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FACULTY OF SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

**SURVIVING INTIMATE PARTNER VIOLENT MARRIAGE:
EXPERIENCES OF WOMEN UNDERGOING PSYCHOTHERAPY AT
MUSASA PROJECT, HARARE.**

BY

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DECLARATION

I hereby declare that this dissertation is a result of my own original efforts and the investigations of such work have not been presented elsewhere for any academic purpose or any purpose whatsoever. All additional sources of information have been indicated by means of references.

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.....

Date/...../.....

DEDICATION

To my Mum and Dad, this thesis I dedicate to you for believing in me and giving the opportunity to be who I am today.

To the Shaba family-Christabel, Starlyn, Tinevimbo this thesis is for you guys.

To all the women in the world, this work is for you ladies.

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ABSTRACT

The study examined the nature of recurring violence against women in Harare. It focused on the lived experiences among female victims. Particular attention was given to the forms of violence experienced, reasons for staying in abusive marriages and the surviving mechanisms adopted by the female victims. Qualitative research method was employed to gather the required data with the use of semi- structured interviews. The study findings confirmed the existence of violence in marriages against women in natural forms such as physical abuse and sexual abuse. Various recommendations were noted and these included the need for safe havens in high density suburbs, increased women empowerment educationally and incorporating them in SMEs which enable them to be financially independent, the need for funding of women's organizations by both government and NGOs.

ACRONONYM

CDCCP-	Centers for Disease Control and Prevention
CRCVC-	Canadian Resources Centre for Victims of Crime
ESAP-	Economic Structural Adjustment Program
IPV-	Intimate Partner Violence
NGO-	Non Governmental Organization
PTSD-	Post Traumatic Stress Disorder
UNW-	United Nations Women
VAW-	Violence Against Women
WHO -	World Health Organization
WiLDAF -	Women in Law and Development in Africa
ZRP -	Zimbabwe Republic Police

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CHAPTER ONE: INTRODUCTION

1.1 INTRODUCTION

The current study's aim is to understand the psychological capacity of the multifaceted issue of intimate partner violence. This chapter is comprised of an introduction to the background of this study and statement of the problem. The chapter also gives an account on the assumptions, purpose of the study and the research questions. Research key pillars which include definition of terms, delimitations and limitations will be outlined. It also comprises of a conclusion at the end of the chapter.

1.2 BACKGROUND OF STUDY

A past research by World Health Organization (Heise & Garcia-Moreno, 2012) defined intimate-partner violence as a deliberate act of physical, sexual and psychological harm to a current or former partner within long or short term intimate relationship and marriages. The kinds of actions normally associated with IPV are physical mishandlings such as slapping and thrashing, psychological abuse such as coercion, sexual abuse such as forced sexual intercourse, and controlling behaviors such as disengaging a partner from their friends and family.

The previous years has been a time of stimulation, and development in the field of intimate violence against women around the globe (Edleson and Eisikovitis, 1996). Open strategies have been brought forward, safe havens have been assembled, and court frameworks composed particularly to address the necessities of battered women.

Monetary instability has been recognized as the main barrier most compelling factor keeping women from leaving oppressive marriages (Frisch and McKenzie, as referred to in Ulrich, 1998). For women who work outside the home and for the individuals who don't, financial constraints connected with leaving can disable (Campbell, 1998; Ulrich, 1998). The loss of assets, and home, and are case of the weight a women must convey with her the minute she takes off.

A study of the overall prevalence of intimate partner violence (Bamiwuye & Odimegwu, 2014) in some countries in Africa ranges from 30.5% in Nigeria, Zimbabwe with 43.4%, Kenya with 45.3%, Mozambique with 45.5% ,followed by Zambia with 53.9% and Cameroon with the highest range of about 57.6% as compared to other countries. Intimate partner violence cuts

across cultural ,regional and ethnic boundaries corresponding statistics disclose that the range of women experiencing intimate partner violence in some parts of the world range from 30% in Barbados, 34% in Egypt and 35% in New Zealand. Garcia-Moreno et al. (2006) purports that globally about 15-71% of women conjoined with an intimate partner formally or informally have been physically or sexually assaulted at some point in time of their lives.

A study of the Zimbabwean society (Tom & Musingafi, 2013) from the statistics gathered from Musasa Project they revealed that in the year 2009 thousands of women were in need of psychotherapy services due to issues related to intimate partner violence. It also revealed that at least one woman among three others has experienced intimate partner violence. Further research in Zimbabwe by Ministry of Women Affairs, Gender and Community Development reveal that 98.9% of intimate partner violence cases are perpetrated by men against women, although such violence similarly occurs in same-sex spouses and can be perpetrated by women against men.

Intimate partner violence have been associated with poor mental health issues that include loss, feelings of shame and guilt, humiliation, entrapment, and lack of control contribute to the development of poor self-esteem and depression (WHO, 2005; Astbury & Cabral, 2000). Other studies (WHO, 2005; Danielson et al., 1998; Jordan, 2010; Golding, 1999; Ehrensaft et al., 2006; Afifi et al., 2009; Ellsberg et al., 2008) have also identified increased rates of eating disorders, substance dependence, antisocial personality disorders, and nonaffective .

Amid the previous years, much consideration has been given to the issue of violence against women. As a consequence of this expanded knowledge, numerous projects and administrations have been built up to react to the necessities of this populace of survivors of IPV. As of late, research has concentrated on the battered women in two circles which are living and staying in violent marriages (Kirkwood, 1993; McMurray and Moore, 1994; Varcoe, 1996); and life instantly in the wake of leaving the oppressive partner (Campbell, 1992, 1998; Farrell, 1996; Merritt-Gray and Wuest, 1995, 2001). Numerous hindrances have been notable that keep women from leaving harsh relations. These hindrances incorporate absence of monetary resources, religious convictions, an expanded defencelessness to stalking and murder, an overloaded court framework, and society's unremarkable blaming of the women who are ill-treated (Ulrich, 1998).

In a Midwest U.S. study (Ulrich, 1989a) of women who came back to their perpetrator after leaving, 44 % of the respondents showed they had returned as a result of relationship ties. These survivors referred to challenges recording charges against them, getting controlling requests from their perpetrators, leaving a relationship in which they had contributed much time, and absence of trust in finding another relationship as purposes behind coming back to their previous accomplices. Thus, in a subjective investigation of 15 Anglo American and 15 African American women that analysed the experience of ending a negative relationship, Moss, Pitula, Campbell and Halstead (1997) found that dedication to the relationship was the most grounded hindrance to leaving yet women did not distinguish this until months or years subsequent to clearing out.

Intimate partner violence has been associated (WHO, 2002) with a significant number of risk factors whereby male individuals have a high probability of being perpetrators than women. A study by (Tom & Musingafi, 2013) revealed that extra marital affairs have been the main cause of intimate partner violence whereby at most men are the offenders. Infidelity in most families has become the order of the day which has led to a number of suicides. Due to infidelity many relationships has been associated with poor communication hence people resort to physical violence stemming from frustrations in both spouses rather than solving issues delicately. According to (Lancet, 2002) high levels of conflicts accompanied with verbal disagreements in relationships contribute to IPV. Partners experiencing marital instability are at high risk of IPV and are further exposed high risk of being stalked and attempted murder. There has been a number of social stressors associated with IPV and these include fights about contravening the traditional gender norms and failure to practice ethnic stereotypes of a good women. In some parts of the world factors that lead to IPV against women include lobola disputes, not bearing a son, drinking alcohol and quarrelling about their spouse's drinking habits. Violence is normally used by some men in resolving the predicament of male identity, usually caused by poverty and the incapacity to control women. The risk of violence is highly prevalent in societies where violence is used in many situations and is a highly socially acceptable norm.

Worldwide, intimate partner violence is a spectacle that is taking place irrespective of race, culture or ethnicity. It is of vital importance to take examine the effects of IPV on the psychological wellbeing of women. It is important for researchers to investigate the emotional

problems of IPV on psychological wellbeing among the abused women so as to come up with strategies to eradicate this problem and increase psychological wellbeing.

1.3 PROBLEM STATEMENT

Intimate partner violence is gradually becoming an alarming issue in Zimbabwe due the quantity of women recurrently seeking for psychotherapy and lawful backing from Musasa Project regional offices. The relentlessly harsh economic environment has added new driving force to domestic and sexual based intimate violence hence Musasa Project regional offices have expanded country wide. This study therefore seeks to find out the reasons how and why women endure and stay in abusive marriages rather than leave.

1.4 SIGNIFICANCE OF THE STUDY

The findings from this research will profit different people in the society which include the victims, and perpetrators of intimate partner violence and the public at large. This research is of vital significance to everyone in the society because sufficient knowledge on IPV will promote coming up with strategies that alleviate IPV hence reducing psychological effects, nurturing the development of mankind and help them live a healthy and happy life. The study will help in reducing stigma against women who stay in abusive marriages. The results of the study will help victims of IPV to be able to recognize the characteristics of mental health problems associated with IPV hence giving them the opportunity to seek psychotherapy immediately. The study will help enlighten the society of the clinical significance of capability in identifying, evaluating, and responding to intimate partner violence. The research will be a tool for the government to address the issues of intimate partner violence and help survivors who need back up from the authorities.

1.5 RESEARCH QUESTIONS

1. How do victims of recurring intimate partner violent marriages survive?
2. Which factors influence women to stay in intimate partner violent marriages?
3. What are the effects of recurring intimate partner violence on women?

1.6 OBJECTIVES

- To identify how women survive in violent marriages
- To examine women's experiences in violent marriages
- To identify the reasons that influence women to stay in abusive marriages
- To identify the effects of recurring intimate partner violence.

1.7 ASSUMPTIONS

The study was based on a substantial number of assumptions. The researcher agrees to that:

- Respondents to the study will collaborate and provide genuine answers to questions asked during the interview.
- Participants of the study will provide rich information of how and why they survive violent marriages.
- The research will help the government come up with solutions to alleviate issues of violent marriages.
- Intimate partner violence is widely recognized and measures are being taken to reduce it.
- Intimate partner violence is generally a substantial threat to progress of humanity.

1.8 PURPOSE OF THE STUDY

The study seeks to identify the reasons that influence women to stay in abusive marriages. The extent at which they have experienced various forms of intimate partner violence and to identify the coping strategies they employ to cope and survive the violent marriages looking at women seeking psychotherapy at Musasa Project in the Harare Urban. The aim of the study is to help the government come up with ways of reducing intimate partner violence and help women who are being abused recurrently and in need of back up of the authorities.

1.9 DELIMITATIONS

The study is focusing on women who are victims or who have been exposed to violence before in Harare Urban who have sought psychotherapy services at Musasa Project. The researcher trusts that respondents attending Musasa Project will provide rich information which will be used to identify the reasons why women stay in abusive marriages and the coping strategies they use to deal with the recurring violence.

1.10 LIMITATIONS

Owing to the constrained extent of this project the researcher was not able to research how women's belief in Higher powers are affected after they have realised that their partner will not their change negative behaviour, in spite of firm convictions that Higher powers will improve their circumstances. Subsequently future study will investigate the correlation amongst spirituality and distress to show how it impact survivors of intimate partner violence's faith in the higher power.

1.11 DEFINATION OF TERMS

- **Intimate partner violence:** Any behavior by a man or a woman within an intimate relationship that causes physical, sexual or psychological harm to those in the relationship (WHO, 2009).
- **Victim:** an individual who is harmed or injured and is the target of intimate partner violence or abuse.
- **Perpetrator:** is an offender who inflicts or perpetrates violence on an intimate partner.
- **Survivor:** an individual who on in a difficult relationship despite being abused or traumatized.

1.12 CONCLUSION

This introductory chapter laid the basis of the study by outlining the related background of the study. The chapter outlined the statement of the problem, objectives, assumptions, and purpose of the study, limitations and delimitations as well as the definitions of major terms in the study.

CHAPTER TWO: LITERATURE REVIEW

2.1 INTRODUCTION

The chapter serves to give evaluative information related to the reasons why women in abusive marriages endure and stay rather than leave the marriage. This chapter will highlight the previous literature related to this research problem from other authors. This will be followed by a description of the theory that explain how women survive and the reasons why women stay in abusive marriages and lastly, the subject matter will be reviewed in line with related studies, from which the knowledge gap was identified.

2.2 THE CONCEPT OF INTIMATE PARTNER VIOLENCE

According to Saltzman et.al (2002) intimate partner violence comprises of physical abuse, sexual abuse, pestering or stalking and psychological hostility including coercion perpetrated by a current or former intimate partner, one has an intimate personal relationship with characterized by regular contact, emotional connection ,a current physical contact and sexual relationship. Patterns of intimate partners include existing or a former spouse, fiancés or fiancées, courting partners, or sexual partner and it can occur between same-sex couples and does not necessarily need sexual intimacy.

According to Centers for Disease Control and Prevention, Division of Violence and Prevention (2016) intimate partner is an individual with whom a person has had a close relationship involving emotional connectedness, with regular contact, an ongoing sexual and physical behavior, identified as a couple and one with whom an individual has knowledge and familiarity of each other's lives.

(Hart & Klein, 2013) Physical, sexual, psychological, economic abuse and stalking are the five multi-faceted sources of violence and abuse that perpetrators utilize to achieve, maintain and regain control of their intimate partners. Coercion or terroristic threats coupled with any of the five methods of abuse is intimate partner violence.

Similarly, Bobonis, Castro and Gonzales-Brenes (2009) describe intimate partner violence as physical violence such as pushing, throwing objects, striking by hands or things like belts, shoes, attacking by a hoe, knife or axe, and shooting, sexual including forced intercourse, and demanding sex, emotional abuse which ranges from least severe, which include destructing or hiding spouses' belongings, ignoring a spouse or silently treating her to higher severity such as, intimidating a spouse using a weapon or threatening to kill himself, or the spouse or their children.

