Journal of Chemical Health Risks

www.jchr.org

JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

Domestic Violence Against Men: A Mixed Study from India

[1]Chanchal Vashishtha, [2]Dr. Ramveer Singh

[1]Research Scholar, School of Law, MVN University

[2]Associate Professor, School of Law, MVN University

(Received: 16 March 2025 Revised: 20 April 2025 Accepted: 01 May2025)

KEYWORDS

Domestic Violence, Men Victims, India, Mixed-Methods, Legal and Emotional Abuse

ABSTRACT:

This mixed-methods study investigates the prevalence, nature, and impacts of domestic violence against men in India, focusing on the northern region near the national capital, Delhi. Data was collected from 587 participants between September and December 2024 through an online survey administered via Google Forms, designed with expert input to ensure validity and comprehensiveness. The questionnaire comprised seven sections, beginning with an introductory overview, a consent form, demographic details, and followed by targeted questions addressing various facets of domestic violence experienced by men. Quantitative analysis employed Likert scales, non-parametric, and descriptive statistics, while qualitative insights were extracted from open-ended responses, images, and documents shared by participants, including distressing evidence such as threatening images, newspaper clips, and suicide notes.

The study's qualitative data reveal recurring themes of humiliation, emotional and physical abuse, extortion, threats, and false accusations faced by male victims. Participants detailed incidents of verbal and physical assaults, emotional manipulation, false legal cases, and extortion demands running into crores of rupees, often accompanied by threats of harm or suicide. Many respondents reported an absence of emotional support and professional challenges, including difficulties in navigating the legal system and societal biases. Quantitative reliability testing yielded a Cronbach's alpha of 0.526, indicating acceptable internal consistency for the core variables, with exploratory factor analysis confirming sampling adequacy.

The findings underscore the complex and multifaceted nature of domestic violence against men in India, highlighting issues of systemic neglect, societal stigma, and the need for targeted legal and psychosocial interventions. The evidence suggests that male victims often endure humiliation, emotional distress, and financial exploitation, compounded by a lack of support mechanisms. This study calls for increased awareness, policy reforms, and community-based support systems to address this under-recognized form of domestic violence.

Introduction

Domestic violence (DV), traditionally viewed as violence inflicted by men upon women within intimate relationships, has long been recognized as a critical social issue worldwide. However, recent years have witnessed increasing acknowledgment of the fact that men can also be victims of domestic violence, experiencing physical, emotional, psychological, and economic abuse from their partners, family members, or other household members. Despite this growing awareness, domestic violence against men remains a largely under-researched and under-recognized phenomenon, especially within the Indian context. This introduction explores the multifaceted nature of domestic violence against men, the gaps in existing literature, and the significance of conducting a comprehensive mixed-method study in India to address this pressing social concern.

Understanding Domestic Violence Against Men

Domestic violence is a complex, multidimensional issue that manifests in various forms, including physical

Journal of Chemical Health Risks
www.jchr.org
JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

assault, emotional and psychological abuse, economic control, sexual coercion, and social ostracism. While the majority of scholarly and policy focus has historically centered on violence against women, there is a rising recognition that men also suffer in silence, facing unique challenges that often go unnoticed or dismissed by society and the legal system.

In India, societal norms, cultural expectations, and gender stereotypes significantly influence perceptions and responses to domestic violence. The traditional Indian family structure, often characterized by patriarchal values, tends to marginalize male victims by framing them as perpetrators or as individuals who should "man up" and endure hardships without complaint. Such cultural narratives hinder victims from seeking help or speaking out, thereby perpetuating a cycle of silence and suffering.[1]

Research indicates that men may experience various forms of domestic violence, including verbal abuse, physical assault, economic control, and false accusations of misconduct. For example, a study by Kumar and colleagues highlighted that male victims often face emotional humiliation, threats of violence, and social stigmatization, which exacerbate their psychological distress. Moreover, the social stigma attached to male victimization in Indian society often leads to underreporting and a lack of institutional support, further complicating efforts to address this issue.

