

Title

**ASSESSMENT OF THE EFFECTS OF MEN'S DOMESTIC VIOLENCE ON THEIR
INCOME GENERATION ACTIVITIES IN ENEYA VILLAGE, T/A KWATAINE,
NTCHEU**

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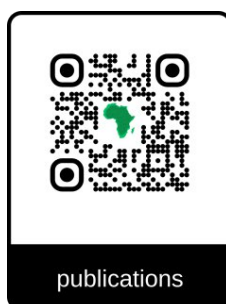
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ABSTRACT

This study assesses the effects of men's domestic violence on their income generation activities in Eneya Village, Traditional Authority (T/A) Kwataine, Ntcheu District. Domestic violence is widely recognized for its social and health consequences; however, its economic implications for perpetrators, particularly men, are less explored. The main objective of this research was to examine how men's involvement in domestic violence affects their productivity, employment stability, and overall income-generating activities. Specifically, the study sought to identify the forms of domestic violence practiced, analyze their impact on men's work performance and economic activities. The study employed a mixed-methods approach, combining quantitative and qualitative data. Data were collected through structured questionnaires administered to male household heads, key informant interviews with community leaders, and focus group discussions with both men and women in Eneya Village. Quantitative data were analyzed using descriptive statistics, while qualitative data were thematically analyzed to provide deeper insights into behavioral and socio-economic patterns.

The findings revealed that men who engage in domestic violence often experience reduced income generation due to time spent in conflicts, community mediation processes, and, in some cases, legal interventions. Stress, alcohol abuse, and strained household relationships were found to negatively affect concentration, and cooperation in family-based economic activities such as farming and small-scale businesses. Additionally, damaged social relations led to loss of community trust, limiting access to credit groups.

The study concludes that men's domestic

violence has significant negative effects not only on women and families but also on men's own economic well-being. Addressing domestic violence through community and economic empowerment initiatives is therefore essential for improving household livelihoods and sustainable development in Eneya Village and similar rural settings.

Keywords: Men's domestic violence, Income generation activities, Livelihoods, Rural households, Eneya Village, Ntcheu District.

INTRODUCTION

Background

Domestic violence is a widespread social challenge that affects individuals and households across the world, cutting across cultural, economic, and geographic boundaries. In Malawi, domestic violence remains a persistent problem, particularly in rural areas where traditional norms and gender roles often reinforce male dominance within households. Most discussions and interventions on domestic violence focus on women and children as victims, emphasizing health, safety, and human rights concerns. While this focus is essential, it has resulted in limited attention to the broader socio-economic consequences of domestic violence, especially its effects on men as perpetrators and on their own livelihoods.

In rural communities such as Eneya Village in Traditional Authority (T/A) Kwataine, Ntcheu District, men play a central role in household income generation. The local economy largely depends on subsistence agriculture, small-scale businesses, piecework (ganyu), and livestock rearing. These activities require stability, cooperation among family members, and sustained labor input. When men engage in domestic

violence, household harmony is disrupted, often leading to reduced labor support from spouses, emotional distress, and increased time spent resolving conflicts through family meetings, village mediation, or legal processes. As a result, men's ability to participate effectively in income generation activities may be compromised.

Furthermore, domestic violence can lead to social consequences such as loss of respect, strained relationships with neighbors, and exclusion from community-based economic groups like village savings and loan associations. Alcohol abuse, stress, and financial pressure are also closely linked to violent behavior, creating a cycle in which violence and economic hardship reinforce each other. Despite these realities, there is limited empirical research in Ntcheu District that explicitly examines how men's domestic violence affects their own economic productivity and income generation activities.

Context of the Study

Eneya Village is located in T/A Kwataine, Ntcheu District, a predominantly rural area in central Malawi. The village is characterized by high levels of poverty, reliance on rain-fed agriculture, and limited access to formal employment opportunities. Households depend heavily on family labor, making cooperation between spouses crucial for successful farming and small-scale economic activities. Traditional leadership structures play an important role in conflict resolution, including cases of domestic violence, which are often handled at village level before being referred to formal authorities.

The socio-cultural context of Eneya Village is influenced by patriarchal norms that may tolerate or justify men's control over women, including the use of violence. At the same time, increasing awareness of gender-

based violence through government policies and civil society programs has led to growing community concern about its negative impacts. However, there is still a lack of localized evidence demonstrating how domestic violence undermines men's own livelihoods, which could be a powerful entry point for behavioral change initiatives.

RESEARCH OBJECTIVES

General Objective

To assess the effects of men's domestic violence on their income generation activities in Eneya Village, T/A Kwataine, Ntcheu District.

