

The Untold Stories Of Men: A Phenomenological Study On Violence

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Abstract

The study explores the unexamined experiences of legally married or common-law husbands who faced violence in the province of Ilocos Norte. Six participants were included, each representing different municipalities within the province: Paoay, Marcos, Batac, Pasuquin, Bacarra, and Laoag. Qualitative design was employed to gather and evaluate non-numerical data—such as text, video, or audio—to understand concepts, opinions, and experiences through a phenomenological approach to gain deep insights into the participant's relational experiences. Colaizzi's seven-step method was used to analyze the gathered data, which led to three primary themes: violence, cause, and behavior. The violence theme encompasses the different types of violence experienced by men, with physical and verbal violence as key sub-themes, indicating that men, like women and children, are subject to these forms of abuse. Cause themes include sub-themes such as alcohol consumption, which is the most common reason for a spouse/partner becoming violent; financial issues that lead to misunderstandings; jealousy, which is unavoidable behavior caused by a desire to protect a relationship or a family; relationships begin by securing their beginnings with positive memories, which eventually deteriorate over time by revealing the true behavior after facing some challenges within the relationship; and men's irresponsibility toward their spouse's requests, which leads to their violent experiences. The behavior theme includes sub-themes such as avoidance—referring to the evasion of undesirable situations, hesitancy in reporting due to the hope for change, and seeking help from close loved ones to avoid humiliation. These coping strategies, typically associated with women, were found to be prevalent among men as well. It thus demonstrates that men, despite their manliness and competence, can experience the same things as women. In fostering a violence-free community, recommendations include symposiums to raise awareness on violence against men, establishing specific programs for men to address domestic or spousal concerns, creating a support system for men dealing with violence, and organizing group activities to support and encourage men to share their experiences with violence.

Keywords: domestic violence; violence against men; legally married or common law husband; phenomenological.

INTRODUCTION

Delighting in the tranquil and harmonious partnership signifies that difficulties, battles, obstacles, and issues have been overcome. A person's identity is shaped by the problems they face in real life, which are inevitable. Misunderstandings, money troubles, time and effort constraints, and similar difficulties are what strengthen a couple's foundation in a relationship. Some turned to breakups, while others continued to fight

despite the negative effects of continuing. Violence against women that is perpetrated by men is rampant globally, but in every story, there are two sides to the abuse. Therefore, the two parties involved in an abuse (perpetrator and victim) might both be subjected to the abuse.

The socially constructed, hierarchical characteristics of men, women, girls, and boys are referred to as gender by the World Health Organization (2019), and they hurt people's experiences with and access to healthcare, hence making their health more vulnerable. While gender refers to an individual's way of identifying, "sex" refers to the physical characteristics that separate people who are male, female, or intersex (Newman, 2023). People in close relationships may commit domestic violence, also known as intimate partner violence. Domestic violence can take many forms, including threats and emotional, sexual, and physical abuse, as well as the use of intimidating and hurtful words and behaviors (Pruthi et al., 2022).

Domestic violence is defined as any behavior the purpose of which is to gain power and control over a spouse, partner, girl/boyfriend, or intimate family member (ACESDV, 2019). Domestic violence is an ongoing global issue that many women experiences, irrespective of their demographic makeup (Mshweshwe, 2020). Domestic violence refers to male violence (physical or psychological) against women. The term is thought to have been popularized by feminists in the 1970s, some of whom founded shelters for battered women. They contended that domestic violence is a reflection of power imbalances between men and women, as well as oppression (Ishola, 2016). Furthermore, Kalokhe et al. (2016) note that domestic violence has been linked to poor mental and physical health outcomes for Indian women. This demonstrates how this gender-based issue is particularly focused on women.

Kolbe & Büttner (2020) found that a higher risk of becoming a victim of domestic violence is linked to alcohol abuse, jealousy, mental illness, physical impairment, and a brief relationship. The majority of minor physical injuries, deteriorated physical health, mental health issues like anxiety or disruptive disorders, and increased use of alcohol and/or illegal drugs are among the documented effects of violence. Numerous issues are brought on by violence against women, such as physical harm, diminished mental health and quality of life, chronic pain, disability, attempted suicide, drug and alcohol abuse, depression, nightmares, and social isolation. Domestic abuse harms family members' mental health and raises the rate at which people use health services (Basar & Demirci, 2018).

As indicated by women's empowerment in the country, the Philippines has made considerable strides in raising awareness about gender equality (Salting, 2020). Domestic violence can happen in heterosexual and same-sex relationships (Pruthi et al., 2022). Although domestic violence, as the World Health Organization (WHO) said, is the greatest threat on women's side, men can also become victims of domestic abuse; similar to women, men who are harmed by their partners often go to the ER or family doctor first (Kolbe & Büttner, 2020). Statistics show that men similarly experience domestic violence all over the world: in Ghana, Kenya, or Nigeria, for example, unemployment and poverty frequently lead to violence from female partners; and it is the same story everywhere: little or no support for male victims, especially in rural areas (Pfeifer, 2020).

Additionally, according to Hines (2015), forty years of research have documented the sometimes-severe intimate partner violence (IPV) that men can sustain from their female partners; however, research into these men's experiences has largely stagnated, and policies and procedures for dealing with IPV have been based on a patriarchal model that assumes perpetrators are men and victims are women. Few studies have looked at the potential repercussions of men continuing to engage in intimate partner violence (IPV), even though research consistently demonstrates that men can do so. Mozafari (2020) states that throughout a person's life, intimate connections are vital and have a profound impact on the sense of self, mental and physical health, and overall well-being. According to Monterey (2015), because of social stigma, male victims of domestic abuse in the Philippines are hesitant to report their abuse to the authorities. Aside from that, male victims felt dehumanized by the absence of institutions and a support network.

To conclude, health and the ability to live peacefully are the most important aspects of a person's life, especially in the lives of couples or other closely-knit groups of people. When there is no physical abuse, verbal bullying, or other unfavorable incidents, one's home is happy. This is the ideal scenario that should occur at home, but it is not always the case due to conflict between some families that results in harm. Concerning the studies mentioned above, the data shows how most men are dominant over women, which leaves a stereotypical view on the men's part. In developing this study, the researcher believes that the outcome of this study will be extremely essential and will make a substantial contribution not only to the researcher but also to the males who are suffering in the same way but are scared to disclose their experiences. Government awareness of the experiences of male victims will increase, enabling legislative authorities to provide equivalent protection to that enjoyed by women.

Furthermore, the community will become informed, allowing them to better grasp this sort of crime committed within an intimate relationship. This will teach everyone about the power of words in influencing psychology and behavior. For future researchers, this can serve as a foundation or point of reference in investigating domestic violence, particularly on the male side, to support the previous researcher's argument that both men and women can perpetrate the same violence.

