as though nothing has happened, and may give you hope of change this time.

i. *Fantasy and planning:* Your abuser begins to fantasize about repeating the abuse. He spends a lot of time thinking about what was done wrong, with the aim of turning the fantasy of abuse into a reality.

j. *Set-up Plan:* Abusers always postulates plans to set-up their victims and to leash out their injuries upon them with self-justification for their abuses.

Abusers do apologise to their victims sometimes and show loving gestures either before or after injury which makes it difficult for the abused to leave; causing you to believe them that they are the only persons that can help you. They may change their behaviour, and show you outward love that may make you not to quit the relationship which dangers may surface later.

An Example of domestic violence:

A man rained *abuses* on his wife, and hits her with a stool. He then feels *guilty of his action, and says* "I'm sorry for hurting you by hitting you with a stool." He deliberately did not say why he was sorry or else get caught by the law enforcement agents. He now defends his action by *rationalizing* his behaviour in accusing his partner of having an extra marital affair; and that she is a worthless whore, which made him hit her with the stool. He stopped yelling and *acts contrite,* with assurances that what happen will not repeat for a second time. After some time, he *fantasizes with* reflections of the past acts of abuse and resolves to hurt the wife again. He strategizes and have new *plan* on sending her to an errand at an odd hour and when she come back a bit late, which lateness he holds on hand as an excuse to justify his assaulting her again by blaming her for having an illicit sex affair with whomsoever.

vi. *Effects of Domestic Violence*

Domestic violence has wide-ranged effects on victim(s); on a long-term and short-term basis. It can be physical, psychological, social, economic, and emotional effects on victims – parents, children, and other relations; which can be reviewed as follows:

a. *Psychological Effects:* The lingering effects of child sexual abuse include depression and self-destructive behaviour, anger and hostility, low self-esteem, feelings of isolation and stigma, difficulty in trusting others (especially men) marital relationship crisis, and a tendency toward re-victimization. Women and children are principal victims of domestic violence. Children witnessing abuses in their environment where someone who is a caregiver is a victim of abuse will grow up to be psychologically devastated. Research has shown that violent behaviour is learnt. The child tends to model the behaviour of and identifies with parents' methods of resolving conflict. According to Gelles and Conte (1990), after a child often observing abusive behaviour, the child learned that hitting,

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slapping, fighting, name-calling, among others, are actual and acceptable ways to resolve problems. So, the child may grow up and adopt a learned behaviour by abusing a wife and children. Offenders of domestic violence like wives' beaters inadvertently or unconsciously, injure the psychology of children to intimidate and control their adult partners. This violence in the family most often leads to the death of a member of the family (Webb, 2001). As reported in the city of Lagos: a wife, Mrs. Udeme Odibi kills the husband, Mr. Otike (http://www.vanguardngr.com - (May 5, 2018). Psychological theories of Domestic Violence perpetration brings individual effects including personality disorders, neurobiological/ neuroanatomical factors, disordered or insecure attachment, cognitive distortions, and post-traumatic symptoms (Corvo, Dutton & Chen, 2008). Evidence abound that violent husbands show more psychological distress, personality disorderliness, easily provoked to anger and hostility, given to alcohol drinking with attendant problems, and attachment/dependency issues, than unmarried bullies. There are much larger studies that have examined the relationship between psychological factors and Domestic Violence in general (Yamawaki, Ochoa-Shipp, Pulsipher, Harlos & Swindler, 2012).

Corvo, et al, (2008) stated that when domestic violence persists for a long time it brings about a decrease in cognitive ability on the part of the abused; making the brain stem to the frontal cortex with a negative effect. There is always an association between frontal lobe deficits and Domestic Violence. A frontal lobe deficit is the conceded ability of a person to inhibit instinct of aggression and redirects his attention from repetitive behaviour. Health and development studies have shown factors that are closely correlated with Domestic Violence. These factors were associated with general criminal offences, the scope of mental health problems, academic failure, economic resource deficits, and early onset anti-social behaviour.

b. *Social Effect:* Gelles (1990) opined that children who are victims of abuse are more likely to be abusive as adults than children who did not experience family violence. Research shows that adults who were abused are prone to abuse their children; in essence, they have been indoctrinated to respond to frustrating situations with anger and violence outbursts. Therefore, the child witnessing and experiencing domestic cruelty, and identifies with the victim displays passive behaviour. The child with passive behaviour has extreme difficulty asserting his/her needs and copes with violence by withdrawal and isolation. The risk in this behaviour is that the child upon reaching adulthood still assumes a victim role in an inter-personal relationship, thus the vicious cycle in a continuum. Weakened feelings about self may often create apathy, refusal to participate in social activities, and a sense of helplessness, which may ultimately translate into suicidal tendencies (Abrahams, 1994; Awe, 1999). Citing the report of a study sponsored by the National Institute of Justice (NIJ) conducted in 1992 revealed that maltreatment in childhood increases the likelihood of arrest as a juvenile by 53% and an adult by 38% and culminates into violent crime up to 30%. Maltreatment has a direct bearing on a child developing criminal behaviour which the family, friends, etc. could reject him/her to relate or socializing with them.