Specific Objectives

- To identify the common forms of domestic violence perpetrated by men in Eneya Village.
- To examine the effects of men's domestic violence on productivity, employment stability, and income generation activities.
- To explore community perceptions of the relationship between men's domestic violence and economic performance.
- To propose strategies for reducing domestic violence and improving household income generation in the study area.

This study aims to contribute to knowledge that supports both social well-being and economic development at household and community levels.

LITERATURE REVIEW

Introduction

This chapter provides a comprehensive review of the literature related to the effect of domestic violence against men on income generation activities. It explores relevant

empirical studies aligned with the five study objectives through a global, African, and Malawian perspective. The chapter also defines key concepts, outlines the theoretical framework guiding the study, and ends with a chapter summary. The review offers insights into the extent, causes, and socio-economic consequences of domestic violence against men and highlights gaps that this study seeks to address.

Definition of Key Terms

- Domestic Violence Against Men:** This refers to any form of physical, emotional, sexual, or economic abuse directed at men within a domestic or intimate relationship (Wallace, 2019).
- Income Generation Activities:** These are economic practices or engagements undertaken by individuals or households to earn a living, including formal employment, informal trade, subsistence farming, and entrepreneurial ventures (UNDP, 2021).
- Socio-Economic Wellbeing:** This refers to the overall economic and social quality of life experienced by individuals, often measured by income levels, employment status, access to services, and security (World Bank, 2020).
- Psychological Abuse:** This is a form of domestic violence involving emotional manipulation, threats, and humiliation that impacts the mental health of the victim (Kaur & Garg, 2018).
- Stigma:** In the context of domestic violence, stigma refers to the societal disapproval and shame associated with men admitting to being victims of abuse (Dutton & White, 2013).

Empirical Review Based on Study Objectives

The Forms of Domestic Violence Experienced by Men

Globally, men experience various forms of domestic violence including physical assault, psychological manipulation, and emotional neglect, yet they are often overlooked in research and support services. According to Hines and Douglas (2017), approximately one in four men in the United States report having experienced some form of domestic violence in their lifetime. These include physical abuse such as slapping or hitting, emotional abuse like intimidation or belittling, and financial control where the partner dictates or limits access to income. Despite the prevalence, reporting is low due to fear of ridicule and legal biases.

Moreover, studies in Australia and the UK have revealed that male victims often do not recognize their experiences as abuse due to dominant masculine norms. Taylor et al. (2019) argue that cultural narratives that associate masculinity with strength and dominance make it difficult for men to perceive themselves as victims, hence reducing their likelihood to seek help. The underreporting, therefore, leads to a significant knowledge gap about the true nature and extent of abuse against men, including how such abuse affects their economic functionality and productivity.

In Africa, domestic violence against men remains a hidden and stigmatized phenomenon, rarely discussed in mainstream discourse. A study conducted in Nigeria by Egenti and Ojedokun (2021) found that 13% of married men reported experiencing psychological abuse and economic manipulation by their spouses. The abuse ranges from withholding of affection and ridicule in front of children to threats of divorce and denial of food. These abuses are often justified culturally, with men discouraged from expressing vulnerability or

emotional pain.

Similarly, in Kenya and Uganda, community studies show that male victims face a dual burden of suffering abuse and social rejection when they report it. *Mutanda and Mugisha (2020)* note that many men suffer silently, fearing ridicule, job loss, or reputational damage.

This silence allows abuse to persist and intensifies its emotional and financial impact, contributing to decreased income-generating abilities through stress-related absenteeism and poor health outcomes.

In Malawi, while most literature focuses on women and children as victims, recent studies acknowledge the existence of domestic violence against men. According to *Mzumara and Chikapa (2020)*, men in rural communities such as Ntcheu District experience emotional abuse, verbal threats, and in some cases, physical assault from their spouses. These forms of abuse often occur in contexts where the male partner is economically dependent, unemployed, or perceived as underperforming his traditional masculine role.

Community observations in villages like Eneya suggest that the stigma of being a male victim is compounded by traditional gender norms. Men often internalize their pain, and as such, fail to report their abuse or seek medical or psychological support. This emotional suppression contributes to decreased mental health and overall productivity, thereby negatively impacting income-generating activities and reducing household wellbeing.

The Effects of Domestic Violence on Men's Participation in Income-Generating Activities

Internationally, domestic violence against

men has been associated with diminished participation in income-generating activities due to physical injuries, emotional trauma, and workplace absenteeism. According to *Hines, Brown, and Dunning (2019)*, abused men often struggle with concentration, depression, and anxiety, making them less productive and more prone to job loss or reduced earnings. The cumulative effects of abuse—particularly emotional abuse—also impair their motivation and resilience in competitive labor markets.