OBJECTIVES

Generally, this study's main objective is to determine the untold experiences of men who are legally married or common-law husbands on violence in the province of Ilocos Norte.

Specifically, it sought to answer the following:

1. What type of violence was experienced by men?
2. What is the cause of the abuse?
3. How does the abuse affect the lives of men?
4. What is the coping mechanism used by men after being abused by their partner?
5. What action was taken after the abuse?

METHODS

Time and Place of the Study

The study was conducted in the different municipalities of Ilocos Norte: Paoay, Marcos, Batac, Pasuquin, Bacarra, and Laoag, from March to April of 2024.

Scope and Delimitation of the Study

The study determines the untold experiences of men on violence in the province of Ilocos Norte. The participants are males who are subjected to violence by their partner, whether legally married or common law husband.

The Colaizzi data analysis technique, which is a meticulous and resilient approach that guarantees the validity and dependability of the qualitative method outcome and permits the researcher to unveil emerging themes and their connection (Wirihana et al., 2018), was employed.

Research Design and Population of the Study

The study used the qualitative design, which is a method that is used to obtain deep insights into an issue or to spark new ideas for investigation. It entails gathering and evaluating non-numerical data (text, video, or audio) to comprehend concepts, opinions, or experiences (Bhandari, 2023). Additionally, a phenomenological study was applied to gain insight into the participants' experiences in their relationships. A total of six (6) with the following inclusion criteria were the participants in this study: (1) men, (2) legally married or common-law husbands, (3) having experienced violence, (4) residents of Ilocos Norte, and (5) willing to participate.

Data Gathering Procedure

Ethical consideration was submitted to the University of Northern Philippines' Ethics Committee for review because the study must protect participants when they share their experiences. After all, it addresses sensitive issues and involves men who have been victims of violence. In addition, a letter and modified interview guide questions were prepared and passed. After the letter was approved and the interview guide was validated, a one-on-one interview was conducted with audio recordings under the supervision of a psychologist following the discussion of a consent form and the mechanics of the interview. After which, the collected data was interpreted, translated, and analyzed using the Colaizzi seven steps.

Treatment of the Study

Colaizzi's unique seven-step process was used in the study, which offers a rigorous analysis, with each step staying close to the data (Morrow et al., 2015). The steps of Meyers (2019) were adopted as follows:

Transcribe and Familiarize—Data from recorded audio interviews was transcribed after familiarization through repeated listening.

Extract Significant Statements—The important statements within the transcribed data were identified and labeled.

Formulate Meanings—The labeled important statements were given meaning.

Cluster Themes—the researcher organized and labeled important statements to form themes.

Create Exhaustive Description—the themes were grouped into clusters, which were then shrunk into emergent themes.

Fundamental Structure—The overall structure was created through a concept map to help the audience understand the findings better.

Validate Findings—Participants validated the findings to ensure their accuracy.

Data Clustering

THEME	THEORETICAL CODING	OPEN CODING	INTERVIEW CODE	PARTICIPANT CODE	REF NO.	VERBATIM
				Suffered different forms of violence whenever drunk	10 16	Nu makainom nak, kuddot kada kagat ti mapasarak, karamut Adda tay nadunor nak ngem pinadait me metlang ma'am
				Suffered different forms of violence and even threatened with weapon	408 484 552 570 572	Aglapigus, agmalo, pumateltel, ken agiggem ti buneng
						Dumanog, tumilpak, kugtar,

VIOLENCE	Physical Violence			Suffered different forms of violence	609	pungot ti innak mapaspasaran kanyana ma'am.
				Suffered form of violence and even threatened with weapon	705 745	Idi innala na detay ubing, inpaidda na idjay tugaw, isut bulon na nangbekkel kanyak yenta sanggiran ti tugaw ken agarmas nukua ti kutsilyo isu alalumanayek bagik
				Suffered different forms of violence	947 951 953	Daydi met pinagdangran na kenyak nga umuna naladaw nak nagawid ta balay iti gapu nga adda nagpasken jay hotel nga pagububraak binakal bakal nak iti alalikamen mi sa nak pinatalaw. Napalabas mano nga lawas, nadlaw ko iti isasangpet na, nagbain man nga saw en ngem ti nagbaraan nat ulo na ket panggep laeng ti kinaawan ti kape nan, daydi inburek na nga danumen isibog na kenyak idin napipia laeng ta pagiso a bumangon nak idin ta nag text tay pag ububraak ti sideline a

						kasapulan da ti tao ta no saan nakarkaro kuma pay ti nasangrap ko nga sugsugat
	Verbal Violence			Suffered verbal violence that includes cursing	42 20	Nasao wen a ta babai ngarud ngem idi lang met adda annak min isu kasta na metten. Pagsawan nak pay ngamin ti dakes
				Suffered straightforward words that includes wishing of his death	122 156 190 256	Napranka, pagsaw an nak ti tila adda ta inti panunot na madi amin nga ububrak, dinak kanu pelang matay
				Suffered humiliation through verbal violence	395 397 401 438 442 466 488	Dijay lang sao na nakaro, iyad adda na ti mangibabain nu ad adut tao. Konsehal di nan tu pay kabain kada Kapitan. Di kam pay napan idjay Vigan idi ket immay nagsao saon. Dina ngamin kayat tay rumwarak
				Suffered humiliation in front of his children	619	Naranggas suna no diak maubra ti daduma nga imandarna isu rugi na mang abuso kanyakon nukwa, pasaray pabainan nak pay iti sangwanan kadagitay anak mi nukua
						Nagbassit lang

				Suffered verbal violence due to misunderstanding and humiliation witnessed by others	768 770 894 900	nga banag nga pagsaritaan mi tay kas lang dumakkel ata sabali ngamin ti kwa, ti panagibbat nat sarsarita. Nakangawngawn gaw, sao nga sao. Ti kunak awan babain nan sa ata syempre nu adda babain mo ti padam nga tao, han mo maitured pagsawsaw an uray ti pappapanam. Wen ata asawam lang problemam. Idjay tu balay u pangibagaam
				Suffered verbal violence from the partner/spouse in his workplace	943 945	Mayat kami idi damu mi agdenna aginganat umay nak met pagsaw an jay pagubraakun nga uray nu day off ko ket kayat na inak sumarak ti ubrak, pagsawsaw an nak. Dangdangran nak, pagsawsawa an nak ti di makan ti aso, jak sinubbutan uray kinabil nak ta mabutengak nga makaswan
				Arrogant behavior will show whenever drunk	14	Permi natangsit suna, ngem nu nakainum nak lang