c. *Economic Effect*: Victims of domestic violence are often in a position of dependence (financially, emotionally, and psychologically) on the person abusing them. For instance, many victims have foregone financial security to avoid further abuse from spouses if they undertake divorce proceedings against them. For example, if a man kills his wife, the implication is that he has endangered the children who will now be orphans because he has to pay for his crime. Therefore, children will rely on their peers and likely learn the negative parts of life. Many would join bad gangs in society. At this point, their education is paused (if not out-rightly stopped) and no meaningful trade to engage on, hence culture and concept of "poverty" unleashed its terror on these victims of domestic violence. There is always a little or substantial amount of money incurred whenever the victim(s) of domestic violence are treated for injuries sustained. The treatment may be medical, psychological, and religious. These expenditures would have been useful in other families' positive economic enhancement instead of expending on domestic violence.

d. *Emotional Effect:* According to Abrahams (1994), an extreme exposure to domestic violence demonstrates poor academic performance and problem-solving skills. It may also produce results and symptoms consistent with post-traumatic stress disorder such as emotional numbering, increase arousal, avoidance of any reminders of the violent event or obsessive and repeated focus on the incident. To Fieldman (1996), such exposure to domestic violence brings increase fears, anxiety, depression, anger, hostility, and aggression. He guessed victims may also exhibit harmful health behaviour like excessive smoking, alcohol abuse, use of hard drugs, and engaging in risky sexual activity.

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b) Theoretical Framework

There are theories of violence and abuses in our literature, and we tore the path of two of them in this study.

i. *Frustration – Aggression Theory*

The frustration-aggression theory states that frustration influenced (caused) by interference in goal-directed or interest generated activity, does not automatically become sufficient to produce (results) in aggression but will produce the readiness to be aggressive, which if triggered can result in aggression responses. The trigger may not be adequate factors of behaviour like mild criticism, jesting, and gesture, which should ordinarily be overlooked, but to the "frustrated person" it may be abundant to provoke or trigger an aggressive response. The main proponent of the frustration- aggression theory is Dollard (1939), Berkowitz (1989), and Anderson and Dill (1995) who later defined frustration as interference, blocking someone from obtaining a goal, and aggression as behaviour in response to obstruction intended to harm the person blocking the goal. They added that the feelings of prevention lead to aggressive behaviours displayed by peoples in extremely dangerous and traumatic conditions. Also stated by these scholars, frustration-aggression theory is a platform to link frustrating situations to acts of aggression towards people.

Mayer (2002) opines that Aggression is a response to frustration as physical or verbal violence intended to hurt someone else. In most Nigerian Societies, including the study area, wives and children are often the targets of a frustrated person. However, in relating to the study, there is an assumption that perpetrators of domestic violence do so as a result of frustration because once a person is frustrated, he becomes aggressive and most likely inflicts violence on relevant targets rather than the hindrance per se. Frustration- Aggression theory relates to people of all ages and not specifically to adults. Even young children display frustration and aggression toward their peers and siblings (Piamonte and Hoge, 1973).

ii. *Attachment Theory*

Bowlby (1973) is the major proponent of attachment theory. This theory states that attachment between an infant and the parents will determine the interpersonal behaviour of such a child who grows up with it. Blechar et al (1978) strongly stressed that a child's confidence in the parents' who he considers having the capability to secure him/her in times of distress and depends strongly on that belief makes the bond between that child and the parents stronger. The attachment theory emphasizes the violent acts perpetrated by intimate partners, usually in the context of sexual relationships. Fonagy (1999) believes that relationship violence may be seen as an exaggerated response of a disorganized attachment system. He further opined that such relationship is said to be disorganized attachment as a result of long standing abuse and the absence of a male parent directives.