However, according to Nicolaidis and Paranjape (2009) IPV in terms of gender equilibrium it's a vehemently contested. Feminists define IPV as recurring behaviors that are used to control an intimate spouse. The significance of IPV is placed on power dynamics, the intention behind and the magnitude associated with the violence. According to this view, IPV is perceived as a man's violence against their female partners. Dobash and Dobash (1979), Walker (1979) purports that this definition was proposed by academics and clinicians through the eyes of feminist theorists who based it on a qualitative research of battered women who were accessing safe havens and health services.

2.3 RATE OF INTIMATE PARTNER VIOLENCE GLOBALLY

Recent studies by United Nations Women (2014), *Peace Begins @Home, Violence Against Women (VAW) Baseline Study* purports that the most prevalent intimate partner violence is emotional violence with an overwhelming 56% of the 3326 women respondents confirming to have experienced it in their lifetime. The study revealed disturbing levels of underreporting of violence to the police which has resulted in most women suffering in silence thereby increasing the recurrence of the problem. Past research on intimate partner violence (World Health Organisation, 1999) takes note of its alarming levels in Germany, in which one in four women experience intimate partner violence at least once in their lifetime, in Russia every nine minutes a woman is abused, every 77 minutes dying at the hands of a male perpetrator, and about 17 000 die in Russia alone.

Further research, in Uganda, World Health Organization surprisingly revealed that 70% of all men and 90% of women view beating a wife as a harmonious way of resolving a conflict. In areas where war is rampant there is gross mistreatment of women mainly the adversary's women and this is considered a typical warfare tactic especially in countries such as Sri Lanka, Bosnia

and Rwanda. This also has a connection (United Nations,1995) with abducting women and children through human trafficking for the purposes of exploiting them sexually.

Further research by (World Health Organization, 2012) of about 24 000 women respondents from 10 countries representing different cultures, geographical and urban settings unveiled quite an alarming trend of high prevalence of IPV in countries studied. It revealed that 13-61 % respondents reported ever having experienced physical violence by a partner, 6-59% reported being sexually abused in their lives and 20-75% experienced at least an emotional abuse from a partner. Countless women deliberated that psychological effects associated with IPV are more dangerous than the physical injuries incurred. Study results by the WHO Multi- Country Study on Women's Health and Domestic Violence revealed that women who were victimized by an abusive partner were considerably three times more likely to attempt suicide. Among the 10 countries surveyed, (World Health Organization, 2004) the victims of IPV at any given point of their lives they are considerably more likely to have indications of emotional distress during the time they were being interviewed.

2.4 RATE OF INTIMATE PARTNER VIOLENCE IN ZIMBABWE

Zimbabwe's National Report to the Fourth World Conference on Women (held in Beijing in 1994) expressed that abusive behavior at home is the most pervasive type of brutality against women, and that this conflicts with the image that a house is a safe place. In 1997, the Zimbabwe Republic Police reported that ordinary more than twenty women are physically attacked by their spouses. Further, "abusive behavior at home records for more than 60% of the homicide cases that experience the Harare courts." December Green, taking note of that Zimbabwe is one of only a handful couple of nations to have gathered information on wife beating.

The administration of Zimbabwe gauges that spouse beating happens in eight out of ten homes. The quantity of instances of spouse beating reported in Harare alone bounced from 418 in 1988 to 5000 in 1990. The WILDAF (Women in Law and Development in Africa) report found that one in three Zimbabwean females are physically struck, one in two are mentally mistreated, and one in three are sexually exploited (Watt, Osam &Win, 1995). As per a Zimbabwean right hand magistrate, abusive behaviour at home records of more than 60 percent of the homicide cases at the courts. While it is indistinct whether these figures speak to a genuine increase in spouse

battery or whether the instruments for reporting have enhanced, such an acceleration in the quantity of cases by more than ten times in a two year term warrants further study.

A striking percentage increase in the reported number of women battered by their husbands happened towards the start of the financial emergency and the resulting inconvenience of the Economic Structural Adjustment Program (ESAP) in Zimbabwe. The quantity of reported instances of assault additionally rises, especially after 1990 with the financial emergency and the reception of ESAP.

Such statistics suggest that women who are victims of IPV most of them are incapable of willingly reacting to such abusive partners and incapable of perceiving the threats to their health and self-efficacy that occur regularly such as physical abuse. According to Musasa Project the progressively tough economic environment of Zimbabwe has increased high rates of IPV and women in search of psychological and legal support from Musasa Project. Musasa Project's report (2015) highlights that in 2008 the organization would counsel at least an average of 150 survivors per month. But however, at the mean time the numbers have increased to more than 350 per month.

2.5 CYCLE OF INTIMATE PARTNER VIOLENCE

According to Canadian Resource Centre for Victims of Crime (2013), the intimate violence that women encounter in harsh circumstances is not regularly a consistent ill-treatment, but instead recurrent. It can come in various forms, for example, terrorizing, punches, slaps, kicks, and rape pushing or emotional abuse. It is regularly remarkably erratic. Even though there are no two women that are battered similarly, specialists have perceived that intimate violence for the most part takes after a cycle made up of three stages. These stages are:

The pressure building stage – In this stage, the abuser's displeasure develops. Frequently the survivor is subject to minor battering like slaps, verbal abuse or pushing. Numerous women endure this minor mistreatment trying to keep the mistreatment from raising.

The intense battering stage - In this stage, the mistreatment increases and the perpetrator gets to be to a great degree rough. Extreme beating and mishandle happen in this stage. The casualty experiences sentiments of aggregate powerless and her lone concern is survival.

The serene or cherishing stage - The perpetrator, in this stage, perceives the damage done. The casualty generally has profound cuts or broken bones. The perpetrator feels remorseful in the wake of seeing the harm that has been dispensed and guarantees not to ever touch the casualty again. The survivor regularly "tricks" herself into trusting the abuser - despite the fact that he has guaranteed this sometime recently.

2.6 PROCESS OF SURVIVING INTIMATE VIOLENT MARRIAGE

Previous qualitative studies (Bergen 1995, Kelly et al 1999, Kearney 2001, Burke et al 2001, WHO 2002) explaining various cases of battered women, identified conjoint themes that describes the process of surviving IPV and laid out the coping strategies employed in trying to survive the abusive intimate marriages which include self-blame ,recovery ,periods of self-denial and disengagement. The battered women go through various stages differing in length and intensity rendering to the socio-cultural, economic, psychological resources accessible to them and to the conduct of the perpetrator. Mainly they include overlooking initial violence, enduring through stifling oneself and being watchful on the perpetrator's behaviour, random violence, immobilization and undermining the abuse when its increasing ,being resistant, identifying the abuse as unbearable and unacceptable ,and leaving the marriage. (Bergen 1995, Kearney 2001).

2.6.1 Overlooking initial/early violence

According to Bergen (1995) several women are involved in intimate relationships at a vulnerable point and time of their lives .Due to the social learning and socialization ,culturally women are socialized in a way that sustain them in abusive marriages that is when the relationship become abusive. Various women have a loving character which include being loyal, (Kearney 2001) building the home, making sacrifices for the family and others at their expense, being very tolerant to disappointments ,and in the midst of challenges coming up with ways to fix them. During the early stages of the relationship the victim is usually shocked and often left out in disbelief after being abused and consider the unpleasant occasion as a mistake and in some cases failing to identify it as abuse. In instances of women with substance abuse issues they usually delay in realizing that there are in danger (Bergen 1995, Burke et al 2001).According to Kearney (2001) it's only those that are financially independent and who do not really hold views of sacrificing for love end the relationship during the initial occurrence of violence.

2.6.2 Coping through stifling oneself, and being watchful on the perpetrator's behavior

Recurring of abuse prompts the survivor to come up with coping strategies to enable her to endure the violence. Kelly et al 1999 purported that survivors they try to enjoy the good moments and ignore or even forget about the bad day. The survivors rationalize the abuse and often hold high hopes that the relationship will change and usually blame themselves, and try in all endeavours to change their behaviour and adopt to the one that suits their partners. The survivor end up submerging some aspects of herself which include her emotional responses, carrying out undesired tasks, abandoning her identity for instance her job, and family ties (Kelly et al 1999, Kearney 2001). Various survivors of IPV they are active and not passive they plan and come with strategies that keep them and their children safe for instance hiding document, keys and weapons etc. They become very watchful on the behaviour of the perpetrator so as to reduce their risk of being injured, battered and avoiding provoking their abuser. They avoid provoking the abuser through reasoning, being submissive, keeping quiet, placating him and at time manipulating the situation just to avoid being provocative (Kelly et al 1999, Kearney 2001, Goodman et al 2003).

2.6.3 Immobilization and demoralization

Kearney, (2001) highlighted that as violence recurrently occur it become highly unpredictable and hard to avoid or control and this leads to an increase in depression and demoralization. The survivor begin to trust the perpetrators definitions of the situation at hand and ignore or doubt their insights of reality especially when they do not hear the views of others concerning their situation (Bergen 1995). Some survivors, survive with substance abuse for instance drinking alcohol, and taking recommended drugs to deal with the depression and this may result in the survivor being emotionally numb and their perceptions concerning the relationship become blur (Bergen 1995, Kelly et al 1999, Kearney 2001, Burke et al 2001). Due to feelings of incapacitated by fear, isolation and being controlled by their partner they eventually accept the abuse as something actually better than leaving the marriage and develop skills that minimize the abuse, hiding that they are being abused from their children, neighbours and relatives, making excuses for the abuser's behaviour so as to avoid interference from outsiders.

2.6.4 Redefining the intimate relationship

Due to recurring abuse the survivor suddenly redefines the relationship (Kearney 2001, Burke et al 2001) as very abusive and absent of love influenced by relatives and friends who will be intervening after realizing that the victim is experiencing recurring abuse, an intensification of the violence in severity ,after the violence has extended to others such as children being threatened and battered as well, (Kearney 2001, Bergen 1995) accumulating internal hurt and increase in disillusion which outweighs the hope of improvement that the survivor held, an increase in self-regard and esteem because hearing the stories of others which makes the survivor realize that independents is very much possible.

2.6.5 Resistance and disengagement

Survivors of IPV when they define violence ,accommodation and generosity as unsatisfactory, they get to be furious and start to utilize techniques of resistance, and expressive and physical withdrawal from the relationship, for example, battling back, rejecting to meet part of the abuser's requests and directions, leaving, getting some answers concerning their alternatives, making or re-production strong connections, utilizing formal helping systems, investing energy outside the home, or seeking after individual objectives (Bergen 1995, Kelly et al 1999, Burke et al 2001, Kearney 2001, Goodman et al 2003)

Survivors implore these strategies of disengaging from the relationship, being resistant, engaging with others for instance friends and relatives, help them build up psycho-social resources and helpful skills in order to contemplate, challenge and do well in surviving in and outside the relationship. In the process whereby the survivor tries to recover from the trauma she was experiencing, she redefines herself, establishes a new life but however this brings about new challenges which include economic instability, terminating her emotional attachment to the perpetrator, relocation, disruptions on social life, increased unpredictability, legal challenges concerning child custody, ongoing hurt, disturbances that affect the survivor and the perpetrator as well as their children (Kearney 2001, Griffing et al 2002).

2.6.6 Change as a spiral process

According to Burke et al (2001) accounts of survivors' experiences in dealing with intimate partner violence has phases which include non-recognition, acknowledging that there is a problem, considering and coming up with options and safety strategies that serves them from

being abused. They fitted a trans theoretical model of change in trying to explain the phases that occur in abuse relationships (Prochaska et al 1992).The trans theoretical model outline progressive change stages and these are as follows: pre-contemplating, contemplating, preparing, taking action and maintenance. It is linked to cognitive and behavioural changes that take place which include self-re-evaluation, consciousness awakening, self-liberation, reinforcement management, stimuli control and re-evaluation as well as being socially liberal, establishing supportive relationships, which brings about relief due to expressing feelings and being open to others. This helps us understand how women end up removing themselves in the relationship and re-establishing their lives. The theory outlines how change is spiral process rather than linear mainly influenced by change in perspectives regarding marriage, self-efficacy and considering the cost benefits. Clearing relapsing is inevitable and expected throughout the stages of progress. Brown (1997) purported that this model makes people understand the reasons why various survivors leave and return their abusers a couple of times.

2.7 GLOBAL FACTORS THAT INFLUENCE WOMEN TO STAY IN ABUSIVE MARRIAGES

Many women are being abused everyday but they do not leave their partners due to a number of factors (Mitchell ,2009a).Mostly if one is economically reliant on their partner and too emotionally attached it's hard for the victim to leave the relationship especially when they are married. In some instances it is actually dangerous for the victim to leave if they are dating a psychopathic partner with anger issues. Just like a frog placed in a pot of boiling water, it jumps out immediately ,but if you place it in cold water and boil it slowly, it will not perceive the danger eventually it is cooked to death. In most cases a woman abused during early stages of a relationship she is most likely to leave the relationship there and there but with time as the attachment increases it becomes hard for the women to leave till they are abused severely and even to the point of death or deformation.

2.7.1 Economically relying on the spouse

Lack of financial independency and failure to have an option method for financial backing that is the interdependency (McGee & Susan, 2005) between the survivor and the perpetrator gives another clarification of why women stay in abusive marriages. Family salary may for instance be subject to the perpetrator's capacity to work, something he can't do while being in jail and the

survivor cannot acquire the monetary benefits outside the marriage if they leave. In many nations in the man has customarily been the essential provider of the family. For some families this is still the truth.

2.7.2 Lack of social support from family and friends

Absence of backing from family, companions, and collaborators has additionally been recognized as an obstruction to leaving and a purpose behind staying (Ulrich, 1989). Inside the setting of intimate partner violent marriages, women often turn out to be increasingly isolated from family and companions. Unremarkable reproaching of women for the violence in their lives and for staying with their abuser adds to their segregation (Ulrich, 1998). The shame experienced by women in oppressive relations is developed to some extent from the mistreatment, yet is aggravated by the accuse others ascribe to her for bringing about the violence (Landenburger, 1993; Ulrich 1998). The shame connected with violence results in the women not conversing with others about her circumstance and loss of self-efficacy emanating various other women (Landenburger, 1989, 1998; Herman, 1992; Moss, Pitula, Campbell, and Halstead, 1997). At some point, self-hatred results from dread, seclusion, and constrained reliance (Herman).