CAUSE	Alcohol Consumption			Summoned whenever drinking alcohol	320	Basta nu ammu na nga, kasla kuma nu nagiinom, adda na diton, umay nak alaen
				Arrogant behavior shows whenever alcohol is involved	556	Agkalkalap kam ngamin idi dita iti tilapia ket ti ammu na siguro ket nu adda araken ket agbusuren
				Alcohol consumption either of the party	671 669 695	Adda time nukua met nga nu han nga siak ti nakainom, tapos isuna. Adda met tay agrana kam nakainom
	Financial Issues			Financial sometimes becomes matter	460	Adda time nga ibagana, isuna metlang aminen, alangan met kunak ta nu aglako ak ti mais kada tandan ko ket isuna amin mangiggem
				Violence starts together with financial problem	615	Nangrugi ti panangabuso na kanyak manipod naiyanak toy ubing me ken mejo agrugi kami magipit ti kwarta.
				Jealousy towards friend especially other girls	373 375	Kagura 8 an gamin nu adda babbai, haan na kayat nga mapan nak pumulpulipol kadagiti barkadak
				Suffered violence due to jealousy	607	Napadasdak kinaranggas uneg pagtaengan min aglalo ken ti asawak nukua, maysa pay selosa

	Jealousy					isuna
				Misunderstandings start from jealousy	715 725	Isut ummuna nga pannakakastak dijay bekkel ta gapu ti selselos sa lang deta, agrugi, kada selos latta amin gapu na
	Secured Beginnings			True behavior revealed after years	623	Nasingpet idi ken nasayaat ipakitana ngen idi nagdenna kamin ket ininut nga rimwar ti kusto nga ugali na, rimwar iti kinaranggas nan
				True behavior revealed after years	943	Idi ngay barbaro kami pela agdenna kas agasawa, mayat pelaeng, mandi met maikkat iti maysa ngay asawa iti adda haan nga pagkinnaawatan, sao nga sao laeng isuna idi, aglabas iti aldaw umay na met dumanon sadjay pagubraakon a pagsasawan kanyakon, ibabain nak met la unay idin, binaybayak latta ata asawak ngarod
				Failure in obeying leads to violence	34	Umununa ak nga sumangpet ket adda dagijay time nga madik maasikaso dagita ubbing, isut panagrugi 9 ak et

	Irresponsibility					agunget ta ti kayat 10ak et nu makawiden, agiddan, aginnan
				Wants a work home routine	158	Haan na kayat nga masepngetan nak nga agawid, dapat adda ak uneg balay nu nalpasen ti trabaho kon
	Help Seeking			Ask help to the mother-in-law top make them separate but the partner/spouse refuses	502 522	Inayabak pay ni nanang, ni katugangak. Makisina nak ngem di na met kayat latta. Alaen pay ni katugangak idin ma'am ngem di na kayat latta
				Shared the problem and get comfort from the closest relatives and friends	643 645	Tila maasetgak ken pangidanunak ti problemak ket kadagitay relatives ko nga naasideg kanyak nukua, dagitay friends and relatives ko, kabsat ken barkadak, isuda mangted comfort kanyak nukua
				Sometimes shared if its needed	852	Syempre nasakit met, adda met ti permi ti sakit nakem ko kasjay. Syempre maiyistoryak latta met
						Kakaasi nak yanta balay na awan met pagtarayak a sabali nu ketdi kenni bossing ko ken tay kaubraak

Behavior				Gathered courage to ask help from boss and co-worker.	989 997	iso ngay inturtured ko nga insaon kadetay boss ken kaubraak a maka sinsintir ngay sumrek nak a adda pasak ti bagbagik. Naisaok laeng detay nga pasamak kadetay boss ko ken tay kadowak pagubraak ata isuda a dua iti nagpatpatulungak. awan met kabadangak sadtoy ta mismo met nga asawak iti mangdangran gayam kenyak
	Hesitant			The mother reported violence but chose to settle at home due to family love and the desire to avoid humiliation, recognizing it as a couple's fight.	54 60 52	Ni mamang ko, nagreport barangay ta makitkita na jay ububraen na kanyak. Apa me nga agasawa isu nga ditoy kami balay nagsasarita, nakababain dita barangay. Ayayatek ngamin isuna ken syempre dagita annak mi, ipagpagarup ko kanyada.
				Do not fight back due to gender, love,	641 649	Jak kayat agisubsubbot kasi ammok a babai to payla isuna ken ayayatek suna. Haan, jak kayat nga idarum isuna kasi jak kayat maibabain iti

				and hope.		bukod ko a pamilya kuma. Ken maysa pay namnamaek payla agbalbaliw suna
				A definitely endurance guarantee as the consequence of the decision	824 928 930	Talaga nga ananusak ta ana ngarud, isu met ti nakai, tay naka, tay kaslang kinayat ko kunakun ata idi, idi ngamin kwa, idi nagsasarita kam barangay idi immuna nga panagsango mi isuna ngamin ti pinilik idi. Kunak ngarud, ana ngata nu siak ti mapan mangireport kanyana ta pulis. Ngem kukwaek lang ta siak met lang mabain
				Afraid to fight back due to the possible law suit applied	951	Kinabil kabil nak ngem jak simmubbot ta mabuteng nak a makaswan. Simsimrek nak latta pagubraak uray nariknak ti sakit ti bagbagik napya laeng a makatalawak sadjay balay na. iti ammok mandi mauliten ata kalpaskan detay a pasamak mimayat met trato na kenyak idin
						Tattan, detoy naudi nga