Additionally, economic abuse is prevalent, where male victims are denied access to shared bank accounts, their earnings are confiscated, or they are prevented from working altogether. *Taylor (2021)* argues that such economic control mechanisms not only reduce men's financial autonomy but also reinforce dependency on their abuser, creating a cycle of poverty and control. These factors significantly reduce the ability of men to fully engage in or benefit from income-generating opportunities.

In sub-Saharan Africa, the effects of domestic violence on men's economic participation are becoming increasingly evident. A study by *Adeyemi and Onuoha (2018)* in Ghana and Nigeria highlighted that men subjected to emotional or physical abuse frequently report job instability, diminished entrepreneurial spirit, and absenteeism. This is largely due to the psychological toll that abuse takes on the victim, which manifests in demotivation and deteriorating self-esteem—factors crucial for economic productivity.

Furthermore, many abused men report fear of returning home, leading to increased time spent away from productive household activities like farming or small-scale business operations. Research by *Mwaniki and Kipkoech (2022)* in Kenya indicates that emotionally abused men often lose focus,

neglect routine duties, or become dependent on alcohol, leading to further economic.

METHODOLOGY

Introduction

This chapter outlines the methodological approach employed to assess the effects of domestic violence against men on their income-generating activities in Eneya Village, Traditional Authority (T/A) Kwataine, Ntcheu District. It provides a detailed description of the research approach, research design, study population, sampling techniques, sample size, research instruments, data collection procedures, data analysis methods, ethical considerations, pilot study, and chapter summary. The methodology was carefully designed in line with the study objectives to ensure credibility, trustworthiness, and validity of the findings.

Research Approach

The study adopted a qualitative research approach. Qualitative research focuses on exploring and understanding social phenomena through participants' lived experiences, perceptions, and meanings (Creswell & Poth, 2018). This approach was considered appropriate because the study sought to gain an in-depth understanding of how domestic violence affects men's participation in income-generating activities rather than measuring prevalence or testing hypotheses statistically. Through qualitative inquiry, the researcher was able to capture personal narratives, emotions, and social realities surrounding domestic violence against men within the community.

Research Design

A descriptive qualitative research design was employed. This design is suitable for

studies that aim to describe phenomena as they occur naturally without manipulation of variables (Kumar, 2019). The descriptive design enabled the researcher to explore the nature of domestic violence against men, its underlying causes, and its perceived economic effects. The design also allowed flexibility in probing sensitive issues and capturing detailed explanations from participants, which is essential when dealing with complex social issues such as domestic violence.

Study Population

The study population comprised adult men aged 18 years and above residing in Eneya Village, T/A Kwataine, Ntcheu District, who were actively engaged in income-generating activities such as farming, small-scale trading, and manual labor. According to records from community leaders and the Village Development Committee, the accessible population was estimated at approximately 90 men. This population was selected because it directly relates to the study's objective of examining the economic effects of domestic violence on men at household and community levels.

Sampling Technique

The study employed purposive sampling, a non-probability sampling technique that allows the selection of participants based on specific characteristics relevant to the research problem (Etikan, Musa, & Alkassim, 2016). Participants were selected based on the following criteria: being male, aged 18 years or older, residing in Eneya Village, and actively involved in income-generating activities. Village leaders assisted in identifying eligible participants, ensuring that those selected were knowledgeable and able to provide rich, relevant information.

Sample Size

A total of 30 participants were selected for the study. The sample size was determined based on data saturation, feasibility, and recommendations for qualitative community-based studies (Cohen, Manion, & Morrison, 2018). In qualitative research, adequacy of sample size is determined by the depth and richness of data rather than numerical representation. Data saturation was considered achieved when no new themes emerged from additional interviews.

Research Instrument

The primary research instrument used was a semi-structured interview guide. The guide consisted of open-ended questions designed to elicit detailed and descriptive responses from participants. The instrument covered sections on demographic information, forms of domestic violence experienced or observed, causes of domestic conflict, and perceived effects of violence on men's income-generating activities. The interview guide was chosen because it allows flexibility, encourages free expression, and enables the researcher to probe further for clarification and depth.

Data Collection Procedure

Data were collected through face-to-face in-depth interviews using the interview guide. Interview appointments were arranged with the assistance of village leaders to ensure community acceptance and participant availability. Before each interview, participants were informed about the purpose of the study, assured of confidentiality, and informed of their right to withdraw at any stage. Interviews were conducted in private locations chosen by participants to ensure comfort and openness. With consent, interviews were audio-recorded, and supplementary notes were taken. Each interview lasted approximately

30–45 minutes, and data collection was completed within five days.