According to Bartholomew (1994) and Mayseless (1991), hurting one's partner could be the exaggeration or perversion of attachment behaviour. They argued that the intensively and force of such abuse could be seen as reactions to attachment insecurity. Attachment Theory suggests that any protest behaviour focused at an attachment personality who is an assaultive male who may have rejected him and for perceived threats of separation or abandonment (Robbins, Chatterjee & Canda, 2012). Any fearful attachment pattern is symbols of anxiety and anger. Domestic Violence perpetration is said to be as a result of early life separation from attachment security as well as exposure to parental violence, which validates that insecure attachment style is related to the dis- regulation of the negative flow of emotions in intimate relationships as stated by Moylan et al (2009).

iii. *Empirical Literature*

a. *Physical Effect:* In a study carried out by Efetie and Salami (2007), the result revealed that physical, sexual, and psychological violence among pregnant women was prevalent. According to the report, one-third of the female respondents experienced domestic violence. Psychological abuse is the highest type of abuse, followed by physical and sexual abuses. In terms of physical abuse, about 20% of the women require medical treatment, and the most frequent medical complications reported were premature labour leading to a high risk of pre-mature and more complicated delivery. Obi and Ozumba (2007) stated that 83% of respondents in their research agreed on the prevalence of physical abuse. Some victims of domestic violence may suffer physical injuries, as minor cuts, scratches, bruises, broken bones, internal bleeding, and head trauma, etc. (Dobson, 1984, CDC, 2006).

Strous (1994) stated that there are children who are hit by their parents are likely to have higher rates of depression than those whose parents only disciplined them. Some researchers have also found that children whose mothers were abused by their partners have lower intelligence quotients (IQS) than (BBC New Education 2003). Violence treatments such as corporal punishments lead to delinquency in adolescents and, subsequently, violent crime. Dobson, 1984; CDC, 2006: reported that victims of domestic violence might suffer physical injuries such as minor cuts, scratches, and bruises. Others may be more serious and causing lasting disabilities such as broken bones, internal bleeding, and head trauma, etc.

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III. Method of Study

a) Research Design

This study investigated the awareness, knowledge, and views or opinions on the causes, form, and effects of domestic violence in Nigerian society (with particular attention to states in Niger Delta Region). According to Obikeze (1990), this type of research design receives an overview of all the subjects, a total perception of the situation of things at a given point in time using interviews, questionnaire, and other related methods. He also claimed that information is collected only from a fraction or cross-section of the population over some time. Given these facts, this research design – a cross-sectional survey was deemed most suitable based on its advantages.

b) Sample Size and Sampling Technique

Three hundred and sixty (360) respondents drawn from the nine (9) states in the Niger Delta Region that constituted the population size. The target population is the identified victims, law enforcement officers, staff members of the judiciary, and members of the public (most of whom were neighbours of some victims). Respondents were randomly selected from each of the nine (9) states within the study area and were given the structured questionnaires for response.

c) Test of Hypotheses

The Chi-square statistics were used to test our hypothesis:

$$X^2 = \sum \left[\frac{fo-fe}{fe} \right]^2$$

Where: Fo = Observed frequency
Fe = Expected frequency
$\sum$ = Summation

Decision Rule:

Accept Ho: If the computed x^2 value is less than the critical value, we accept the null hypothesis.

Accept Hi: If the computed x^2 value is greater than the critical value, we accept the alternate hypothesis.

IV. Analysis of Results Hypothesis One

The workings of the hypothesis are presented below:

Ho: There are no significant effects of domestic violence on family growth and development in the Niger Delta Region.

Hi: There are significant effects of domestic violence on family growth and development in the Niger Delta Region.

Testing the hypothesis was based on data collected from the questionnaire regarding respondents' views on whether there is any significant effect of domestic violence on family growth and development in the Niger Delta Region. To establish the validity of the hypothesis, we use the Chi-Square analysis to determine the degree of association.

Table 1: Chi-Square Contingent Table

Responses	Fo	Fe	Fo-Fe	$(Fo-Fe)^2$	$\frac{Fo-Fe^2}{Fe}$
Strongly Agree	145	25	125	15,625	625
Agree	92	25	67	4,489	179.56
Disagree	87	25	62	3,844	153.76
Strongly Disagree	36	25	11	121	4.84
	360	**100**			**963.16**

Given df = (r-l) (c-l)
R = Number of row
C = Number of columns
Df = (4-1) (2-1)
= (3) (1)
Df = 3

At three degrees of freedom with 0.05 significant level, the table value of chi-square is 7.81. The calculated Chi-Square, as seen in Contingent Table 1, is 963.16. Since the calculated value is greater than the tabulated value, it, therefore, follows that the null hypothesis be rejected and the alternative accepted. Hence, there are significant effects of domestic violence on family growth and development in the Niger Delta Region.

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Hypothesis Two

The workings of the hypothesis are presented thus:

Ho: There is no substantial relationship between domestic violence and family development and in Nigerian society.