	Avoidance			Able to contempt self-anger as a means of prevention	743 755	pinagapa mi ading, apo, permi nga, imbag ta nakateppel nak pay ata, ti bisyo nan gamin ading, agiggem ti kutsilyo. Kabigatan na, nu ngarud nadisgrasya nak, napatay nakon wennu sikat napatay ko, di pay kakaasi dagita annak ta nga dwa.
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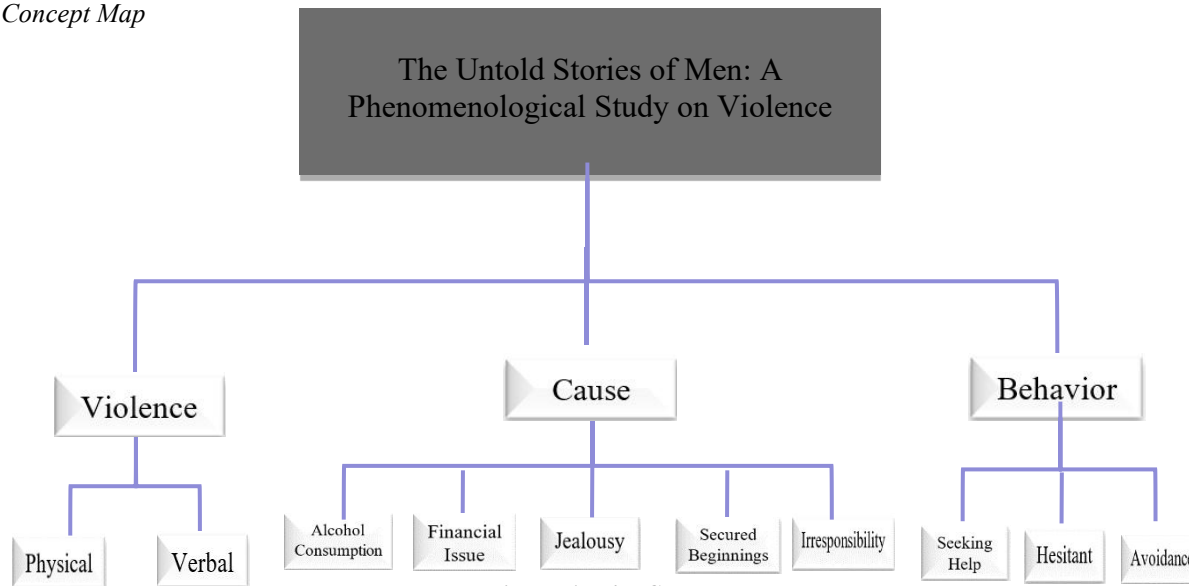
LEGEND:

INTERVIEW
 PARTICIPANT 1
 PARTICIPANT 2
 PARTICIPANT 3
 PARTICIPANT 4
 PARTICIPANT 5
 PARTICIPANT 6

DATA GATHERED*Findings*

The following are the study's key findings:

- 1) The study's main themes were Violence, which represents the various types of violence experienced by men; Cause, which represents the various causes of the violence experience; and Behavior, which depicts men's effects and coping mechanisms.
- 2) Physical and verbal violence are two sub-themes in the study under the main theme of Violence.
- 3) Under the main theme Cause, alcohol consumption, financial issues, jealousy, secured beginnings, and irresponsibility were the sub-themes.
- 4) The study's sub-themes under the main theme Behavior includes seeking help, hesitant, and avoidance.

Concept Map**Figure 1. The Concept Map****Types of Violence Experienced by Men**

The participants reported various types of domestic violence from their partners/spouses. Based on the data collected, the following themes and sub-themes were established regarding the types of domestic violence experienced by men:

Violence

According to Deshpande (2019), various violent acts committed by one member of a family or household against another are included under the umbrella term "domestic violence." It encompasses not only physical harm but also threats, verbal, psychological, and sexual abuse, and is frequently used to describe the mistreatment of a spouse or child.

Physical Violence. According to Ferguson (2023), physical violence can include physical abuse which is any intentional act of injuring another person through physical contact, such as striking, punching, or pinching. It can include the wife hitting him, pushing him, slapping him, or hurling utensils, cell phones, and dishes at him (Deshpande, 2019).

Participants claimed to have been subjected to violence by their partners or spouses. This includes scratches, chokes, kicks, slaps, and even thrown different stuff and drove away. Participants also stated that alcohol is a contributing factor to their partners' or spouses' aggressive behavior.

When the participants were asked if they experience domestic violence especially from their partner/spouse, participant 1 claimed that "*Nu makainom nak, adda sagpaminsan nga makagat, mapang-ur, makuddot, makaramot ken adda tay nadunor nak ngem inpadait me metlang*". "There are times where I get bitten, hit, pinched, and scratched when I've had a drink. There was even a time when I got injured and had to get stitches". Participant 3 shared that "*Aglapigus, agmalo, pumateltel, ken agiggem ti buneng*". "She twists my ears, beats me, and wields a bolo knife".

Moreover, participant 4 declare that "*Dumanog, tumilpak, kugtar, pungot ti inak mapaspasaran kanyana*". "I experienced being beaten by her". Participant 5 revealed that "*Idi innala na detay ubing, inpaidda na idjay tugaw, isut bulon na nangbekkel kanyak yenta sanggiran ti tugaw ken agarmas nukua ti*".

kutsilyo isu alalamanayek bagik". "After she laid down our child in the chair, she grabs my neck and leaned me against the edge of the chair, and sometimes she also uses knife as her weapon that is why I calm myself".

Additionally, participant 6 disclosed that "*Daydi met pinagdangran na kenyak nga umuna naladaw nak nagawid ta balay iti gapu nga adda nagpasken jay hotel nga pagububraak binakal bakal nak iti alalikamen mi sa nak pinatalaw. Napalabas mano nga lawas, nadlaw ko iti isasangpet na, nagbain man nga saw en ngem ti nagbaraan nat ulo na ket panggep laeng ti kinaawan ti kape nan, daydi inburek na nga danumen isibog na kenyak idin napipia laeng ta pagiso a bumangon nak idin ta nag text tay pag ububraak ti sideline a kasapulan da ti tao ta no saan nakarkaro kuma pay ti nasangrap ko nga sugsugat*". "The first was when I came home late due to company party we had. She threw stuffs at me and demanded me to move out of the house. I noticed her back after a few weeks and as shameful act as this may sound, she attempted to pour boiling water at me because there is no available coffee. Fortunately, I received a message about a side job and woke up on time, otherwise, I would have sustained more severe injuries".

Physical violence is one of the most common forms of violence experienced by men as according to Uysal and Eren (2020), men are the most likely to engage in, witness, or expose physical violence. Intimate partner violence or domestic violence is committed by their loved ones; whether their act is witnessed by their own family or a neighbour, no one dares to intervene because they believe it is simply a misunderstanding or a family fight. Reactive regression according to Lickley and Sebastian (2018), has the primary objective of inflicting harm and the type of aggression was marked by outward expression that is accompanied by impulsive actions.

These findings demonstrate that physical violence can be inflicted on male partners/spouses, and that the stereotype should stop ignoring the fact that men can be subjected to the same physical violence as women, as according to Desmarias et al., (2012), men and women physically assault their partners at comparable rates. Yaya and Ghose (2019), discovered that only physical IPV was associated with significantly higher odds of drinking alcohol which also shows that Participant 1 experience that discovery.

According to Sorenson (2017), any type of weapon use by an intimate partner is linked to a wide range of violent offender behavior as well as a variety of negative consequences for victims. Given that the participant's partner/spouse uses weapon to give threat, it demonstrates that men must be recognized through acknowledgement, which includes the implementation of protection, support, and raising awareness, because they suffer in the same way that women do.