Data Analysis

Qualitative data were analyzed using thematic analysis, following the framework proposed by Braun and Clarke (2019). Audio-recorded interviews were transcribed verbatim, after which the researcher familiarized themselves with the data. Initial codes were generated and organized into potential themes aligned with the study objectives. Themes were reviewed, refined, defined, and named to accurately reflect participants' experiences. NVivo software was used to assist with coding and data organization, enhancing consistency and analytical rigor (Zamawe, 2015).

Ethical Considerations

Ethical approval was obtained from academic supervisors and local community authorities. Informed consent was secured from all participants prior to data collection. Confidentiality and anonymity were maintained by excluding personal identifiers from transcripts and reports. Participants were treated with respect and sensitivity to avoid emotional distress, particularly given the sensitive nature of domestic violence (Resnik, 2018).

Pilot Study

A pilot study was conducted with five men from a neighboring village not included in the main study. The purpose was to test the clarity, relevance, and appropriateness of the interview guide. Feedback from the pilot study informed minor revisions to improve question flow and comprehension (Bell, Bryman, & Harley, 2019).

RESULTS

Introduction

This chapter presents the findings of the study on the effects of domestic violence against men on their income-generating activities in Eneya Village, Traditional Authority (T/A) Kwataine, Ntcheu District. The results are based on data collected through in-depth interviews with 30 adult men engaged in various income-generating activities. The findings are organized according to the study objectives and are presented using thematic analysis, supported by tables and verbatim quotations to enhance clarity and credibility.

Demographic Characteristics of Respondents

Understanding the demographic characteristics of respondents provides context for interpreting the findings. The study involved 30 male participants aged 18 years and above.

Demographic Characteristics of Respondents (n = 30)

The results show variation in participants' age, marital status, and main income activities. Most participants were aged 30–39 years, accounting for 11 individuals (36.7%), followed by those aged 40–49 years with 8 participants (26.7%). Participants aged 18–29 years numbered 7 (23.3%), while those aged 50 years and above were the smallest group, with 4 participants (13.3%).

In terms of marital status, the majority of participants were married, representing 21 individuals (70.0%), while 6 participants (20.0%) were separated or divorced.

Regarding main income activity, farming was the predominant source of livelihood, reported by 16 participants (53.3%). This was followed by small-scale business, involving 9 participants

(30.0%), and casual labor (ganyu), which accounted for 5 participants (16.7%).

Most respondents were married and economically active, with farming being the dominant livelihood activity. This demographic profile highlights the relevance of household stability and cooperation for income generation.

Causes of Domestic Violence Against Men

Several factors were identified as contributing to domestic violence against men in Eneya Village. These causes were often interrelated and cyclical.

- Key themes identified include
- Alcohol abuse by one or both partners
- Financial stress and poverty
- Power struggles over household decision-making
- Infidelity and mistrust
- Influence of extended family members

Alcohol abuse was frequently mentioned as a trigger for conflicts that escalated into violence. "Most fights start when someone is drunk. Words become harsh, and respect is lost."

Effects of Domestic Violence on Income-Generating Activities

This section presents the core findings on how domestic violence affects men's income generation.

Reduced Productivity

Many respondents reported that domestic violence negatively affected their productivity. Emotional distress, lack of sleep, and preoccupation with household conflicts reduced their ability to focus on

work.

“If you quarrel at night, the next day you are weak and fail to work properly in the field.” (Respondent 3)

Men engaged in farming reported delays in land preparation, weeding, and harvesting, which directly affected yields.

Damage to Social Reputation and Networks

Domestic violence cases reported to village leaders often led to loss of respect and trust within the community. Some men were excluded from village savings groups and cooperative labor arrangements.

After people knew about our fights, I was no longer trusted in the savings group. (Respondent 25)

This exclusion limited access to financial support and collective economic opportunities.

Coping Strategies Used by Men

Men adopted various strategies to cope with domestic violence, though many were ineffective or harmful.

- Common coping mechanisms included:
- Increased alcohol consumption
- Avoidance of home
- Silence and withdrawal
- Seeking mediation from elders

Few respondents reported seeking formal support services, citing stigma and fear of ridicule.

DISCUSSION

The findings of the study on the effects of domestic violence against men on their income-generating activities in Eneya Village, T/A Kwataine, Ntcheu District. The

discussion interprets the results presented in Chapter Four and relates them to existing literature and theoretical perspectives on domestic violence and livelihoods. The discussion is organized around the key themes that emerged from the study, in line with the research objectives.