2.7.3 Fear of retaliation

Fearing the perpetrator may impend to hurt or even kill his or her partner or take away or hurt the children if he or she attempts to leave (Arias et.al 1997).The perpetrators normally challenge to find the survivors, bestow damage, or kill them in the event that they end the relationship. The fear turns into a reality to numerous survivors who are stalked by their accomplice subsequent to leaving the marriage.

2.7.4 Love and hope that the spouse will change

Women frequently trust that in the event that they simply invest more energy, love more, or be a more commendable individual, then the violence will stop since they will never again be meriting it (Fraser, 2005; Power, et al., 2006; Wood, 2001). Leaving a damaging marriage might be troublesome for women on the grounds that the considered existing outside a private relationship is frequently more unbearable than staying in a distressing one. This is on the grounds that social understandings of love as often as possible embrace the private relationship as the pivotal purpose behind women's main purpose of living (Fraser, 2005). It has been

contended that leaving a harsh relationship can be troublesome for women in light of the fact that "the craving to be adored, and to love impractically is vital to understandings of self to women" (Power 2006). The idea that intimacy can be spared and that it is a women's part to invest more energy mirrors the sentimental convictions that beseech women to assume liability for relationship achievement (Wood, 2001; Fraser, 2005; Power, et.al, 2006). Women may acknowledge their mistreatment as a component of the predetermination of genuine romance and the need to keep up affection notwithstanding all difficulties (Hayes and Jeffries, 2013).

2.7.5 Public perception

Societal beliefs concerning marriage and parenthood ordinarily relate women with demonstrations of undying dedication and loyalty obliging them to focus on and chip away at keeping up their marriages nevertheless when they are oppressive (Fraser, 2005). Women are worried about the interruption of their kids' lives that accompanies partition, including the kid's relationship to the harsh partner, changes in living environment or school, and additionally changes in financial situation. Confidence in emotional love organizes social support most importantly else and recommends that, "affection itself can conquer all hindrances", even intimate violence.

2.7.6 Believing abuse is normal

The society at large is exceptionally dynamic in assessing intimate relationships. From the point of view of society brain research, frequently abusers are distinguished as seriously harmed somehow. Also, in light of the fact that women are associated with going up against the sustaining part seeing someone, they may feel compassion for the perpetrator and assume some responsibility for "altering" them (Hayes and Jeffries 2013). Therefore, numerous women from start they do not realize they are being mistreated by their spouses. For instance, when one spouse needs to know the whereabouts of the other each moment of the day, makes various telephone calls to her, shows envy or demoralizes her from seeing her companions so that each waking minute can be spent together this might be translated as a charming exhibit of adoration as opposed to a 'warning' (Power, et al., 2006). Earlier research proposes that it can require investment for "women to make sense of" that these sorts of practices are not "enthusiastic" but rather "upsetting and crippling" (Fraser, 2005).

2.8 PSYCHOLOGICAL EFFECTS OF INTIMATE PARTNER VIOLENCE

Findings by Warshaw et.al (2009), show that women who are victims of diverse forms of ill-treatment for instance childhood abuse; involuntary sexual act; historical, cultural trauma, intimate partner violence exposes them at a greater risk of developing posttraumatic mental health circumstances, which include substance abuse a common method believed to be a pain reliever and coping with anxiety, depression, and sleep disorders being caused with current or past abuse.

Addiction to power by man who feel their women are not being submissive to them can lead to intimate partner violence. Times have changed, most households these days seem to be headed by woman. Thus when a woman is working and the husband is not, he might feel that his wife is not being submissive hence they end up abusing their wives.

In a research by Mitchell (2009a) socioeconomic factors expose women to abuse and this leads to development of various mental health due to socioeconomic factors which contribute to risks of mental well-being sequelae such as panic attacks, despair and substance abuse. By way of illustration, low-income women throughout their lives they are at high risk of being abused with their partners because of their helplessness and dependency.

Studies have shown that, from cradle to death occurrence of relentless physical and sexual assault among low income women is 84%, about 63% have been assaulted physically while they were children, 40% were sexually assaulted as kids, whereas 60% were physically battered with an intimate partner.

According to (Hart & Klein, 2013) studies frequently reveal that most battered women usually undergo post-traumatic stress disorder. In a research of assaulted women there was 48% prevalence of depression and that of Post-Traumatic stress was 64%. Furthermore, half of the victims of IPV who have experienced PTSD have prolonged symptoms of PTSD through they are no longer in the violent rapport for 6 to 9 inordinate length of time.

In a study by MacFarlane (2002) victims of IPV are most likely to engage in high risky behaviours that jeopardize their health through high risk behaviours than women who have not been abused before depending on the severity of the violence they have experienced .The higher

the severity, the stronger the risky behaviours which include suicide attempts, depression, and drug abuse.

Follingstad (2002) purports that being subjected to constant abuse intensify symptoms and inhibit recovery, which makes it hard to access services such as safe havens and this increases the perpetrators' control over the victim.

Eseré et al (2009) investigated consequences of IPV being perpetrated against married women residing in Nigeria. Twenty women were selected through purposive sampling and their age ranged within 22-40 of years. The results revealed that intimate partner violence was a result of uneven power relations, drug abuse and as well as jealousy.

The consequences revealed by respondents included physical injury rated 31.87%, regular headaches rated 27.27%, sleeping problems rated 18.18%, disproportionate fear accompanied with anxiety rated 9.09%, some were disgusted by man (4.55%) and some had suicidal thoughts (9.09%). Furthermore, Tjaden and Thoennes (2000) revealed that women with jealous spouses were more likely to report about being raped or battered.

2.9 THEORITICAL FRAMEWORK

2.9.1 Psychological entrapment theory

Psychological entrapment, purports that level of responsibility and commitment in a relationship increases and depends on the level of investment an individual has invested in that relationship as it increases. For instance, a wedded woman may have invested a lot of time, energy, and cash attempting to make her marriage work. In spite of the fact that she keeps on feeling disappointed with the status of her relationship, she may keep on investing additional time and vitality into the marriage so as to legitimize her past costs. Thus, the woman has put a lot into the relationship to leave (Teger, 1980). Time gets to be both an investment and a cost. Keeping in mind the end goal to legitimize the measure of time spent on the relationship, she should keep on investing time. Even though potentially unattainable, it is trusted that investing more time and energy will expand immediacy to the wanted objective (Rubin, Brockner, Small-Weil, and Nathanson, 1980).

Various conditions are required to improve the probability that psychological entrapment will happen (Brockner and Rubin, 1985; Strube, 1988). To start with, people must perform different deliberate, objective coordinated practices that are required to be remunerated in the long run. For instance, a woman may stay in a violent relationship and habitually follow her partner's solicitations in the trusts that those practices will in the long run lead to a deterioration in abuse and enhanced relationship fulfillment. Initial unproductive endeavors at achieving these objectives are trailed by an expansion in investment. Along these lines, in spite of the fact that the individual's compliance with the partner might be inadequate in avoiding future violence, that individual may trust that she essentially did not invest sufficient effort to enhance the relationship. Accordingly, the individual may stay in the relationship and boost her relationship-nurturing practices, for instance consistence with spouse's suggestions, fondness towards spouse. People might be conflicted, about whether to keep investing hoping that in the long run they will achieve their objective, or discontinue the in investing, maintaining a strategic distance from any extra expenses, however basically losing all already contributed resources. This argument may explain why survivors of IPV hardly make efforts of leaving a violent relationship before terminating the relationship forever. A battered women may perceive that her endeavors at enhancing the relationship are unsuccessful, however she might be reluctant to leave the home, assets for instance, cash, resources, shared companions, and relationship where she contributed so much time and vitality.

Psychology entrapment is likewise more liable to occur in circumstances where the likelihood of achieving the objective remain uncertain to people and these same people trust that they have options in seeking after the objectives (Rubin and Brockner, 1975; Brockner and Rubin, 1985; Strube, 1988). On account of IPV, the survivor might be uncertain regarding whether the relationship would ever be "without violence" and may trust that she has the choice to leave or stay in the relationship. Social attractive quality and sentiments of moral obligation regarding results seem to reinforce psychological entrapment (Brockner, Rubin, and Lang, 1981; Staw, 1976). Thus, people who are worried about how leaving the relationship would be seen by others and the individuals who feel responsible for the violence might be more inclined to psychological entrapment. Moreover, entrapment will probably proceed when the individual just needs to settle on a latent choice to submit, yet should make a lively decision to quit the relationship (Rubin et al., 1980). For instance, a woman must take particular activities to end a

marriage for example, documenting divorce printed material, moving out of the home. In any case, a woman's choice to keep on staying focused on the marriage just requires the individual to stay in the marriage. The less a woman knows about dangers related with continued commitment, the more probable that individual will get to be entrapped (Rubin et al., 1980). In this way, a woman who is less mindful of the dangers involved in staying in violent relationship will probably turn out to be psychologically entrapment.

2.10 KNOWLEDGE GAP

At hand are various gaps in the literature on partner violence, which include the reasons why women stay in abusive marriages and the correlation between different types of IPV, like emotional reproach and physical battering. There is scarce information on the consequence of IPV, together with the level of harm and victims' use of therapeutic services as well as justice systems on how the government is intervening. Hence it is necessary to fill in the gaps and try to recognize reasons why women stay in abusive marriages and the effects associated with recurring IPV and also identify the assistance they need.

2.11 CONCLUSION

The findings on the aforementioned researches contained within the current study indicate that women who have a history of experiencing IPV and despite recurring intimate violence in their marriages they still decide to stay for some reasons like fear of retaliation. The review have highlighted need for transparency on the factors influencing women to stay in the abusive marriages.

CHAPTER THREE: RESEARCH METHODOLOGY

3.1 INTRODUCTION

The objective of this chapter is to lay down the procedures and methods used by the researcher while conducting the study on “experiences of women recurrently undergoing psychotherapy at Musasa project”. This chapter serves to give a guide concerning the research design naming its weakness and strengths as well its suitability to this study.

3.2 RESEARCH APPROACH

A research paradigm is generally an approach which a researcher chooses so that it incorporates diverse components in the study in a way that is comprehensible and rational in that way guaranteeing the researcher an effective way of addressing the research problem. A research design points out the data that is required in the study, the methods which will be used for data collection and its analysis and how it will enable answering of the research questions at hand. (Barker, Pistrang, Elliott, 2002) purports that research design explains what time and as of when will the data be gathered. For instance: Who will be the respondents? Deciding if an experimental design is to be used? What are the ethical concerns to be considered?

The researcher employed a qualitative research design. The qualitative design enabled the researcher to establish a rapport with the respondents which allowed them to be expressive, open and whereas, the researcher understood how these different individuals experienced and were

affected in what way with intimate partner violence. Qualitative research design entails establishing assertions based on constructive perceptions that includes the various meanings of different individuals experiences and end results, meanings socially and medically constructed, with the intention of constructing a theory, that are change oriented (Creswell, 2003).

Qualitative research design dwell much on the quality, nature and significance of human encounters. In qualitative research, the attention is on significance and comprehension (Draper, 2004). As indicated by Willig (2001), a qualitative research design produces (subjective) depictions or clarifications that can answer the research questions of a study. Even though quantitative design concentrates on examining words, the attention is on measuring the importance of the information by taking a glimpse of the factual significance of the information (objective), on the grounds that such an examination depends on factual data. A qualitative design will highlight how people understand the world and how they encounter different occasions and handle them, for example, being in a violent relationship (Willig, 2001). This makes a chance to welcome the individual encounters with respondents and investigating data that is not effortlessly open generally (Power, 2002).

Crewel (2004) pointed out that qualitative design tends to blow the fullness and complexity of societal experiences through paying attention to the engagements, connections and public perspective of life. Qualitative research is mainly designed for a small population sample.

Qualitative research has some remarkable advantages which includes being conducted on natural settings providing understanding and descriptive information of different respondents' personal experience, it also allows adoption of new issues in the middle of the research, and there is also room for cross-case contrasts and analysis. Nevertheless, the design has some weaknesses which includes being difficult to make measureable predictions, findings might be unique, confined to a small group of people and inapplicable in other settings.

3.2.1 Phenomenological approach

By utilizing a phenomenological approach in this study will portray the implications that the mistreated women join to their encounters of exploitation. The way of the examination questions will dwell on evoking the stories of the women who have experienced the phenomena of being exploited in marriage with their spouses .The reason for using a phenomenological methodology

is to enter completely, through composed depictions, into the circumstances of the women who participate in this study (Creswell, 2007). Therefore, a subjective examination plan established in a phenomenological methodology was proper for this study.

Inside the rationality of phenomenology which was established around the 1900's the matter and significance of a person's encounters and life world are stressed (Kvale and Brinkmann, 2009). The aim is to think about the individual from without his/her looks of individual, enthusiastic and social reality and the substance is the thing that the individual himself/herself sees as critical (Stevens, 1998). As per Robson (2011), the phenomenological approach expresses that since each researcher is one-sided with previously established preferences and suppositions about the phenomena that he or she is considering, this predisposition can, rather than being just put aside, be a valuable instrument in achieving acquiring profound knowledge and comprehension of the hidden implications of regular day to day existence encounters.

3.3 TARGET POPULATION

In this study, the target population were survivors of intimate partner violence between the 20-45 years of ages undergoing psychotherapy at Musasa Project in Harare. The target population was characterised with women that have rich information and experiencing violence in their marriages currently and have experienced multiple forms intimate partner violence.

3.4 POPULATION SAMPLE

Sample size is a procedure of choosing a small population in the aim of gathering data and analysing in which a conclusion is drawn for various purposes (Chambers, 1998). In this study, the sample size were 10 survivors of intimate partner violence with rich information undergoing psychotherapy at Musasa Project in Harare.