Verbal Violence. Verbal violence is referred to as 'hate speech'. It tends to convey hatred to the addressee through words known within the social pattern as insulting and dehumanizing. Language is a mechanism of communication that is constructed to provide a shared environment with mutually understood terms and ideologies. Language is both constructed by society and it constructs society. The words people use to communicate ideas reflect the ideologies people hold and how they think about the world. Indeed, language can be used to convey violent ideas and feelings (Derdar, 2017).

Hannem et al. (2015), stated that participants perceive verbal violence to be normalized, escalating, and intolerable, influenced by social perceptions of violence as both a normal experience and a stigmatized behavior. Additionally, marriage counselors must take these cues into consideration and make an investment in fostering the lifetime commitment of marriage because misreading and misinterpreting verbal and nonverbal cues can result in conflict (Mutiso, 2020).

According to the participants, their partners/spouses communicate openly, which includes cursing. When participants failed to care for their children, they displayed anger and were even humiliated in front of others by using profane language. This is supported by the statement of all Participants.

As according to Participant 1, "*Nasao wen a ta babai ngarud ngem idi lang met adda annak min isu kasta na metten. Pagsawan nak pay ngamin ti dakes*". "She nags, which is understandable because she's a woman, but it only started when we had a child. She even curses at me". Participant 2 shared that "*Naprangka, pagsaw an nak ti tila adda ta inti panunot na madi amin nga ububrak, dinak kanu pelang matay*". "She's straightforward; she curses at me because she thinks everything, I do is wrong. She even wishes for my

demise". Moreover, Participant 3 claimed that *"Dijay lang sao na nakaro, iyad adda na ti mangibabain nu ad adut tao. Konsehal di nan tu pay kabain kada Kapitan. Di kam pay napan idjay Vigan idi ket immay nagsao saon. Dina ngamin kayat tay rumwarak"*. "Her words are harsh, and she aggravates humiliation if others witness it. She has no shame, even to the barangay captain and councilor. We have not even been to Vigan yet, and she's already nagging. She does not want me to go out".

Furthermore, Participant 4 disclosed that *"Naraggas suna no diak maubra ti daduma nga imandarna isu rugi na mang abuson kanyakon nukwa, pasaray pabainan nak pay iti sangwanan kadagitay anak mi nukua"*. "She is cruel if I am unable to do what she asks of me; she even humiliates me in front of our children". Additionally, Participant 5 revealed that *"Nagbassit lang nga banag nga pagsaritaan mi tay kas lang dumakkel ata sabali ngamin ti kwa, ti panagibbat nat sarsarita. Nakangawngawngaw, sao nga sao. Ti kunak awan babain nan sa ata syempre nu adda babain mo ti padam nga tao, han mo maitured pagsawsaw an uray ti pappapanam. Wen ata asawam lang problemam. Idjay tu balay u pangibagaam"*. She is a nagger. It seems like she has no shame because if she still has it and still respect others, she would not dare talk or humiliate me in front of them".

Lastly, Participant 6 stated that *"Mayat kami idi damu mi agdenna aginganat umay nak met pagsaw an jay pagubraakun nga uray nu day off ko ket kayat na inak sumarak ti ubrak, pagsawsaw an nak. Dangdangran nak, pagsawsawa an nak ti di makan ti aso, jak sinubbutan uray kinabil nak ta mabutengak nga makaswan"*. "We were fine at the start of our relationship until she came to my work and humiliated me; even on my day off, she wants me to look for work and speaks aggressively. She hits me and talks shit; I can't take revenge because I'm afraid of being jailed".

According to David et al. (2011), domestic violence is a problem that continues to affect not only the country but the entire world. Verbal aggression was the most common form of psychological abuse, slapping was the most frequently used physical violence, and denial of basic needs was the most common form of economic abuse.

Carillo et al. (2023) stated that Philippines is a country well known for its breathtaking diversity of languages and dialects, as well as its historic writing systems and scripts. Misunderstandings are uncommon, and when they do occur, they appear to stem from the 'common ground fallacy', the expectation of achieving shared understanding with fewer cues (Pietikäinen, 2016).

The relational frame theory or also known as the theory of human language predicted on the notion that human communication arises from our ability to make connections between seemingly unrelated stimuli and concepts (THC Editorial Team, 2023). These results demonstrate that participants were exposed to the unique gift of talkativeness possessed by women. Their spouses' or partners' unique talent is triggered when they neglect to do them favours and go out. When a participant's spouse or partner sets off a verbal altercation, it can escalate into physical violence. Additionally, language is one factor of the verbal infliction of the participants partner/spouse due to the wrong accent poses. Gibson et al. (2017) stated that being a non-native speaker of a language presents challenges. This causes misunderstandings on both sides because one uses the incorrect way of saying words and the other misinterprets it.

Raising awareness and emphasizing that men, like women, experience the same things, can help to prevent men from stereotyping their abilities and gender. Recognizing their vulnerability and offering assistance can help to prevent physical violence. It's important to acknowledge their side and experiences to encourage them open up and seek help. Finally, law enforcement, government, and society must take this issue seriously. The perpetrator should be held accountable, the government should offer assistance, law enforcement should intervene, and society should recognize the male victims' experiences.

Cause of Violence towards Men.

Being male is associated with the myth of being masculine, which demonstrates strength in the fact that men cannot be subjected to subordination by other genders, are dominant due to patriarchy, and always have the final say. Based on the data collected, the following themes and sub-themes were identified concerning the cause of their experiences.

Cause

There are different reasons why behaviour of a partner/spouse is triggered, De Castro Bhone et al. (2020) stated that male alcohol consumption and aspects of the affective relationship have been identified as major triggers of intimate partner violence. Furthermore, Alan et al. (2016) cited jealousy as a cause of domestic violence.

Alcohol Consumption. Alcoholism can be devastating to a person's health, as well as their relationships, including those with the most important people in their lives. Intimacy issues and a lack of emotional availability, as well as financial burden and negative effects on children, can all have an impact on partners, their children, and other family members (Gateway Foundation, 2024). This is one of the main reasons why participant's partner/spouse starts throwing hurtful words and physical attack to them, and it is supported by Participants 1, 2, 3, and 5.

Participant 1 claimed that "*Permi natangsit suna, ngem nu nakainum nak lang*". She's very arrogant, but only when I was drunk". Moreover, Participant 2 shared that "*Basta nu ammu na nga, kasla kuma nu nagiinom, adda na ditan, umay nak alaen*". "Whenever she knows, like when we're drinking, she will fetch me and take me home". Furthermore, Participant 3 revealed that "*Agkalkalap kam ngamin idi dita iti tilapia ket ti ammu na siguro ket nu adda araken ket agbusuren*". "We were catching tilapia and she thought we had alcohol with us, and she got angry". Additionally, Participant 5 disclosed that "*Adda time nukua met nga nu han nga siak ti nakainom, tapos isuna. Adda met tay agrana kam nakainom*". "There are times when if I haven't been drinking, she has, and there are times when we're both been drinking".