Hi: There is a substantial relationship between domestic violence and family development and in Nigerian society.

Testing the hypothesis was based on data collected from the questionnaire considering respondents' views on whether there is a substantial relationship between domestic violence and family growth/development in Nigerian society. To establish the validity of the hypothesis, we use Chi- Square analysis to determine the degree of association.

Table 2: Chi-Square Contingent Table

Responses	Fo	Fe	Fo-Fe	$(Fo-Fe)^2$	$\frac{Fo-F^2}{Fe}$
Strongly Agree	125	25	100	10,000	400
Agree	107	25	82	6,724	268.96
Disagree	80	25	55	1,295	51.8
Strongly Disagree	48	25	23	529	21.16
	360	**100**			**741.92**

Given df = (r-l) (c-l)
R = Number of row
C = Number of columns
Df = (4-1) (2-1)
= (3) (1)
Df = 3

At three degrees of freedom with 0.05 significant level, the table value of chi-square is 7.81. The calculated Chi-Square as seen in Contingent Table 2 is 741.92. Since the calculated value is greater than the tabulated value, it, therefore, follows that the null hypothesis is rejected and the alternative accepted. This means that there is a substantial relationship between domestic violence and family growth/development in Nigerian society.

a) Other findings

We discovered some tell-tale signs of emotional abuse and domestic violence as common features in domestic violence. There is some warning signs stated below which if a person witness them in a friend, co-worker or family member, you need to know take the person's partner is abuser and the person in whom these traits are is at least for once been an abused person.

i. *People who are being abused may*

a. On the surface appear to be afraid of the partner and is anxious to please the partner.
b. Go along and accepts everything their partner says and does without an argument.
c. Check-in often with their partner with the aim of giving report of where they are and what they're doing.
d. Receives frequent and harassing phone calls from their partner.
e. Consistently talks about the partner's temper, possessiveness, and jealousy.

Warning signs of physical violence. People who are being physically abused:

a. Having frequent injuries, and always give false excuses of "accidents."
b. Frequent missing of work, school, and social occasions, without cogent explanation.
c. Always found wearing dresses designed to hide injuries, bruises and scars as well as sunglasses.

Warning signs of isolation. People who are being isolated by their abuser are

a. Usually restricted from seeing friends and family members.
b. Rarely found in public without their partner.
c. Have limited access to money, credit cards, or car.

The psychological warning signs of abusiveness. People who are being abused may:

a. Have very low self-esteem.
b. Show lately different character traits and becomes withdrawn.
c. Found to be depressed and suicidal.

V. Summary/Conclusion and Recommendation

a) Summary

In this study, the efforts were made to examine the ills of domestic violence on the family's development

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and growth in Nigeria. The objectives were to study the evils or effect of domestic violence on family development and growth in Nigeria society. We use the Chi-Square analysis to test the null hypotheses.

b) Conclusion

Based on the findings of this study, we draw conclusion that:

i. There are significant effects of domestic violence on family development and growth in the Niger Delta Region.
ii. There is a substantial relationship between domestic violence and family development and growth in Nigerian society.
iii. The Nigerian legal system appears to be frail in enforcing the Violence against Persons Prohibition Act of 2015 and bring abusers to book.

c) Recommendation

We postulate the following recommendations as follows:

i. Nigerian society should give credence to family and educate them on damage associated with domestic violence and its adverse effects on family growth.
ii. Finally, the Government should strengthen the Nigerian legal system to be responsive to nib in the bud frequent incidences of domestic violence in the country.
iii. There are significant effects of domestic violence on family development and growth in the Niger Delta region due to the different cultures of the people, which should be addressed in line with the constitution of Nigeria.
iv. Talk to the abuser in private and to let the person know that you're concerned, and politely point out the signs you've noticed that worry you which the abuser meted on you.
v. Anyone molested with domestic violence or abuse should without fear speaks up or report to Human Rights or Feeder.
vi. Awareness should be given by the Nigerian Government on the need for peaceful co- existence in the home to enhance growth and development.
vii. Agencies and NGOs in Nigeria should embark on the aggressive and persuasive campaign as well as educate the individual families on the effect of domestic violence on the family's health and income.
viii. The abused should not ask his/her abuser whether something is wrong with them but should go to them to express their concern.
ix. The abused should not mount pressure on abusers over what they did but rather listen to them in their defence and validate your point/observation, which you want to be corrected.
x. The abused should not advise their abusers who are self-opinionated but rather offer help to enable them to come out of such.
xi. While you, as an abused do support their decisions, do well to place your conditions on your support.

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