In this research, the researcher made use of purposive sampling technique to determine the sample as of the population on target. Purposive sampling is the most widely recognized examining procedure utilized for researching in a qualitative research design (Spradley, 1979). Along these lines, they could highlight how they could adapt mentally to recurring violence in their private connections that is marriage, and also thinking about the obstacles in the connections. Along these lines, the results of utilizing this methodology of testing is that it will

yield substantial discoveries of the accounts of mishandled women, while in the meantime adding to the writing in the field of aggressive behavior at home (Marshall, 1996).

The researcher used criterion sampling which involved examining individuals that is women who were meeting the criterion of being survivors of intimate partner violent marriages specifically going through recurrent intimate partner violent between the ages of 20- 45 years of age undergoing psychotherapy at Musasa Project.

While the researcher was choosing a sample population, the following steps were employed. First and foremost, the researcher undoubtedly defined target population which is a precise group of individuals who possess the characteristics in question. The researcher chose the married as long as they are survivors of recurrent intimate partner violence.

The research, further identified the sample population which was accessible in terms of time, budget as well as availability of the people willing to share their experiences of intimate partner violence which enabled the researcher to gather concrete knowledge.

Those that were eligible included being a female survivor of opposite sex partner mistreatment between the ages of 20-45. There was no age limitation of the members chose, be that as it may, women between the ages of 20-45 were given inclination, so as to examine the different elements influence women to stay in abusive marriages. For example, the choice to leave a damaging relationship for a women who has kids, might be not quite the same as that of a women who has no youngsters. Hence, more seasoned women may likewise add to the profundity of a comprehension of why women would stay for a considerable length of time in distressing relations. These women have different financial statuses in Harare. The purpose for this is to analyze whether women with a low-financial status or high financial status have the same views concerning staying in an abusive relationship.

3.5 RESEARCH INSTRUMENT

According to Strauss & Corbin (2000) a research instrument is a tool used for data collection in a research to find explanations to the problem in question and investigation. The researcher utilized semi-structured interview as a technique for information gathering. The researcher was occupied with investigating the ten women's stories of their encounters of IPV. The meeting is seeking for qualitative information communicated in ordinary dialect, as opposed to measurement. (Kvale,

2006). In this way, the women can depict as definitely as could reasonably be expected what they have encountered and felt both amid and past their encounters of violence. By using a qualitative meeting, the objective was to comprehend the individual encounters of each of the women who persevered the violence and are still in the marriages. A semi-structured interview is the most well-known way of gathering phenomenological data. It opens up the likelihood to make inquiries and react further to each of the ladies' reactions with an end goal to improve the points of interest of a lady's story (Watson, 2009).

The researcher developed a semi-structured interview guide which were used during the interviewing survivors of intimate partner violence. These semi structured interviews were mainly focusing on these women's experiences of intimate partner violent, reactions and responses to the violence, their marriage life and history, coping strategies employed to cope with different forms of abuse, reasons for staying in abusive marriages ,social life with others relatives, neighbours, and work colleagues, and their children's state.

The interviews were associated with face to face communiqué amid the examiner and respondents. Face to face interviews were selected over telephone interviews because the respondents will be more open and expressive. Interviews can be very effective since investigative questions are asked and are very flexible as facial expression will be expressed while a responded is responding to interview questions (Jacobs, 1992). These expressive actions reveal feelings of the respondents though they can be hard to interpret.

The strengths of in-depth interviews

- ❖ They facilitate establishing a rapport with the respondents which enables to seek clarification when the interviewer does not understand and wants to find out more about a certain issue at hand. They enable the researcher to obtain rich information about the circumstances that are at play in these survivors' lives.
- ❖ Where the researcher does not understand well she would make us of probing questions that made the respondent explain further. Open-ended questions allow an individual to reveal more information not confined to one thing. They allow rephrasing questions unlike questionnaires when a respondent do not understand or misinterpret the question they will answer wrongly.

- ❖ The interviews allow interpretation of nonverbal cues. The researcher will easily observe the facial expressions of the survivors and feelings involved when they are narrating their stories which enables to know how they felt about their situation and perpetrators. They also allow researcher to be empathetic which makes the respondents very comfortable and expressive about their situation without fear of being judged.

Weakness of in-depth interviews

- ❖ When interviewing victims or survivors of intimate partner violence if the researcher is not careful it very easy to switch from interviewing mode to psychotherapy mode. Interviews allow intimacy with the respondents and emotional disclosure since these survivors most of them are fragile they long to be heard and when they find a shoulder of someone really willing to listen to them they disclose their feelings hence the researcher is tempted to switch from interviewing to counselling them. Hence the researcher was empathetic and maintained the atmosphere of interviewing.
- ❖ The respondents sometimes are inconsistent when narrating their stories and some parts of the story are classified and becoming missing. Therefore, the researcher banked on her temperament of persevering and probing to acquire the sought after information.
- ❖ In semi structured interview data analysis is quite complex, laborious and time consuming unlike structured interviews. The researcher collected data in time.

3.6 DATA COLLECTION PROCEDURES

First and foremost, a guide for the interview was enlisted by the investigator and a knowledgeable examination of the guide was carried out. The researcher acquired a letter of approval from the Psychology Department and took the approval letter to Musasa Project where the investigation was to take place.

The methodology, on the respondent's part in the qualitative procedure and subtle elements of how and where the meeting will be led were given. The researcher needed to choose an area that was free from distractions and consider the environment in which the respondents felt agreeable in sharing their stories. The researcher was offered a room at the Musasa Project where the

women routinely held their psychotherapy sessions. Accordingly, the area was commonplace and safe to the participants.

The researcher fabricated an interview guide which comprised a list of enquiries or questions which the researcher anticipated to explore throughout the interviews. The guide was organized so that similar information is obtained from different individuals and this also warranted good use of time. There was an organized and inclusive way of gathering information from multiple questions which helped to keep the interview focused and not straying away from the problems in question.

During the interviews the researcher was upholding privacy of the respondents in order to prompt in depth information as proposed by (Cassie, 1988).

3.7 DATA PRESENTATION AND ANALYSIS PROCEDURES

Data presentation is defined as a means of organizing and placing together findings in a permanent form for future use (Luck, 1987). The data collected from Musasa Project for women was manually analyzed by searching for universal statements frequently used by the respondents.

It was presented in line with the research questions that were guiding the study and analysis of the content facilitated the data analysis. The main aim was to decode the conceptual framework keen on a story line which will be read by easily by others. The researcher used graphs, tables and charts to present the data.

The researcher chose thematic analysis and narrative analysis. Narrative analysis allows respondents to stress distinctive parts of their encounters of intimate violence and development of subjectivity. The respondents chose and sorted out those parts of their encounters of intimate violence that they feel is imperative while permitting the researcher to catch the implications of their reactions (Parker, 2005).

Thematic analysis offers an available and hypothetically adaptable way to deal with examining qualitative information. The steps involved were as follows Braun and Clarke (2006):

- ❖ The researcher familiarized with the information gathered through perusing and re-reading, and understanding the data. The researcher translated the information.

- ❖ The researcher generated initial codes to allow others to identify patterns used.
- ❖ The researcher searched themes which involved altering codes into possible themes through bringing together all information applicable to every potential subject.
- ❖ The researcher reviewed themes analyzed so far. The aim was to ensure suitability of the themes to the facts, literature and research questions at hand.
- ❖ The researcher characterized and named the subjects.
- ❖ The researcher created the report. It was in this last stride that the researcher needed to make a determination of clear convincing concentrate cases relating it back to the research questions and the writing to produce an academic report of the investigation.

3.8 ETHICAL CONSIDERATIONS

Ethics are standards considered during partaking a research to ensure responsible behavior (Holt et al, 1998).It is important to uphold ethics in order to avoid crushing the rights of the participants in the research. Intimate partner violence is a very sensitive issue that requires highly upholding ethics.

3.8.1 Informed Consent

Respondents were given information about the purpose of the research and how the results will be used and the purpose of the study. After receiving adequate knowledge respondents provided their informed agreement. Informed consent was very necessary before conducting the study since some women are not willing to participate in these kind of interviews due to fear of disclosure. Hence there was need to seek their permission first before interviewing them and advising them that the research was only for academic purposes. The researcher did this in an attempt to foster the participants' confidence and creating an environment where highly sensitive issues are discussed openly and without fear of exposure.

3.8.2 Voluntary participation

Respondents were made free choice to participate without coercion and were free to withdraw at any point and time during the study without negatively affecting their involvement in future researches. Intimate partner violence studies require women who are willing to participate so that

they can fully disclose their experiences unlike someone who is being forced to participate unwillingly.

3.8.3 Anonymity

Anonymity a severer type of discretion than confidentiality was used. Respondent were allowed to remain anonymous. This helped the respondents to be more open without the fear of being exposed. There was need for anonymity that is withholding their names and their partners so that the participants will give rich information without fear of their names being exposed to the society and exposure to public ridicule. People tend to be more open when they remain anonymous than an individual who has given out their names. The researcher advised participants to use pseudo names.

3.8.4 Confidentiality

During the research the observer was upholding confidentiality of respondents by protecting and withholding their personal information that can lead to their identification. The academic treats and considers the proceedings of the research as confidential. Intimate partner violence is highly sensitive and its calls for highly personal information thus confidentiality took precedence.

3.8.5 Ethical approval

An ethical approval to embark on the research was acquired from Musasa Project for women who allowed the researcher to collect data pertaining to the study. There was need for approval and assuring the organization that results of the research will be used only used for academic purposes.

3.9 CONCLUSION

The researcher employed qualitative data collection method to give an impartial analysis on the surviving mechanisms used by women being abused in their marriages seeking psychotherapy services at Musasa Project and the reasons why despite the recurring abuse stay. Basically, the chapter outlined the research paradigm used and sampling methods employed in the study. The chapter enables the person who reads to recognize how the student derived the research findings from which are to be presented in the following chapter. The following chapter will dwell on data analysis, presentation and interpretation.

CHAPTER FOUR: DATA PRESENTATION, ANALYSIS AND INTERPRETATION

4.1 INTRODUCTION

The current study specifically draw data from semi structured interviews of eight (8) women who are survivors of intimate partner violence with rich information whom were selected for in-depth study. The data presented in this chapter dwells much on their socio-economic life specifically their early life in marriage, their experiences, reasons for staying in the violent relationships, and coping strategies employed to deal with recurring intimate partner violence.

4.2 RESEARCH FINDINGS PRESENTATION

Case one

Mrs. Chimuti (pseudo name) a thirty one year old woman from Chitungwiza. She has been a police woman stationed in Harare for ten years. She has been married since 2010 to a policeman. Her family comprises of two children a boy aged five (5) years old and a girl aged two (2) years. She highlighted that they used to be a happy couple and they would do everything as a family including shopping and eating together as well as make decisions together. Prior to their early years of marriage her husband was nonalcoholic but he started drinking in 2013 which prompted a negative change in their marriage. The husband distanced himself from her, and began to verbally, emotionally, economically and physically abuse her from the moment he started drinking alcohol.

She has been a victim of recurrent IPV for four years and she actually believes it is somehow normal for a husband and wife to quarrel here and there as long as they solve their issues. It is in her report that when her husband started drinking it was coupled up with different behavioral

changes which include infidelity, lying a lot and hiding his cellphone and (going to the bathroom with it) “*anoenda nephone yake kunogeza*” .

The husband withdrew from buying groceries at home and catering for the welfare of the family. She narrated that she started to question and feel very insecure about her husband’s behavior. One morning, her husband forgot his phone on the dressing table and she took the phone. She went through his call log and messages. She found out that her husband had four extramarital affairs. She explained that it affected her emotionally and she felt betrayed and worthless.

She narrated that she questioned the husband about his mistresses and he was not remorseful for what he did. The husband started battering her for questioning his loyalty to her from the period of February 2014 up to date.

Mrs Chimuti stated that her husband’s drinking habits worsened in November 2014. Almost every day she is either insulted or severely battered. She explained that the insults are usually coupled up with a few slaps .The husband beats her severely especially when she questions about his whereabouts. The husband abuses her in front of her relatives and children as well. She explained an incident where she was beaten in front of her children, mother in-law, sister and brother in-law after she had summoned them to discuss the issues concerning her husband’s behaviour without her husband’s consent.

She revealed that her husband also physically abuse her in front of her neighbours. She explained that she was insulted and beaten up for talking to her neighbours. Her husband accused her of gossiping and he battered her in front of the neighbours which he also insulted and warned them to mind their own business. She explained wearing a debased face “*ndakanzwa kunyara ini munhu wemupurisa kurohwa pamberi pevavakidzani*” (She felt ashamed of herself by virtue of being a policewoman and being battered in front of neighbours). She explained that at some point her husband was going to watch a soccer match and she requested to go with him. Her husband refused and battered her for pestering and insisting to go with him to the National Sports stadium were the husband was going for the soccer match.

She narrated that her husband stopped catering for the family and she took over the duties of buying food and paying rents. But when this went on without the husband changing she withdrew from doing all that. The husband’s abuse intensified because she ceased taking care of

the husband and this angered him. The husband would slap her and kick her questioning her about the whereabouts of her salary.

She explained the husband would spend days without coming back home up to the extent of going away for seven months. During the period he was away she explained that the husband's relatives moved in at their house in other rooms without her permission. She explained that her friends now find it hard cannot call her asking her about the status quo of her family because she is afraid that the relatives will spy on her. Her husband started calling and abusing her verbally through calls. She narrated that she stays at the same house with her cousin brother and her husband accused her of incest. He alleged that she was having an affair with her cousin brother. The husband reached the extent of informing H-Metro and the woman was published twice. She further explained that it destroyed her reputation at work and at home because her colleagues saw the story and now they gossip about her and some laugh at her. She received calls from relatives as far as Bulawayo questioning her concerning the story that was in the newspaper of false allegations concerning incest "*Nhaiwe kowapindwa nei kuita zvinonyadzisa kudaro unoshoresa mhuri*" (They questioned her about her morals). Her husband even reported the issue to the police and opened a docket of the false allegations which she explained it is jeopardizing her job as a police woman.