Domestic violence and harmful alcohol consumption are recognized as major public health issues worldwide. These phenomena frequently occur together, and they share a number of risk factors (De Paula Gebara et al., 2015). Drinking is a common and enjoyable part of a variety of social activities. However, for many people, it can lead to conflict in their relationships. Alcohol has the potential to dramatically alter a person's personality. When combined with the problems that can arise from excessive alcohol use, drinking can have a negative impact on our relationships with those closest to us (Ms, 2022).

These findings demonstrate that alcohol consumption can trigger and drive behavior to its worst form. According to De Paula Gebara et al. (2015), although men continue to consume more alcoholic beverages, women have significantly increased their consumption as a result of society's shifting gender roles. This supports the participants' claim that when one or both of them are drunk, it triggers violent behavior, which manifests itself either verbally or physically.

Financial Issue. Traditionally, men have supported the family financially, but in modern times, women frequently work to advance their careers or help out around the house. A woman is in danger if she is unable to contribute sufficiently. Arguments may arise if the woman thinks the man earns more money but doesn't provide for the family (Ishola, 2016). Traditional and modern were supported by the participants.

Participant 3 shared that "*Adda time nga ibagana, isuna metlang aminen, alangan met kunak ta nu aglako ak ti mais kada tandan ko ket isuna amin mangiggem*". "There are times when she says, it is always just her doing everything, of course! When I sell corn and get a tip, she ends up handling everything". Additionally, Participant 4 revealed that "*Nangrugi ti panangabuso na kanyak manipod naiyanak toy ubing me ken mejo agrugi kami magipit ti kwarta*". "She starts abusing me since our eldest was born and we start to face financial crisis".

A sense of power imbalance and conflict was brought about by financial disparities (Hall et al., 2017). In addition to protecting necessities like food and housing, being self-sufficient and having your own economy is a need for obtaining full membership in society (Ulmestig & Eriksson, 2016). According to Postmus et al. (2018), economic or financial abuse is a common hidden or "invisible" form of abuse in intimate partner relationships. Different problems such as misunderstanding arises from a financial problem which challenges individuals especially couples for their everyday finances.

Couples are often stressed and prone to conflict when faced with economic uncertainties. But according to Afifi et al., (2017), marital stability can also be enhanced by economic uncertainty. The recession

didn't break many of the couples; in fact, they helped them grow. In four communicative pathways—unifying, thriving, pragmatic, and at-risk—the couples' risk-taking and resilience in discussing stress and financial uncertainty were exposed. These results demonstrate that, as reported by the participants, facing financial difficulties can set off misunderstandings that result in conflict between couples. Furthermore, it may result in the use of physical or verbal violence.

Jealousy. In many species, especially those with high levels of paternal investment, where males run the risk of investing in offspring that is not their own, jealousy can be understood as an expression of mate guarding. However, females may also engage in mate guarding and display behaviors akin to human possessive jealousy, particularly in socially monogamous species. According to research on jealousy, women are just as hostile and violent as men when it comes to confronting and stopping their spouse's infidelity. (Buunk & Massar, 2019). This claim that both men and women can show jealousy and guarding their partners/spouses are supported by Participants 3, 4, and 5.

As, according to Participant 3, “*Kagura na ngamin nu adda babbai, haan na kayat nga mapan nak pumulpulipol kadagiti barkadak*”. “She hates it when there are women, she doesn't want me to hang out with my friends”. Furthermore, Participant 4 revealed that “*Napadasdak kinaranggas uneg pagtaengan min aglalo ken ti asawak nukua, maysa pay selosa isuna*”. “I experience violence inside our home especially with my spouse, she's a jealous person”. Additionally, Participant 5 disclosed that “*Isut ummuna nga pannakakastak dijay bekkel ta gapu ti selselos sa lang deta, agrugi, kada selos latta amin gapu na*”. “The choke was my first-time experience and it's because of jealousy, for being jealous is always the reason”.

Romantic jealousy, which has been identified as a major risk factor for intimate partner violence (IPV), is characterized as a complex range of feelings, ideas, or behaviors that follow a threat to the stability or quality of a relationship and are expressed behaviorally as control, rage, frustration, tension, or embarrassment (Aloyce et al., 2023). These findings show how the participants' spouse or partner was provoked by jealousy, resulting in violent behavior. Securing their property through any means leads to violence. As a result, it is critical to communicate about any issues that may spark jealousy.

Secured Beginnings. Early love is exciting, but as we transition into the routine of daily life, personal baggage begins to surface. We may find ourselves helpless in the face of wounded feelings, emotional distance, growing conflict, inadequate coping mechanisms, or just plain boredom. It's undeniable that it's difficult to establish and maintain happy, healthy relationships (Treleaven, 2018). Arguably, the most profound, thrilling, and meaningful relationships that people can be in are romantic ones. In these kinds of relationships, it's important to express feelings without effort. Even when speaking one's native tongue, it can be difficult to express these feelings in an appropriate way (Dewaele & Salomidou, 2017).

These claims are supported by Participants as Participant 4 revealed that “*Nasingpet idi ken nasayaat ipakitana ngen idi nagdenna kamin ket ininut nga rimwar ti kusto nga ugali na, rimwar iti kinaranggas nan*”. “She was nice and showed good when we first lived together, but eventually, her true behavior showed, which included her violent actions.”. Additionally, Participant 6 disclosed that “*Idi ngay barbaro kami pela agdenna kas agasawa, mayat pelaeng, mandi met maikkat iti maysa ngay asawa iti adda haan nga pagkinnaawatan, sao nga sao laeng isuna idi, aglabas iti aldaw umay na met dumanon sadjay pagubraakon a pagsasawan kanyakon, ibabain nak met la unay idin, binaybayak latta ata asawak ngarod*”. “We got along well when we first moved in together as a married couple, but as time went on, she would come to my workplace and humiliate me verbally. Since she is my wife, I chose to ignore this because misunderstandings within couples cannot be avoided”.

Power theory suggests that power disparities in relationships can exacerbate family tensions, increasing the risk of intimate partner violence, particularly in families with high stress and conflict levels (Gulina et al., 2018). These results show that when two different people live together under one roof, there will be conflicts and tensions because as they interact with others, their true selves will show through. As according to Liu et al. (2024), romantic love is a universal emotional experience with diverse cultural expressions, and all romantic relationships are complex and involving conflict. Despite the fact that families

are the fundamental unit of society, marital dysfunction has a direct impact on families and, consequently, on society as a whole (Rasheed et al., 2020).