Forms of Domestic Violence Against Men

The findings revealed that men in Eneya Village experience various forms of domestic violence, with psychological and emotional abuse being the most common, followed by economic and physical violence. Verbal insults, humiliation, threats, and denial of access to household resources were frequently reported. These findings are consistent with studies by *Hines and Douglas (2015)*, which indicate that men are more likely to experience non-physical forms of intimate partner violence that often remain hidden due to societal perceptions of masculinity. Similarly, *Gadd et al. (2014)* argue that psychological abuse has long-term effects on victims' mental well-being and self-esteem, even when physical violence is absent.

The presence of economic violence, such as restriction of access to income or unauthorized sale of household produce, reflects power struggles within households, especially under conditions of poverty. This aligns with research by *Vyas and Watts (2009)*, who found that economic stress often exacerbates household conflicts and contributes to abusive behavior. The findings suggest that domestic violence against men in rural settings may be underestimated due to cultural norms that discourage men from reporting abuse.

Causes of Domestic Violence Against Men

The study identified alcohol abuse, financial stress, mistrust, and power struggles as key

drivers of domestic violence. Alcohol consumption emerged as a significant trigger for conflicts that escalated into violence, supporting findings by *Foran and O'Leary (2008)*, who established a strong relationship between alcohol abuse and intimate partner violence. Financial stress, particularly in low-income rural households, was also found to intensify tensions, which corroborates the work of *Jewkes (2002)*, who argues that economic hardship increases the likelihood of domestic conflict and violence.

The influence of extended family members and societal expectations regarding gender roles further complicates household dynamics. In patriarchal contexts such as rural Malawi, deviations from traditional roles may lead to conflict, particularly when men are unable to fulfill expected provider roles. This observation is consistent with *Silberschmidt's (2001)* theory of male identity crisis, which links economic insecurity to increased household conflict.

Effects of Domestic Violence on Income-Generating Activities

A key finding of the study is that domestic violence significantly undermines men's income-generating activities. Men experiencing domestic violence reported reduced productivity due to emotional distress, lack of concentration, and fatigue. This supports findings by *Duvvury, Callan, Carney, and Raghavendra (2013)*, who demonstrated that domestic violence has measurable economic costs, including reduced labor productivity and income loss.

Loss of working time due to conflict resolution processes and avoidance of home was another major effect. This aligns with research by *Bowlus and Seitz (2006)*, which found that time spent dealing with domestic disputes reduces labor market participation and earnings. In a rural farming context,

even short disruptions can have significant consequences for agricultural output and household food security.

The breakdown of household cooperation was also identified as a critical factor affecting income generation. Agricultural and small-scale business activities in rural areas depend heavily on joint household labor. When domestic violence disrupts relationships, women may withdraw their labor, leading to reduced productivity. This finding is consistent with *Ellis (2000)*, who emphasizes the importance of social and household cooperation in sustaining rural livelihoods.

Social Consequences and Economic Exclusion

The study further revealed that men involved in domestic violence often suffer damage to their social reputation, leading to exclusion from community-based economic groups such as village savings and loan associations. Social capital plays a crucial role in rural economies by facilitating access to credit, labor-sharing arrangements, and informal safety nets. These findings align with *Putnam's (2000)* social capital theory, which highlights how trust and social networks enhance economic opportunities.

Stigma surrounding domestic violence against men was found to discourage help-seeking behavior, forcing men to rely on harmful coping strategies such as alcohol use or withdrawal. This observation supports *Tsui et al. (2010)*, who argue that societal expectations of masculinity often prevent men from accessing support services, worsening both social and economic outcomes.

Implications for Policy and Practice

The findings suggest that domestic violence should be recognized not only as a social

and human rights issue but also as an economic and development concern. Interventions aimed at reducing domestic violence may contribute to improved household income, productivity, and community development. Community-based sensitization programs that address harmful gender norms, alcohol abuse, and conflict resolution could be effective in breaking the cycle of violence and poverty.

CONCLUSION

The effects of domestic violence against men on their income-generating activities in Eneya Village, Traditional Authority Kwataine, Ntcheu District. The findings demonstrate that domestic violence against men is a real and significant issue that extends beyond social and emotional harm to negatively affect economic productivity and household livelihoods.

The study established that men experience various forms of domestic violence, with psychological and emotional abuse being the most prevalent, followed by economic and physical violence. Factors such as alcohol abuse, financial stress, power struggles, and mistrust were identified as key drivers of domestic conflict. These factors often interact, creating a cycle in which economic hardship fuels violence, and violence in turn worsens economic conditions.

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