She explained that she no longer feels free around workmates, neighbours and relatives. She feels embarrassed reduced and her self-esteem has been lowered. But however she revealed that she anticipates that her husband will change since at times he is remorseful. Her friends who had the same experience have always given her hope by telling her that he will change. She explained that due to the society she feels embarrassed to make the first move of leaving her husband. She is afraid that people will think that she is promiscuous if she leaves her husband therefore she feels it's better to stay with him. To cope with the stress at home she explained that she usually visits friends and talk it over which makes her feel much better.

Case two

Mrs Cecil (pseudo name) she is thirty two years (32) in her second marriage with a twenty eight (28) years old man who is a Project Manager at a local construction company. She does part time (peace) jobs for a living and she lives in Ruwa. She has been married to Mr. Cecil for close to a year now but they have known each other for five years. She is heavily pregnant with her first

pregnancy in her life time which is now nine months. She explained that her current husband forced himself on her and had unconsented sex with her that's how she fell pregnant and became his wife.

Mrs. Cecil she explained that when she met her husband he said he was single. But she realized he was lying later when they were already married. She came to realize that her husband had another wife and a family and he had multiple partners. The husband frequently physically abuse her and verbally abuse her every time she request for money. He insults her in front of his friends and accuses her for being a gold digger. She explains that her self-esteem has been crushed since her husband has no regard for her. She narrated that she will always have a vivid memory of an incident where her husband battered her for complaining concerning morning sickness. Her husband accused her for being a weakling she explained that she was bruised and spent days in so much pain and unable to perform her normal duties. She explained that her husband told her to abort the pregnancy but she refused. When she refused to abort it the husband told her that she will take care of the pregnancy on her own "*nhumbu iyoyo ukasaibvisa uchaichengeta wega*" (Her husband told her that he does not want to take responsibility of the pregnancy).

She explained that she is facing emotional, verbal and physical abuse. Her husband frequently runs away from their home. When he is away he ignores her calls unlike the previous months when he would immediately pick her calls or respond to her "*call me back*". She narrated that whenever he returns after spending time away he thoroughly beats her up for questioning him about his whereabouts. She highlighted that she is now afraid of questioning him concerning his whereabouts and monetary issues because it provokes her husband. She explained that he doesn't buy food. Her husband tells her that "*uchafa nenzara pano kusvika nhumbu iyoyo yabva ini yangu mari hauidye kusvika wadzokera kumba kwenyu*" (She explained that her husband told her that he will starve her up to the extent of having a miscarriage and till she gives up the marriage). She explained that her husband did not buy baby preparation in preparation for the baby they are expecting and he is not even apologetic about his actions.

Mrs. Cecil explained that she survives on the provided food to her by her neighbours, she usually cooks and eat once per day. She explained that she is financially depended on her husband. She narrated that often times she sleeps at night without eating supper. However, her husband is not

moved he does not buy food neither does he gives her money to buy groceries. She explained she is beaten up for complaining that she is hungry.

She always anticipates that her husband will change since he used to be a good person during the first months of their marriage. She explained that whenever her husband is at home she goes to church or any near place just to be away from her husband, and when she is insulted she responds negatively at times. She narrated that her husband is power hungry and he does not want to be challenged. Every request for money he feels he is being challenged and it is always coupled up with slaps and fists. But however, she was referred to Musasa Project to seek legal action towards her husband's actions and assistance for her baby preparation material. She has hope that his will be a better man.

Case three

Mrs. Chita (pseudo name) aged twenty three (23) stays in Glen Norah and she is married to a soldier. She has a baby boy aged 1 year 4 months. She was married in the year 2011 at the age of eighteen (18). She is a house wife. She has been a victim of intimate partner violence for five years. She started seeking counselling at Musasa Project in January.

She narrated that her husband is aged twenty eight (28) and he is a soldier. She explained that when she first met her husband was a good man. It is her husband's second marriage he was divorced by his first wife because of infidelity. She explained that her husband abuses her economically, physically, emotionally and verbally. She feels her husband is abusive because he is a soldier misusing his skills and knowledge of war. She has come into terms that most soldiers are violent hence it is normal to her to be physically abused.

She is subject to economical abuse and physical abuse. She narrated that for the five years she has been married to her husband he only gave her twenty five dollars (\$25) for registering at the clinic for maternity. She survives on the money she is given by her relatives. She explained "dai pasina hanzvadzi yangu inotombondibatsira nekundipa mari yekubhadhara rent nekutenga chikafu hamenho ndairarama sei". (Her husband does not pay rent, or buy food and he doesn't take care of their child and her). She further explained that her husband changed her hundred dollars (\$100) she had been given by her brother and hid it. She explained that he exchanged it with a fake one and he took the original one she had "Imbava chaiyo akandichinjira \$100 yangu

yandakapihwa nehanzvadzi yangu kundiisira fake manje ndoda kumusungisa” (She explained her husband is a thief and she will press charges against him).

She explained that whenever she requests for money her husband insults her and her family members “mai vako muroyi chaiye ,manje kana maifunga kuti muchandidyisa mushonga wenyu haishande pandiri “ (She reported that he accuses her mother of witchcraft and for trying to use black magic on him).

She emphasized that her husband is a pathological liar “Baba ivavo vanonyepa zvekuti ende vane makuhwa asingaite vanondinyeya kumaraini nevamwe vanhu” (She explained he lies a lot and he spreads rumours about their marriage in their neighbourhood). She indicated that when she questions her husband about the grapevine, he refuses “*Ndikamubvunza anoramba anototi handizvive otondirovera kumubvunza anondiitira ma drama chaiwo*” (her husband denies and beats her up for accusing him for spreading false information) .He insults her frequently with obscene language. She is subject to her husband’s verbal abuse.

She narrated that whenever she requests for money and questions about his phone contacts her husband batters her. She once took his phone and when her husband saw her holding it he kicked and slapped her for spying on him. She explained that he beats her up frequently even for no apparent reason and he is not even remorseful about it. Mrs. Chita explained her fear of asking for money or even questioning her husband about his phone because her husband over reacts every time he is questioned. She informed her relatives about the abuse she is experiencing at home. When her husband is questioned about the abuse he tells people that he is the one who is being abused.

She narrated that she has a low self-esteem and she has feelings of shame. She frequently experiences migraine headaches and swelling of legs. She explained “ *Ndakutonyara kufamba muraini nekuda kwezvinenge zvichitaurwa nevanhu nekuda kwemurume wangu anemakuhwa*”(she is no longer comfortable with associating with other women in her neighbourhood).She no longer trusts God like she used to do because of the way her husband treats her. “*Ndakapedza masowe ese ndichitsvaga rubatsiro asi hapana chinochinja*” (She explained that she has visited many spiritual healers concerning her husband but to no avail).

Mrs. Chita narrated that she is frequently advised by people to leave her husband but she explained that she loves him and hopefully one day he will change. At the meantime she is counselled by her relatives and friends. Whenever her husband is at home she goes to her friends. When she is battered or insulted she listens to music and sleeps just to relieve the stress.

Case four

Mrs. Rudo (pseudo name) she is aged thirty one and she is married to a thirty four year old man. She works as a prison guard and stays in Sunningdale. She has been married since 2009 and she has one child aged six with her husband. Prior to her early marriage life with her husband she explained that he used to be very close to her. She emphasized that they used to be best of friends because they would share everything. Even though the husband was unemployed.

She narrated that she opened a crèche just to support the family. She explained that some of the money she raised she funded for her husband's journey to South Africa in quest for employment. She highlighted that when her husband had secured a job in South Africa he sent her bus fare twice for them to be together but she used the money for other things. She explained she used the money because she was not willing live in South Africa up until her husband came back from South Africa. She narrated that she managed to secure a job at a local prison in Harare.

Mrs. Rudo identified herself as a survivor of intimate partner violence since 2012. She narrated that from the moment she secured a job her husband started abusing her. Prior to that while she was on training for the prison guard services she was not communicating with her husband for three months. Her husband did not want her to secure a job. When she returned from the training her husband battered her thoroughly accusing her of being disloyal and cheating.

She highlighted that she took care of the family and she would cover up for her husband to her relatives because he was unemployed "Ndaitoti kana takuenda kumba kwevabereki vangu ndaitenga grocery kana ndasvika ndoti grocery ratengwa nemurume wangu" (Whenever they visited her parents she would buy groceries and advise her relatives that her husband had bought the grocery just to cover him up since he is the man). She explained that her family members were against her marriage to him because was unemployed.

She explained that the moment she started questioning her husband about why he was content with his status of being unemployed her husband felt challenged. Her husband slapped her and

insulted her for challenging his manhood. She narrated that her husband told her that if she is not comfortable with his status she should divorce him and this is always coupled up with being battered.

Mrs. Rudo explained that at times after work when she arrives at home her husband beats her up for coming home late. He always finds an offense even if she arrives early her husband will find another issue like wearing clothes that reveal her body. She is always facing verbal, emotional and physical abuse from her husband.

She is still in disbelief that her husband is able to beat her up despite all the support, love and care she gives him. She actually thought being employed would solve their financial constraints but it is her source of misery in her life. She highlighted that she no longer assists her husband with money. She explained that she is not trying to be harsh on her husband but it is a push factor. She wants him to secure an employment but if she keeps pampering him he will always be content with his status and he cannot use money wisely. She narrated that her husband frequently accuses her of infidelity and beats her up “Unoita basa rekudanana nemashef ekubasa kwako ndokusaka usisandipe mari hausisina basa neni” (She explained that her husband thinks that she withdrew from giving him money because she is having extra marital affairs with her workmates). Whenever he husband requests for money and if she refuses to give him her husband beats her up .She explained that her husband does not take no for an answer hence it is coupled up with severe physical abuse in which at times she fails to go to work because of the pain of being beaten up .He is no longer the same like he used to be the caring and loving husband.

She highlighted that her husband was unable to pay rent hence, she decided to move out of the apartment they were renting to the Barracks where prison guards are accommodated. She explained that her husband insulted her and battered her accusing her for making herself the head of the family instead of him. “Haana chaanoona chakanaka chandoita anenge achingonyunyuta” (She explained that he husband is always finding fault in everything she does)” He insults and slaps her in front of their child. She explained that her child suggested to live with his grandparent’s than staying with his parents in such a tense atmosphere. She mentioned that her child is affected with the violence at home. She explained her husband battered her for taking their child to her parent’s house.

She narrated that she advised her relatives that she is experiencing physical abuse at home but her relatives were not moved. They told her that they will not be involved in her marital issues because they did not approve the marriage and they warned her about her husband. She explained that she is really hurt for being deserted with her family members.

She narrated that her concentration at work has been disturbed because of the recurring physical abuse. Often times when she is given a task that needs good problem solving skills and concentration she finds it very hard to concentrate and reach the desired goal.

She highlighted that she has no one to share her experiences with except for counsellors at Musasa Project. She has no friends because her husband does not allow her to associate with other women. She always keeps quiet when her husband is insulting her or beating her up. She narrated that being quiet is also an offense to her husband he will be pestering her for answers. She does not know how to respond to her husband because whether she answers him or keep quiet she is heavily beaten up. She only reported him once at the police station but she frequently visits Musasa Project for counselling.

Mrs. Rudo highlighted that she has suicidal thoughts at times but her child is important to her she does not want him to suffer if she dies. She always thinks of her child and how she used to be happy with her husband and she feels killing herself is not the solution but a means to an end of her miserable life.

However, she highlighted that resorted to advancing her education and she is currently studying French and BSc in Psychology just to keep her busy during her free time. She always affirms that she is educated and empowered hence she will reach her full potential despite being abused. She assures herself that others used to be in the same situation she is not the first one to experience IPV. She believes that her husband will change for the better at some point.

Case five

Mrs. Tambudzai aged twenty nine and she is married to a thirty five year old man. She has three (3) children two boys aged twelve & four and one girl aged nine. She has been married to her husband for close to sixteen years now since 2001. She is employed at a local company. Her husband is a welder.

Mrs. Tambudzai was married at the age of fourteen while her husband was twenty one. She narrated that she grew up staying with her mother and stepfather. Her stepfather saw her walking with her current husband when she was still a young girl at fourteen and he forced her to elope even though she did not have sex with the boy who is now her current husband. Her stepfather warned her not return to his homestead and threatened to kill her. She highlighted that she had no option but to elope.

She narrated that she has been experiencing IPV since the year 2001. She highlighted that her husband is very violent. He has been abusing and accusing her that she knew other man sexually before she was married but she highlighted that it is a false accusation. She narrated that her husband was a good man during the first few months of their marriage. He started accusing her that she was not a virgin when he married her. She highlighted that her husband abuses her verbally and even he insults her through the phone. When he is away he sends texts messages insulting her. He abuses her emotionally with the false accusations and she highlighted he insults her with vulgar words. “Uri hure iwe ndakakona uri gaba”, (he accuses her for being a prostitute). She narrated that he treats her like a prostitute. He frequently sexually forces himself on her. She explained even if she is sick her husband will force himself on her and beats her up.

She highlighted that she is subject to severe physical abuse. She had a miscarriage in 2002 and later in 2003 she had a still birth due to being heavily beaten up while she was pregnant with her husband. She postulated that her husband have no regard whether she is pregnant or not he beats her up in whatever way he wants. He kicks, slaps and uses objects to inflict pain on her. She gave an account that at some point and time her husband removed her plated braids and hair by force. She succumbed to head wounds.

She narrated that her husband physically abuse her in front of her children and relatives. He has no respect for her relatives and neighbours. She explained that her children frequently advises her to leave their father. She narrated that she left at some point but her husband followed her and battered her to the extent of being admitted for two days in the Hospital. (Her husband keeps highlighting that he will stop beating her when they are both dead) “*Ndicharega kukurova kusvika tese tafa*” and he visited her at the place she was staying, he burned her belongings and destroyed her house. Her husband threatened to kill her if she reports him to the police hence she did not reveal the details of the incident. She explained that after she was discharged she returned

to her marital home. She was willing to return to her mother's house but because of her stepfather she went to her marital home. Her stepfather was unwelcoming hence because of her family background she did not want to be a burden.