Discord, dominance, infidelity, jealousy, and disputes that can turn into hatred and separation all pose a threat to the unity of a spouse. Every family will inevitably experience conflict, and if spouses are aloof or uncaring, a harmonious family may not exist (Osewska & Stala, 2015). As a result, it's critical that couples approach issues and experiences with the same understanding of their own perspectives, despite the fact that their cultural backgrounds may lead to differing perspectives.

Irresponsibility. Whether it's from long workdays or hanging out with friends, a husband arriving home late each day can lead to conflict in the relationship. This argument also stems from the idea that one partner needs their husband to step up because they are unable to handle all of the household's responsibilities on their own (Mehta, 2024). This is supported by the Participants 1, and 2.

As Participant 1 shared that "*Umununa ak nga sumangpet ket adda dagijay time nga madik maasikaso dagita ubbing, isut panagrugi na nga agunget ta ti kayat na ket nu makawiden, agiddan, aginnan*". "I got home first, and there are times when I fail to take care of our children, which fuels her, because what she wants is to lay down and rest whenever she gets home". Participant 2 also revealed that "*Haan na kayat nga masepngetan nak nga agawid, dapat adda ak uneg balay nu nelpasen ti trabaho kon*". "She does not want me to go home late; I should be home after work".

The failure of the partner's request in taking care on their children so that they can rest after work leads on showing hate towards them because they do not consider their partner's side. Also, one of the most hate action of man was coming home late whether it is in relation to work or not. As according to Shapiro (2016), interpersonal hatred is linked to hurt and loss-related anger, betrayal—real or imagined—and the gap between expectations and experiences.

According to the recalibrational theory of anger, anger developed to encourage conflict resolution that favored the person experiencing it. Anger drives people to inflict costs or withhold benefits when they are not treated with the proper degree of regard, which permits the offending party to adjust their level of regard (welfare trade-off ratio) (Wyckoff, 2016). The expected outcome is not the result which causing to act not in accordance to what is accepted by the society. Therefore, the result was somewhat asked by the participants and they are considered not innocent on this matter. Also, according to Lasky (2019), victim precipitation theory, holds that victims are either directly or indirectly responsible for the criminal acts that cause them harm.

Effects and Coping Mechanism of Men

Abuse that causes physical, sexual, or psychological harm is common and is referred to as intimate partner violence (IPV). In order to cope, survivors frequently turn to self-care, emotional expression, problem-solving, sheltering, and social support, with an emphasis on interacting with unofficial networks (Shah et al., 2024). Based on the data collected, the following themes and sub-themes were identified concerning effects and coping mechanisms of men.

Behaviour

Domestic violence dynamics involve repeated patterns in relationships, ranging from slow aggression to intense violence, which is frequently exacerbated by women's shame in reporting, a lack of education, legal access, and inadequate protection (Both et al., 2019). This claim that women's shame of reporting, and inadequate protection cannot only be seen on women side but also to men.

Seeking help to close family/friends. Male are the usual helper for someone who is in need most specially for protection. It is hard for them to voice out their situation due to the view of others towards them. According to Tsai & Shumow (2011), hegemonic masculinity ideas are reinforced by media conventions that frequently show a "good father" in situations involving the workplace or physical prowess. By emphasizing discipline over affection, traditional fathers keep emotional distance from their kids. If their spouse is away, they might watch the kids, but they won't be actively involved in their care. The traditional definition of

fatherhood restricts it to the duties of procreating, guarding, and supporting offspring.

Participants experiences do not support by the known masculinity towards them as they ask help to the closest people in their lives despite of their gender. And this is supported by the statements of Participants 3, 4, 5, and 6.

As Participant 3 stated that *“Inayabak pay ni nanang, ni katugangak. Makisina nak ngem di na met kayat latta. Alaen pay ni katugangak idin ma'am ngem di na kayat latta”*. “I even ask my mother and mother-in-law. I want to be separated from her but she refuses despite the willingness of her mother to take her home”. Furthermore, Participant 4 shared that *“Tila maasetgak ken pangidanunak ti problemak ket kadagitay relatives ko nga naasideg kanyak nukua, dagitay friends and relatives ko, kabsat ken barkadak, isuda mangted comfort kanyak nukua”*. “I can only share my problems to my closest relatives and friends, my sibling and friends, they give me comfort”.

Additionally, Participant 5 revealed that *“Syempre nasakit met, adda met ti permi ti sakit nakem ko kasjay. Syempre maiyistoryak latta met”*. “Of course it hurts, there are times that my feelings are really hurt. Of course, I can share somehow”. Lastly, Participant 6 disclosed that *“Kakaasi nak yanta balay na awan met pagtarayak a sabali nu ketdi kenni bossing ko ken tay kaubraak iso ngay inturtured ko nga insaon kadetay boss ken kaubraak a maka sinsintir ngay sumrek nak a adda pasak ti bagbagik. Naisaok laeng detay nga pasamak kadetay boss ko ken tay kadwak pagubraak ata isuda a dua iti nagpatpatulungak. awan met kabadangak sadtoy ta mismo met nga asawak iti mangdangran gayam kenyak”*. “My life is miserable in her house, I have no one to run to that is why I gather my courage to seek help from my boss and co-worker that notices my situation where I'm working even, I have bruises. I only told my boss and a coworker about my situation because they were the only ones who could help me because I didn't have anyone to turn to because my partner/spouse was the source of my problems”.

According to Moore (2021), male victims of domestic violence frequently avoid seeking help for a variety of reasons, including a refusal to see their experiences as abuse, a lack of support, embarrassment, loss of masculinity, fear of judgment, and family devotion. These findings show that men choose people with whom they can share their experiences, knowing that they will not be judged but rather helped.

Moreover, the social role theory explains that the expectations in mixed-sex groups or tasks related to culture are shaped by gender stereotypes, which in turn affect behaviour in situations where gender is salient (Eagly, 2016). Additionally, patriarchal theory claims that a father's decision-making authority and power are boundless (D, 2023).

This disparity in attitudes creates instability, which has varying effects on victims' help-seeking behaviours. Furthermore, help-seeking behaviours are frequently influenced by survivors' internalized shame and confusion when their social constructs of masculinity do not match their lived experience (McLeod et al., 2023). Despite the point of view on men by the society, it cannot change the fact that they do also need someone to protect them. Which this protection is being trap by the myth on their gender and capability as men. Therefore, they seek help through sharing to individuals close to them not to authorities because of their gender and experience.

Hesitant to report to the Authorities and taking revenge. Men rarely report violence against them to police because of the negative stigma associated with reporting acts of violence (Hewitt, L. A. (2023). Misunderstandings, sufferings, and challenges within relationship becomes cycle because partner/spouse experiencing the above mention, love and hoped that their partner/spouse will change in no time, and ashamed to their experience. Heron et al.'s (2022) study discovered three major reasons why women remain in abusive relationships: investment, entrapment, love, and external support. Women who left were motivated by fear of harm, fear of children, and the possibility of receiving outside assistance. Like women, they do not leave their abusive partner because of their love towards them, men also do the same and it is supported by the statements of the following participants:

Participant 1 shared that *“Ni mamang ko, nagreport barangay ta makitkita na jay ububraen na kanyak. Apa me nga agasawa isu nga ditoy kami balay nagsasarita, nakababain dita barangay. Ayayatek*

ngamin isuna ken syempre dagita annak mi, ipagpagarup ko kanyada.” “My mother was the one who reported her because she witnessed everything; I love her and for the sake of our children, and this is a marital problem between me and my partner/spouse; we settle it inside our home because it is embarrassing if we have to go to the barangay”. Furthermore, Participant 4 disclosed that “*Jak kayat agisubsubbot kasi ammok a babai to payla isuna ken ayayatek suna. Haan, jak kayat nga idarum isuna kasi jak kayat maibabain iti bukod ko a pamilya kuma. Ken maysa pay namnamaek payla agbalbaliw suna*”. “I do not want to take revenge because she is still a woman and I love her. I do not want to report her because I do not want my family to be humiliated and also, I’m hoping that she will change”.

Additionally, participant 5 declared that “*Talaga nga ananusak ta ana ngarud, isu met ti nakai, tay naka, tay kaslang kinayat ko kunakun ata idi, idi ngamin kwa, idi nagsasarita kam barangay idi immuna nga panagsango mi isuna ngamin ti pinilik idi. Kunak ngarud, ana ngata nu siak ti mapan mangireport kanyana ta pulis. Ngem kukwaek lang ta siak met lang mabain*”. Of course, I’ll forbear because, let’s say, I chose her over my first partner. I considered reporting her to the police. But I’m thinking that I’ll be the one humiliated. Finally, Participant 6 revealed that “*Kinabil kabil nak ngem jak simmubbot ta mabuteng nak a makaswan. Simsimrek nak latta pagubraak uray nariknak ti sakit ti bagbagik napya laeng a makatalawak sadjay balay na. Iti ammok mandi mauliten ata kalpasan detay a pasamak mimayat met trato na kenyak idin*”. “She beats me multiple times but I did not take revenge because I’m afraid that I will be jailed. I just go to work even my body hurts just to be away from her home. I thought it will not happen again because after that incident, she treats me well.”

According to Myers (2023), the triangular theory developed by Sternberg in 1986 posits that love can be explained by three factors: intimacy, passion, and decision or commitment. These findings shows that love can give endurance, patience, and hope that they can go back to where they started (being in love and having a peaceful relationship). Furthermore, Mbandlwa (2020) claimed that fear is a contributing factor to fewer reported cases of men’s abuse. Men are concerned that if they report abuse by women, people will question their sexual orientation. Men, therefore, hide and deny any victimization in order to protect their ego. When there are visible injuries as a result of the abuse, they prefer to say they were hurt by something else.

Additionally, family theories investigate the unique dynamics of families, emphasizing the deep emotional connections between members (Newman & Newman, 2020), where participants consider the welfare of their loved ones and cannot afford to sacrifice them for their freedom. Thus, women’s experiences are similar to men’s. As women are gradually encouraged to report their experiences, men should also be encouraged, as a true peaceful and healthy relationship begins with a free abusive partner or spouse.

Avoidance. Preventing unwanted events or accidents takes different forms, one of which is avoidance. According to Karugahe and Lambert (2021), men and women used social, problem-solving, and avoidant coping strategies at roughly the same rate.

This is supported by the statement of participant 5 as he stated that “*Tattan, detoy naudi nga pinagapa mi ading, apo, permi nga, imbag ta nakateppel nak pay ata, ti bisyo na ngamin ading, agiggem ti kutsilyo. Kabigatan na, nu ngarud nadisgrasya nak, napatay nakon wennu sikat napatay ko, di pay kakaasi dagita annak ta nga dwa*”. “Fortunately, I was able to control myself during our last fight because she has an attitude that includes using a knife as a weapon. The next morning, I confronted her and told her, “What if you were able to kill me or I fought back and I accidentally killed you? Our children will suffer.”

This shows that men also portray the situation of women in most study about domestic violence against women. They avoid circumstances that can lead them killing their partner due to self-defence because there are some victims that able to defend themselves from their abusers but in a way of killing them. This supports by Walker (2017), where he describes a condition that forms the basis for the battered woman defence, which has been used to explain premeditated assault or murder in cases involving physically and psychologically abused women who have killed their abusers.

Participant considers the future consequences of their actions toward themselves and their loved ones. The experience demonstrates that what men can do to their spouses or partners during domestic violence, women can also do. As a result, it is critical to consider their situation, regardless of their masculinity or capability.

CONCLUSIONS

According to the study's findings, men experience the same types of violence (physical and verbal) as women do from their partner/spouse. This demonstrates that violence affects more than just women, children, and known LGBTQ2+ individuals who are perceived as weak due to their gender and preference. Men, like women, are vulnerable to violence, especially when they love and respect their partners, care about their families, and do not want to humiliate them. Protecting one's property, including loved ones, can lead to jealousy, which also shows that both genders can be protective of their loved ones. It also demonstrates to men how women handle their situations when they are in an abusive relationship, such as avoiding fighting back and triggering the situation to prevent accidents or unwanted events.

Furthermore, men are hesitant to report their partners/spouses to authorities because they believe they will change. Men ensure that they only share their experiences with people they can trust and that they feel acknowledged rather than judged. These findings indicate that an action plan must be developed in order for them to overcome the stereotypes associated with gender-based violence.

RECOMMENDATIONS

Based on the aforementioned findings and conclusions, the following are recommended.

- 1) The Department of Social Welfare and Development may work with the various barangay officials and PNP personnel in the Municipality of Ilocos Norte to hold a symposium to raise awareness specifically addressing the violence against men.
- 2) The Department of Social Welfare and Development may establish a specific program for men who have experienced violence.
- 3) To eradicate stereotyping, the government may establish a support system for men dealing with violence.
- 4) The NGO (Non-Governmental Organization) may organize a group activity to support and encourage men to share their experiences with violence.
- 5) Future researchers may develop additional recommendations to assist men in combating violence.
- 6) All government and nongovernmental organizations may adopt the researcher's action plan, which aims to assist men in eradicating stereotypes about violence and creating a violence-free community.

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