She experiences headaches, chest pains and she was diagnosed of high blood pressure. At some point she had suicidal thoughts but every time she thinks of her children she feels they need her. She narrated that when her husband is at home he is always violent. She usually flees and sleeps outside so that her husband will not beat her up. When he is verbally abusing her she tries by all means to dissociate herself by not taking heed to what her husband will be saying. When she is around other people she pretends as if all is well with her just to cover up for her husband.

Case six

Mrs. Zvido (pseudo name) she is a woman aged forty-two and has been in this marriage for a long time since 1999. She is employed at a local company and she has two kids. She is a devout Christian and her husband he is a traditionalist. She expressed that they started having issues when she got employed. Her husband suggested that their kids were still young to be left alone they needed her attention. Her husband was against the idea of leaving the kids with their old grandma who also need attention. She revealed that her husband is a very jealous man and is against her employment.

She highlighted that her husband complains about everything she does. She is frequently battered if she fails to cook well. She narrated that at some point she her husband requested her to cook food she was not familiar with and she failed. Her husband while they were eating he threw the food in her face and insulted her. He started beating her up for having poor cooking skills. She highlighted that she is beaten up heavily for putting too much salt in food.

In one occasion when the two were quarrelling, her husband snatched her by the throat and pushed her sideways which led her to hit a room dividers. She sustained a wounded neck, shoulders and broken wrist. In addition she had scratches all over her body. Her husband was not remorseful and boasted about his masculinity. She pressed charges against her husband whom was fined. As if it was not enough the husband severely battered her for reporting him to the police and he threatened to kill her the next time she report him again. She likewise did not leave her husband. Rather she sought for counselling from her husband's relatives and her relatives.

In any case, Mrs. Zvido highlighted that she suffers verbal and physical abuse. She highlighted that she no longer gives heed to what her husband will be telling her concerning her job. The moment she started working the aggression of her husband increased. Her husband has a rod which he inherited from his late father and at times he beats her up using it. She always sustains wounds whenever her husband uses this rod to beat her up. At some point a rat placed her inner garment on the rod. She narrated that her husband beat her up thoroughly and accused her for degrading him and his ancestors. Often times when she returns from work she takes a bath. Her husband accuses her for being promiscuous and he forces her to lie down and places his fingers in her vagina just to see if she had sexual intercourse.

She perceives that violence perpetrated by her husband is an instrument he is utilizing to control her. For her, her husband victimizes her with the goal that she performs everything he wants without being questioned. She views her husband as a power hungry man who is against women empowerment activities by the Zimbabwean government. Hence her husband tries to sabotage her.

She explained that she frequently discusses her marital problems with other people and she strongly believes a problem shared is half way solved. She always feels better after talking to other people and she believes her husband will change.

Case seven

Mrs. Ruva she is a lady in her mid-40s. She is married to a forty nine year old General Manager. She was blessed with four children who frequently witnesses the violence perpetrated against. She narrated that she has been married for twenty one years. She explained that she has been experiencing IPV for the past 17 years.

The type of violence she is exposed to is chiefly physical, scolding, psychological and cheating. She narrated that her marriage is characterized with arguments between her husband and her concerning insufficient money and his infidelity. She highlighted that his husband has another wife. Her husband gets angry if he is questioned about his infidelity. She highlighted that her husband took another wife but he cannot even afford to take care of his first family. Every time her husband returns from his second wife he severely beats her up. Her husband no longer satisfy

her sexual needs because he has no erection “akasungwa chinhu chake hachichatomira” (She revealed that her husband’s manhood was bewitched by his second wife).

When she raises her concerns about sex her husband physically abuses her and accuses her for being for being a prostitute. Her husband argues that a woman should not ask for sex. She narrated that at some point when she requested for sex her husband battered her on her private part. The husband is not remorseful about his actions. *“He becomes too violent when he is drunk so I judge if he is drunk or sober .This helps me decide if I should respond to him or I should remain silent and wait till he is sober so that we can resolve the issues he will be shouting me at. If I keep quiet he immediately stops shouting at me but if I respond at most he become very angry and we end up in a heated argument. At the end he beats me thoroughly. So I realized it’s actually better to judge his mental state first before I respond”*. She has resorted to judging his psychological state before she responds “

Mrs. Ruva highlighted that her husband regularly begin contentions that go on for a considerable length of time. Notwithstanding when she attempted to escape from his violence she locked herself in a room, the husband remained outside the entryway, pestering her. Some of the time he offends her relatives, which Mrs Ruva accepts as an approach to provoke her into taking part in the arguments. She is frequently battered during the night due to her husband’s frustration of failing to have an erection. She highlighted that her husband’s second wife takes advantage of the fact that he cannot have an erection hence she refuses to have sex with him. She narrated that her husband is always frustrated hence he beats her up at times even for no apparent reason.

At times she books in hotels to escape such circumstances because of the increasing recurrence of the violence. Mrs. Ruva says that she trusts her husband’s overwhelming alcohol abuse and failure to have an erection are likely the explanations behind his violence conduct towards her.

Case eight

Mrs. Rutendo (pseudo name) a women in her mid-20s who has been experiencing violence for three years since she got married to her husband. She experiences recurrent violence perpetrated by her husband which include both emotional and physical abuse.

She narrated that her husband usually comes back home drunk with a few bottles of alcohol. She highlighted that at some point her husband came home in the evening with his girlfriend and he

asked her to leave their marital bedroom. When she refused her husband and the girlfriend battered her. She was heavily battered to the extent of losing a tooth and sustaining injuries on her left leg. Her husband did not apologize for his actions he told her that she should be submissive and follow her orders. She highlighted that she saved him with a protection order but it did not last for long.

Mrs Rutendo highlighted that despite pressing charges her husband reverted to bringing his girlfriends at home and his behavior was even worse than before. The physical violence for the most part comprises of slaps in the face yet on a couple events she is punched on the head and whatever part of the body. Her husband disclosed to her that he is used to violence from past connections and that his exs did not have any issues with taking a couple of punches. Her husband does not view his actions as abuse.

She highlighted that at her age she feels she might fail to secure a proper marriage. She would rather stay till her husband changes. She is a devout Christian who feels that a failed marriage is a sign of being weak in prayer. She highlighted that she will stay and pray harder. She believes her husband will change.

4.3 DISCUSSIONS

All the eight respondents are subject to recurring violence perpetrated by their husbands. Based on the research findings women are subject to IPV despite their economic status, age, length of marriage, level of education and their religion. In view of these findings one can attest that women from all kinds of different backgrounds and social status are subject to IPV. The respondents reported having been either or both physically, mentally, financially, inwardly, sexually or verbally manhandled by present or previous life partner. It can be noted that there is an increase in economic abuse.

4.3.1 Theme One: How do women survive intimate partner violent marriages

4.3.1.1 Sub Theme 1: Rationalization

Based on the findings survivors of violent marriages they rationalize the abuse perpetrated with their partners. Rationalizing is a coping strategy employed in which questionable behaviors such as physical abuse and verbal abuse are supported and clarified in an apparently balanced or consistent way to keep away from the logical thinking and are made intentionally fair .

Case one reported:

“Ndaimboidzokera kumba kwedu pavakatanga kundirova,asi nekufamba kwenguva ndakapedzesera ndajaira.Ndakatoona kuti chakakosha imba yedu nevana zvekurohwa izvi hazvina basa chero tichigadzirisana zvatinenge tanetsana zvobva zvapera”

Case three reported:

“Mukadzi anemurume vanonetsana zvinowanikwa sevanhu vakakurira kumabackground akasiyana zvatora nguva kuti munyatsonzwisisana .Kurohwa kunowanikwa uku pamusoro pazvo musoja ndozvavanoita vane hashha ndatojaira kuti ndozvaari”

Case six reported:

“It is better to be abused with a husband than being a divorcee”

Case seven reported:

“I cannot leave my children with another woman .I do not want my children to be taken care of with a stepmother so I would rather stay than leave”.

From the above assertions, it highlights that survivors of violent marriages that are able to rationalize their experiences are able to survive the recurring abuse. They justify the abuse by viewing their marriages and children as more important than the abuse their experience and miserable life. Inasmuch they are battered they feel their partners are influenced by certain things like their professions in the case of respondent three, and different backgrounds as with the case with respondent one.

4.3.1.2 Sub Theme 2: Dissociation

At least four respondents highlighted that they dissociate themselves from the environment when their perpetrators are present especially when they are being abusive verbally and emotionally. They highlighted that dissociation help them survive the violence.

Case five reported:

“In most cases I usually zone out, I will be there physically but my mind will be somewhere else. I try by all means not to listen to what he will be saying because most of

the stuff he accuses me of are false accusations. I actually realized my husband he's not happy with me working so he insults me and beat me up so that I quit the job .Hence the best way to get over that is to ignore everything he will be saying”

Case four stated that:

“When my husband stated to physically abuse me I would get upset and retaliate but I got tired of fighting back. I resorted to ignoring him pretending as if I am not hearing him. So when he will be provoking me with hurtful words and even pocking my face with his fingers it doesn't matter to me. I am not even moved by that at times I even start to think of other things. It's difficult at times to act normal when someone is really getting into your nerves but its best to ignore because it is something that occurs almost every day”.

Those that are able to disconnect themselves from the environment find it very easy to cope with recurring violence. Respondents highlighted that dissociation is difficult in that in times when they try to cut off emotions but at times it is very overwhelming especially when the perpetrator insults you terribly. Respondents highlighted that due to recurring IPV it has become part and parcel of their lives.

4.3.1.3 Sub theme 3: Being careful by using agentic strategy

The researcher noted that respondents make use of agentic strategies to survive within recurring violent. Agentic strategies such as determining whether the perpetrator is under the influence of alcohol.

Case one purported that:

“I usually judge his psychological state since he is a drunkard.”

Case six highlighted that:

“At times my husband he acts like he is under the influence of an evil spirit especially when he is coming from his mother's house where his rod stays since the day he found my under garment on it. So when he starts complaining about certain things at home like the

food I would have prepared I don't respond. He will be someone else it's better to remain silent nekuti anotoita seane mangorombera (he behaves like he is possessed).

Respondents that utilize agentic resources survive recurring abuse and this really works for them though at times their perpetrators will abuse them even if they do not retaliate. Survivors believe that the violence perpetrated against them is influenced with certain things like evil spirits and alcohol hence it is helpful to be able to distinguish between their normal state and abnormal state.

4.3.1.4 Sub theme 4: Religious belief

Respondents highlighted that their religious beliefs help them cope and survive their violent marriages. Devoted Christians highlighted that their faith help them survive recurring abuse. Religion is also a factor that influence women to stay in abusive marriages.

Case two narrated that:

“Every time I kneel down to pray and tell God my marriage issues I feel better. At times it seems like he has changed when he is at home I leave the house and go to church. I have high hopes that one day God will change him”

Case three mentioned:

“As a devoted Christian in time of distress especially after a fight with my husband I go and spent time at church doing some activities there like singing, praying and fellowshiping with other women. I strongly believe my husband will change since he used to go to church before we were married and during the early days of our marriage. Besides that I don't think I can handle being single as encouraged with the word of God 1 Corinthians 7verse 39 that as long as my husband lives, I cannot marry someone else so I would rather cling to him”

Case four said:

“I go to church and pray too much I go before God praying and crying till I have let everything out of my chest. I will wait till he is a changed person”

Case six narrated:

“I feel it is a disgrace to have a failed marriage as a devoted Christian woman.”

As highlighted with respondent’s survivors invest much of their time in their religion. This helps them relieve the stress they will be experiencing and it gives them hope to face their marital challenges. Religion also influences their views of marriage which makes them endure the recurring abuse.

4.3.1.5 Sub theme 5: Developing coping strategies

Survivors revealed that they developed coping strategies to deal with intimate partner violent marriages. Coping strategies mentioned included sleeping, listening to music, studying.

Case four:

“Considering the way he treats me and my level of education have resorted to advancing my education. If I am not at work I spent most of my time reading and doing my assignments. I know in the long run it will pay off. Ndotenda murume wangu akandipeputsa zvimwe dai asisandirova handaimbozvifunga zvekudzidza futi ndototi kukava datya kuriyambutsa”

Case three stated that:

“Whenever I have a fight with my husband I listen to music which soothes my soul and I will end up sleeping this brings a relief. At times I hang out with my friends it makes me feel better”.

Case six stated that:

“I have fallen in love with my job and have become a workaholic despite the fact that my husband is against it. I feel a sense of belonging especially when I’m at work and I feel good about it”.

From the above assertion, survivors have developed coping strategies such as being a workaholic, studying and listening to music in time of distress. Those that have activities to occupy their free time they survive and cope well with the recurring violence. They survive because they do not spend much of their time contemplating about their situation.

4.3.2 Theme Two: Reasons for staying in abuse marriages

4.3.2.1 Sub theme 1: Anticipating Change

Respondent highlighted they anticipate that their perpetrators will change since they tell them that they will change when they threaten to leave. Through discussing with others who have experienced the issues they have come to terms that violence in marriages exists and eventually the man will change at some point and time.

Case four stated that:

*'Ndichachinja trust me you know me I am a good person hamheno zvinongondibata so',
".ndokachengeta mashoko ake mumoyo mangu,nyangwe vanhu pavanonditi shiri ine
muririro wayo hairege zvaakatotanga kukurovaso watove hunhu hwake ,Because of those
words I always stay '.*

Case one stated that:

*"At times he is a good husband so I keep telling myself that nerimwe ramazuva
achachinja.Murume wangu and ndoziva ahandida semadiro aindiita pakutanga"*

Respondents highlighted that they stay in abusive marriages through raising their hopes and anticipating that their husbands will change in the near future. They have mixed feelings because their husbands at times they are good people hence they feel they are going to change.

4.3.2.2 Sub theme 2: Having children

Survivors highlighted that they find it very hard to leave their perpetrators because of having children they really vulnerable to recurring violence. Despite being abused they stay because of their children they do not want their children to be affected with separation since it has disturbing effects on kids.

Case five stated that:

*"Ndikatarisa vana vangu ndinonzwa kurwadziwa kuti ndivasiye baba vavo vakazitora
mumwe mukadzi vana vangu vanotambura.Nekuda kwevana vangu ndoshinga hangu pane
kuenda they are very important to me. I would rather struggle than lose them".*

Case three narrated that:

“Handidi kuti mwana vangu azotambudzwa ndaenda achiri mudiki murume wangu haambobvuma kuti ndiende naye.Vajaira kundiona ndinawo ende handivasiye.Kunayngwe baba vacho vachindirova havo hazvina basa chakakosha kunge tiri pamwe chete nevana”.

Respondents highlighted that they stay in abusive marriages because of their children. They would rather stay than let their children suffer or raised with a stepmother. These respondents highlighted that children are more important than the misery they are experiencing. Having children seem to be strong driving factor to survivors of IPV. Those that have more children are mostly likely to stay than leave these relationships.

4.3.2.3 Sub theme 3: Societal beliefs

Highlighted that they would rather wait for the husbands to initiate the separation because they believe according to society it is a disgrace for a woman to make the first move.

Case one stated that:

“Munoziva zvinhu zvinongonetsa so kutanga kuramba murume zvirinani iye atange kuti handichakuda pane kuti ini nditange.Ndinonyara kovanhu vanoti kudi ndizofambiswa mbiri yekunzi ndakaramba murume zvoita sendiri chipfeve”.

Case eight stated that:

“Ini nezvandiri izvi ndonzi ndava single lady iiii zvonnyadzisa.Vanhu vachindiona kana kuchurch kwacho ndotoregedza kuenda ka.Ndofirapo hangu zvitori nani kushinga pane kuenda kumba kwedu.Ndigotanga kuti one kugara nevabereki nekukura kwese uku vanhu vemuraini vangasati mashura here”.

Societal beliefs and the stigma behind leaving a marriage union seem to be a driving force to stay in violent marriages. Women do not want to be associated with being a divorcee they would rather stay. They believe it is a disgrace to their womanhood to be called a single mother and it is associated with loose morals hence they would rather suffer in silence. Divorce is viewed as a

failure and people do not want to be associated with failure hence they pretend as if they are happy in their marriages.

4.3.2.4 Sub theme 4: Love

Respondents highlighted that due to undying love for their partners and desperation for a life time partner they find it very hard to leave. They would rather sacrifice being with their abusive partners than leave them.

Case two mentioned that:

“Kunyangwe murume wangu achindirova ndichiri kumuda hangu.Ndinongorangarira munhu wandakatanga kusangana naye aindida, we have been through a lot ,I can’t give up easily just like that“

Case six mentioned that:

“...the love we share is more important than his violence.Munhuwo anokanganisa asi ndinongomuda zvakadaro ndinovimba kuti achachinja nerimwe ramazuva.Ndinoramba ndakashinga hangu ndinaye mumwe wangu kwatakabva kure---”

Women are driven by love to stay in abusive marriages. They believe love is sacrifice hence the love they share is more important than the violence they are experiencing. It is difficult to believe that after all the harsh treatment they still love their partners.

4.3.2.5 Sub theme 5: Counselling

Respondents highlighted that due to frequently receiving counselling from Musasa Project, pastors, relatives and friends it has been easy for them to stay in their marriages. Most of them frequently visit Musasa Project where they receive counselling without being judged by anyone. Counselling gives them hope for the future.

Case seven mentioned that:

“I have always visited Musasa Project for counselling. I feel free telling them my concerns since the counsellors do not really know me and they will not judge me anyhow.Ndinowanzo taura napastor vakuchurch kwedu ndinotonzwa zvirinani though at times ndinenge ndichitya kuzoparidzwa”

Case one mentioned that:

“From the moment I told my friends and relatives about the violence they frequently call and visit me. They try by all means to counsel and strengthen me so that I do not feel helpless”.

Respondents highlighted that attending counselling has helped them to stay in their marriages. The console they receive influence them to stay since they meet with other victims of IPV with worse of situations than them .They discuss their experiences at times as groups were they comfort and strengthen each other.

4.3.3 Theme Three: Psychological effects of recurring IPV

Researcher asked respondents to narrate their emotions towards the recurring IPV and the psychological effects they experience. Respondents highlighted that they experience isolation, suicidal ideations, hopelessness and feelings of shame. The consequences revealed by respondents included physical injury , regular headaches ,hopelessness, feelings of shame, sleeping problems, disproportionate fear accompanied with anxiety, some were disgusted by man and some had suicidal thoughts .

4.3.3.1 Sub theme 1: Depression

Depression seems to be a very common psychological distress among survivors of IPV. Most of the participants highlighted to have endured depression due to recurring abuse. They are filled with worry and distress concerning their marital issues.

Case eight stated that:

“I feel isolated, very depressed, and angered and great sadness. At times I actually think it’s my fault maybe I’m not good enough for my husband”.

Case four stated that:

“I’m a very introverted individual I really isolate myself and I don’t feel comfortable sharing my issues with friends and relatives. Through studying Psychology I have realized I suffer from depression .I find it very hard to sleep. I have grew to be a very anxious person and withdrawn”

Depression is a common psychological distress among individuals who are abused recurrently with their spouses. Due to failure to cope with the distress recurring violent actions they end up subject to prolonged depression and some they do not share their experiences hence it consume them from the inside up to the point of immature death.

4.3.3.2 Sub theme 2: Suicidal ideation

Three participant highlighted that they have occasions they feel like committing suicide. These ideations are nullified with the thoughts of their children and hope for a better future.

Case six mentioned that:

“...ndikatarisa makore angu 42, I have been experiencing violence since my late 20s.Ndongoona kuti kufa kurinani pane kugara hupenyu hwese ndichishungurudzwa. Ndikarangarira everything zvinoita murume wangu ndotonzwa kuda kuzviuraya.The only things that stops me is the thought of my children---”

Case five mentioned that:

“...Ndinogara ndichifunga kuzviuraya everytime I have a heated argument with my husband.Mashoko aanotura akaoma kana twakwakakwidza anonditukira mai vangu haana kana nyadzi.Anoita kundiudza kuti handibatsire---”

Case four stated that:

“..The last time I tried to commit suicide I just remembered there is more to life than marriage and besides I have a child to take care of. But I almost overdosed pills---”

Due to the unbearable pain survivors of IPV have suicidal ideations. They feel it is better to die than being abused almost every day. It is the most unbearable pain and misery to be married unhappily worse of being battered recurrently.

4.3.3.3 Sub theme 3: Hopelessness and shame

Almost all participants highlighted that they have feelings of shame and hopelessness due to recurring abuse. At times they are abused in front of their relatives and neighbors.

Case seven stated that:

“Kubva musi wandakarohwa nemurume wangu pamberi pevanhu apa ndiri mupurisa ndakanzwa kunyara zvekuti.Ezvino kana pakaitika chinyu ndotonyara kupindira semupurisa and at times unotonzwa vanhu vachifambisa makuhwa ekuti ndinorohwa nemurume.Ndinonzwa kunyara nazvo I no longer feel comfortable socializing with other women in our hood---”

Case three stated that:

“...Nekuda zvinoita murume wangu anoita basa rekufamba achiti ndini ndinomurova apa and haana hanha anotaure zvese zvinoitika kumba kwedu.Anondirova pamberi pevanhu nekundituka zvinyadzi.Ndakungoona kunge ndiri munhu asina nebase rese.Self-esteem yangu handichina.I feel hopeless ndikati ndodzokera kumba kwedu hapana kana pekutangira---”

Respondents due to being abused in public especially in front of neighbors make them feel as if their useless. These feelings cause shame and hopelessness. Individuals have no problem with being abused in private but when it occurs in public spheres it becomes a problem and a hindrance. People are more concerned with their self-image and how others view them.

4.4 CONCLUSION

This chapter presented research findings for the current study by making an analysis and use central themes, as well as interpretation of the research findings concerning experiences of women. The study shows that at the middle of the experience of living with IPV women implore coping mechanisms to survive in abusive marriages predominantly with a specific goal to minimize, and subsequently to persevere the effect of IPV which are depression and suicidal ideations. The study furthermore demonstrated the reasons for staying in abusive marriages which include having children and financial dependency.

CHAPTER FIVE: DISCUSSIONS, CONCLUSIONS AND RECOMMENDATIONS

5.1 INTRODUCTION

This chapter shows the discourses, conclusions and recommendation in light of research findings. In this part, the researcher will discuss about the outcomes of the study and give an examination of the discourse radiating from the research findings in conjunction with the data and writing acquired from other related studies about surviving violent marriages. Significant findings on encounters of survivors of violent marriages will be summarized and recommendations of managing the challenges.

5.2 DISCUSSION OF RESEARCH QUESTIONS

The present study seeks to explore the experiences of women who are survivors of violent marriages undergoing psychotherapy at Musasa Project and identifying the reasons that influence them to stay despite recurring violence. The study sought to find out the coping strategies they employ. These goals will be discussed in conjunction with the researcher's findings.

5.2.1 SURVIVING VIOLENT MARRIAGES

From the research findings, respondents precisely described their experiences and how they survive in these abusive relationships. Taking into account the responses of survivors of IPV they justify the abuse executed with their accomplices. Justification or rationalizing is utilized in

which sketchy practices, for example, physical misuse and verbal misuse are augmented and clarified in an obviously adjusted or reliable approach to avoid the legitimate thinking and are made purposefully reasonable.

The respondents highlighted that they develop coping strategies to deal with the recurring abuse. This is supported by previous studies made by highlighting that individuals experiencing life's stressful events employ coping strategies to reduce intensity of the stressful situation and these may be in form of behaviour and cognitive mechanisms. According to McDonald & Tijerino (2013) survivors of intimate partner violence have adopted these coping strategies to manage each day that passes by. Survivors have positive and negative strategies which include seeking counselling, hobbies, religion, work, alcohol and disassociation. Bourdieu (1979) utilizes the habitus; capital; and field ideas to clarify the distinctive ways which individuals use to manage their social world. He purports that, in their regular day to day existences people utilize different strategies to deal with dangers and challenges. Mararike (1999) also purports that individuals are not given systems; rather, they devise their own systems to manage their circumstances. In this study, women are seen embracing different systems to adapt to violence executed by their husbands.

Women used avoidance techniques for managing stress, influenced with agentic frameworks by considering how to manage their violent partners and search for help from counselors ,relatives and Non-Governmental Organizations (NGOs) , to help the endure the violence. (Birell & Freyd, 2006; Platt et al, 2009) purports that support system and responses from counselling helps women carry on in ways that keep up the relationship rather than in ways that undermine it, totally seeing the abuse may risk their survival. This is particularly the case for survivors in this study with different stressors and troubles in their lives, for instance, unemployment and dejection.

Almost all respondents highlighted that they dissociate themselves from the environment when violence is occurring. This is a way of coping with the abuse. Birrell & Freyd, (2006) supported this by highlighting that violence is viewed as the stun to the mind that prompts separation. Separation is the respondent's capacity to separate themselves from their emotions to make a split inside the psychological being with the goal that one cannot feel their current emotions, and what they are experiencing. Those abuses that include disloyalty make individuals isolate

themselves from association with others and even a fundamental feeling of "being" inside ourselves.

5.2.2 REASONS FOR STAYING IN ABUSIVE MARRIAGES

According to the response of the respondents there is evidence of psychological entrapment, the more a women invest so much in their marriages the harder it is for them to leave their perpetrators. Women feel entrapped because of their investment in the relationship, leaving is not an option but rather staying and enduring the abuse while anticipating for change. Survivors consider the time, love and effort and that they have invested despite the disappointment they feel there is still room for improvement and it is actually better to stay than leave. They even invest more thinking that they are not doing the enough for the betterment of their relationship. This is supported with the theoretical framework psychological entrapment according to (Teger, 1980) the survivors have put a lot into the relationship to for them leave just like that.

Respondents highlighted that they still love their spouses and they have hope that they will change. Survivors of intimate partner violence because of undying love for their spouses they find it very hard to leave these abusive marriages. This is supported by (Hayes & Jefrfries,2013) who highlighted that women who are victims of IPV may agree to that violence is part of the destiny abuse of undying and true love which must be maintained and safe guarded in face of challenges. The romantic belief that love can be saved and it is women's role to go an extra mile to save it implore women to be responsible for the success of the relationship (Wood, 2001). This is also supported by Arias et.al (1997) who found that, due to the spouses' recurring emotional support to the victim which leads misconception of a positive insight of the spouse. The victim usually view her relationship as work in progress that will get better with time. This shows that victims of intimate partner violence offer a benefit of doubt about the violence being perpetrated by their partner and her susceptibility to depression

Women seem to be influenced a lot with their spirituality concerning their marriages. From the respondent, the researcher noted that marriage is the only graduation that one get a certificate without earning it. Marriage for women is beyond love but sacrifice. Platt,et al,(2009,)

supported this by purporting that ladies embrace another type of dissent of speaking to higher loyalties, for example, religious convictions that help them to adapt to the abuse.

The researcher noted that there is an increase in economical abuse .There is a correlation between poverty and abuse. Women highlighted that they find it hard to leave the relationship and they are very vulnerable to abuse because they depended on their perpetrators and they are not educated enough to be able to acquire a decent job. But however, the researcher also noted that financial independency and being elite does not protect women from being abused. They are free from economic abuse but at most their spouses withdraw financial benefits on the grounds that they can cater for themselves. Hart & Klein (2013) mentioned economic abuse as part five multifaceted forms of violence and physical, sexual, psychological, and stalking were also included.

There is a correlation between staying in an abusive marriage and having children. Women are at risk of being abused and staying in abusive relationship because of having children. Women feel compelled to stay whereas their husband view it as a leeway to abuse them knowing that they will not leave because of children. Supported by studies by Walby & Allen (2004) which highlighted that women who have children are very vulnerable to recurring violence and they hardly leave their spouses. In the event that they leave they are most likely to return in these violent marriages with the influence of unwillingness to break their marriages, and having limited access to financial liberty which can support an independent household. The researcher noted that having children is not a cause for abuse but rather a consequence and a reason for staying in abusive marriages.

Due to societal beliefs that culture have created women feel compelled to stay in abusive marriages. They are worried about the views of other people concerning leaving or divorcing their abusive partners. They feel it is improper for a woman to make the first move in filing for divorce. Vast women in Zimbabwe their marriage perceptions are based on culture. The society tend to give names and stereotype single mothers .They are usually associated with loose morals hence women feel it is to divorce their abusive partners. Hence they would rather stay than leave. Fraiser (2005) supported this and highlighted that cultural views centering about marriage and motherhood compel women to demonstrate undying loyalty and dedication to their marriages obliging them to concentrate on keeping their marriages despite the recurring abuse. (Wood

2001, Power, et.al, 2006) purported that in cultural studies and prior psychological literature the ultimate role of women as saviours of marriages is a trending theme.

Survivors of intimate partner violence undergo individual counselling services which helps them subside negative feelings. Counselling services help survivors of intimate partner violent marriages cope with the recurring abuse hence some tend to seek psychotherapy from pastors, professional counsellors. These participants agreed to turn to their immediate surroundings like family, friends, Pastors etc for counselling and support and they highlighted that due to frequently receiving counselling it helps the cope and stay in abusive marriages without being judged by their respective counsellors. This is supported by Locke et al (2001) who defined counselling as an ongoing support process which a person is helped to solve her problems and relationship conflicts to help improve attitude towards their problems, where confidentiality and a safe environment for the survivors to express their experiences and feelings is maintained.

5.2.3 PSYCHOLOGICAL EFFECTS OF VIOLENT MARRIAGES

Respondents narrated their emotions towards the recurring IPV and the psychological effects they experience. Respondents highlighted that they experience isolation, suicidal ideations, hopelessness and feelings of shame. Chang (1996) supported this by highlighting that victims of IPV experience the feeling of guilty and shame which leads to passivity and helplessness. This leads to normalization of depression due to its lengthy duration. In many instances these victims find comfort in eating a lot which at the end of the day is a behavioural excess. In a research by World Health Organization (2005) it revealed that women who once reported IPV are approximately three times more likely to plan suicide unlike those women that have never experienced IPV.

5.3 CONCLUSIONS

The current study surveyed the experiences of female victims of intimate partner violence at home mainly focusing the mental capacity of the multifaceted issue of IPV by inspecting reflectively, the mental mechanisms that women utilized keeping in mind the end goal to adapt to the exploitation of IPV and outlined how survivors adapt to recurring brutality in their intimate connections, the hindrances that cause women to stay in such marriages and the psychological effects associated with IPV.

The study also focused on the various forms of abuse being perpetrated and the researcher identified there is an increase in economic abuse and emotional abuse whereby their husbands are having multiple sexual partners, at least five in every eight women is experiencing it. The mainly identified reasons for staying in abusive marriages were having children, financial dependency and anticipating change. Women find it hard to leave the abusive marriages because their husbands cater for both the women and their children.

Nevertheless, women are not inactive recipients of insults, cheating, and beating. They have adopted various coping and surviving strategies which are dissociation, seeking counselling, and being careful through using agentic strategies. Depression, suicidal ideation and feelings of shame are evident among the victims. It can be concluded that, intimate partner violence against women is a reality that is manifesting in various forms as a way from sabotaging and depriving them from their rights. Marriage institution is characterized with struggle between both women and men.

5.4 RECOMMENDATIONS

- There should be increased women empowerment educationally and venture into SMEs such that when they experience abusive marriages they can be able to move on and be financially independent.
- There should suggestion boxes in communities specifically for reporting abuse since there are those that fear retaliation and receive threats from their husbands for reporting.
- Safe havens should be built in remote areas and spread out in high density areas for women who do not have anywhere to go when they are experiencing recurring abuse.
- Stereotyping and social stigma towards women who leave their marriages due to abuse should be rectified by addressing the society's attitudes about women's role in marriage and intimate partner violence via educational campaigns and use of severe punishment of the perpetrator.
- Free therapy should offered to women that are being abused.
- There is requirement for the administration and the NGO parts to fund women's associations, for example, Musasa Project, with the goal that they might have the capacity to contact female casualties of intimate partner violence at home and react to their necessities.

- In conclusion, data scattering through awareness campaigns is required to conscientize women and the overall population of the outcomes of violence against women in the home which incorporate yet are not constrained to the abuse children.

5.5 CONCLUSION

The study has examined experiences of women in abusive marriages, how they survive and it has managed to identify the reasons that influence women to stay in abusive marriages such as having children and financial instability. It has also outlined the effects of recurring violence. The chapter discussed research findings, presented the conclusion of the study and recommendations towards helping women experiencing recurring intimate partner violence in their marriages undergoing psychotherapy at Musasa Project for women in Harare. There is evidence that the research findings are in line with previous literature review despite slight differences found.

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APPENDIX A-RESEARCH INSTRUMENT

INTERVIEW GUIDE FOR SURVIVORS OF VIOLENT MARRIAGES

My name is Pueshpa Shaba a fourth year student at Midlands State University. I am carrying out a research on the topic, “**Surviving intimate partner violent marriages: experiences of women undergoing counselling at Musasa Project in Harare**”. Information collected in this research is strictly for academic purposes and remains confidential. Feel free to answer questions that are going to be asked by the interviewer.

We hope that you will be willing to answer the following questions in as much detail as possible.

1. Can you please tell me a little about yourself your age, employment status etc?
 - i Where do you live now?
 - ii Do you have children?
 - iii How do you normally spend your days?
 - iv What things do you like to do?

2. Tell me about your husband. How did you first meet?
 - i When did you get married?
 - ii Did you eat together?
 - iii Do you watch movies together?
 - iv Do you go out shopping together?

3. When did your problems with your husband start?
 - i How long has this continued?
 - ii Are there times when this has improved, or gotten worse?
 - iii How do you cope with the recurring violence?

4. Has it had a great effect on your physical well-being? In what ways?
 - i How has it affected your feelings about yourself?
 - ii Do you think that it is having an effect on your children? In what ways?
 - iii Has it affected your ability to provide for the family or go to work?
 - iv Has it made it difficult for you to meet friends or relatives? How?

5. Have you ever discussed your problems with others? How did they respond?
 - i Was there more that you would have liked them to do?
 - ii What sort of things would have helped?

6. Looking back at your situation, what advice would you give another woman who has just started to have these sorts of problems with her husband?

Thank you for participating in my research.

APPENDIX B-LETTER FROM ORGANIZATION

**HARARE**

64 Selous Ave/Cnr 7th Street
Tel: (04) 706152, 706284
Fax: (04) 794983
08644052742
musasaproj@musasa.co.zw

GWERU

1 Josiah Tongogara
Opposite Arex Office
Tel: (054) 229270
Fax: (054) 229307
08644052744
musasagw@musasa.co.zw

BULAWAYO

49 Fife Street
Tel: (09) 882888
Fax: (09) 880112
08644052740
musasabyo@musasa.co.zw

CHIREDDI

88 Baobab
Chiredzi
Tel: (031) 4003
Cell: 0772 738 450
musasach@musasa.co.zw

Toll Free: 080800 74

01 September 2016

Midlands State University
P.BAG 9055
Gweru

Dear Sir/Madam

RE: CONFIRMATION LETTER

This is to confirm that Pueshpa Shaba who is a student at your institution conducted her research at Musasa. She was able to conduct interviews.

If you need any clarification you can kindly contact Vimbai by email (vimbain@musasa.co.zw) or you may also contact us by phone, on [+263 4 794983](tel:+2634794983) or 706284 or 736245

Yours sincerely

Vimbainashe Njovana
Programmes Officer
Counselling, Shelters and Legal Services

Zero Tolerance To Violence Against Women

Board Chairperson Ms N. S. Makomva
Board Members: Mr K.C. Mbetu, Mr A. Mbengwa, Ms E.N. Hatendi, Mrs R. Maunganidze Zivanayi
Executive Director: Mrs N. Musanhu

APPENDIX C-LETTER FROM MSU

Midlands State University



Established 2000

P BAG 9055
GWERU

Telephone: (263) 54 260404 ext 261
Fax: (263) 54 260233/260311

FACULTY OF SOCIAL SCIENCES DEPARTMENT OF PSYCHOLOGY

Date: 01/09/2016

To whom it may concern

Dear Sir/Madam

RE: REQUEST FOR ASSISTANCE WITH DISSERTATION INFORMATION

FOR PUESIPA TAONGA SHABA (P132507N)


BACHELOR OF PSYCHOLOGY HONOURS DEGREE

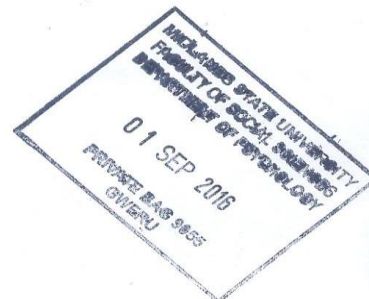
This letter serves to introduce to you the above named student who is studying for a Psychology Honours Degree and is in his/her 4th year. All Midlands State University students are required to do research in their 4th year of study. We therefore kindly request your organisation to assist the above-named student with any information that they require to do their dissertation.

Topic: Surviving intimate partner violent relationship: Experiences of women undergoing counselling at Musasa Project.

For more information regarding the above, feel free to contact the Department.

Yours faithfully


.....
N. Ncube
Chairperson



APPENDIX D-LETTER FROM STUDENT

12263 Unit N
Seke, Chitungwiza

5 September 2016

TO WHOM IT MAY CONCERN

Musasa Project
Cm 7th & Selous Avenue
Harare

REF: REQUEST FOR ASSISTANCE WITH DISSERTATION INFORMATION

My name is Pueshpa Shaba a fourth year student at Midlands State University. I am carrying out a research on the topic: **Surviving intimate partner violent relationship: Experiences of women undergoing counselling at Musasa Project in Harare.** The study seeks to identify the reasons that influence women to stay in abusive marriages perpetrated with men in various forms of intimate partner violence against women undergoing counseling at Musasa Project in the Harare Urban and also determine their coping strategies with emotional problems of intimate partner violent relationship.

Information collected in this research is strictly for academic purposes and remains confidential.

Yours sincerely



Pueshpa Shaba
Cell: 0774 127 845

APPENDIX E-AUDIT SHEET

SUPERVISOR –STUDENT AUDIT SHEET

APPENDIX D: AUDIT SHEET

DATE	ACTIVITY	SUPERVISOR'S COMMENT	SUPERVISOR'S SIGNATURE	STUDENT'S SIGNATURE
01.07.16	PROPOSAL	Rework	<i>[Signature]</i>	<i>[Signature]</i>
10.07.16	PROPOSAL	Proceed	<i>[Signature]</i>	<i>[Signature]</i>
14.07.16	CHAPTER 1	Rework	<i>[Signature]</i>	<i>[Signature]</i>
20.07.16	CHAPTER 1	Proceed	<i>[Signature]</i>	<i>[Signature]</i>
26.07.16	CHAPTER 2	Rework	<i>[Signature]</i>	<i>[Signature]</i>
17.08.16	CHAPTER 2	Proceed	<i>[Signature]</i>	<i>[Signature]</i>
22.08.16	CHAPTER 3	Rework	<i>[Signature]</i>	<i>[Signature]</i>
25.08.16	CHAPTER 3	Proceed	<i>[Signature]</i>	<i>[Signature]</i>
30.08.16	CHAPTER 4	Rework	<i>[Signature]</i>	<i>[Signature]</i>
03.09.16	CHAPTER 4	Proceed	<i>[Signature]</i>	<i>[Signature]</i>
07.09.16	CHAPTER 5	Rework	<i>[Signature]</i>	<i>[Signature]</i>
10.09.16	CHAPTER 5	Proceed	<i>[Signature]</i>	<i>[Signature]</i>
13.09.16	FIRST DRAFT	Rework	<i>[Signature]</i>	<i>[Signature]</i>
25.09.16	SECOND DRAFT	Proceed	<i>[Signature]</i>	<i>[Signature]</i>
13.10.16	FINAL DRAFT	Submit	<i>[Signature]</i>	<i>[Signature]</i>

APPENDIX F-MARKING GUIDE

DEPARTMENT OF PSYCHOLOGY

A GUIDE FOR WEIGHTING A DISSERTATION

Name of Student.....REG No.....

	ITEM	Possible Score	Actual	Comment
A	RESEARCH TOPIC AND ABSTRACT clear and concise	5		
B	PRELIMINARY PAGES: Title page, approval form, release form, dedication, acknowledgements, appendices, table of contents.	5		
C	AUDIT SHEET PROGRESSION Clearly shown on the audit sheet	5		
D	CHAPTER 1 Background, statement of problem, significance of the study, research questions, objectives, hypothesis, assumptions, purpose of the study, delimitations, limitations, definition of terms	10		
E	CHAPTER 2 Addresses major issues and concepts of the study. Findings from previous work, relevancy of the literature to the study, identifies knowledge gap, subtopics	15		
F	CHAPTER 3 Appropriateness of design, target population, population sample, research tools, data collection, procedure, presentation and analysis	15		
G	CHAPTER 4 Findings presented in a logical manner, tabular data properly summarized and not repeated in the text	15		
H	CHAPTER 5 Discussion (10) Must be a presentation of generalizations shown by results: how results and interpretations agree with existing and published literature, relates theory to practical, implications, conclusions (5) Ability to use findings to draw conclusions Recommendations (5)	20		
I	Overall presentation of dissertation	5		
J	References	5		
	TOTAL	100		