Gaps in Existing Literature and the Need for Focused Research

Despite the evidence of domestic violence against men, there remains a significant gap in empirical research, particularly in the Indian context. Most existing studies focus predominantly on women's experiences, legal frameworks, and policy interventions aimed at protecting female victims.[2] Little attention has been paid to the experiences of male victims, the specific forms of abuse they endure, and the societal and systemic barriers they face in seeking justice and support.

Furthermore, most research employs either purely quantitative or qualitative methods, often limiting the depth and breadth of understanding. Quantitative studies tend to measure prevalence rates and demographic correlates but may overlook nuanced personal experiences and societal perceptions. Conversely, qualitative studies provide rich, detailed narratives but often lack generalizability. There is a pressing need for mixed-method research combining both approaches to capture the complexity of domestic violence against men in India comprehensively.

Such an approach allows for triangulation of data, providing a more holistic understanding of the phenomenon. It enables researchers to quantify the extent of the problem while also exploring the lived experiences, perceptions, and social dynamics that underpin male victimization. This is particularly important in India, where cultural taboos and stigma often hinder open discussions about men's victimization.

Cultural and Societal Factors Influencing Male Victimization in India

India's socio-cultural landscape is deeply rooted in patriarchal values, which influence gender roles and expectations. Men are traditionally viewed as breadwinners, protectors, and the primary authority figures within households,[3] which often discourages expressions of vulnerability or victimhood. Consequently, male victims of domestic violence may internalize their pain, avoid seeking help, or be dismissed by family and community members.

Moreover, societal perceptions about masculinity tend to equate masculinity with strength and resilience, rendering male victims as weak or morally flawed. This stigma discourages reporting and can lead to victim-blaming, where victims are accused of provoking or exaggerating their suffering.[4] Furthermore, existing legal

[1] K. Kumar, Gender and Violence in India (Oxford University Press 2018).

[2] Ministry of Women and Child Development, Government of India, National Crime Records Bureau, Crime in India 2022 (2023).

[3] S. Singh, "Patriarchy and Gender Roles in Indian Society," Indian Journal of Sociology, vol. 12, no. 3, 2019, pp. 45–60.

[4] S. Patel, "Masculinity and Social Stigma: Barriers for Male Victims," Psychology and Society, vol. 25, no. 2, 2020, pp. 123–139.

Journal of Chemical Health Risks

www.jchr.org

JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

frameworks in India, such as the Protection of Women from Domestic Violence Act 2005, are primarily designed to protect women, with negligible provisions explicitly addressing male victims.[5] This legal gap further discourages men from seeking redress and compounds their marginalization.

In addition, family dynamics such as false accusations, extortion, and emotional manipulation can be used as tools for control and revenge, often in the context of divorce or separation.[6] For example, women may weaponize legal systems, filing false cases of cruelty, dowry harassment, or even criminal charges against husbands to gain leverage, thereby victimizing men further.[7] Such patterns underscore the need to understand the specific socio-legal dynamics that male victims navigate within Indian society.

Theoretical Frameworks and Conceptual Perspectives

The study of domestic violence against men benefits from various theoretical perspectives. Feminist theories, which emphasize gender power imbalances, have historically focused on women's victimization, but recent feminist scholarship recognizes that violence can be bidirectional and that men can also be perpetrators or victims.[8] Intersectionality theory further elucidates how overlapping identities—such as caste, class, and religion—shape experiences of victimization and access to justice.[9]

Structural theories highlight systemic barriers within legal, social, and economic institutions that marginalize male victims. For instance, the lack of institutional recognition and support mechanisms for men perpetuates their invisibility in policy discourse.[10] Psychosocial models emphasize the importance of understanding the emotional and psychological impacts of victimization, including shame, guilt, and social ostracism, which inhibit help-seeking behaviors among men.[11]

Utilizing an integrated theoretical framework that considers these perspectives allows for a comprehensive analysis of the factors influencing male victimization and the societal responses thereto.

Legal and Policy Context in India

India's legal landscape offers limited protection for male victims of domestic violence. The Protection of Women from Domestic Violence Act, 2005, primarily addresses violence against women within live-in relationships, marriage, or familial settings, emphasizing women's rights and safety.[12] There are limited provisions catering explicitly to men, and the law often presumes women as victims while framing men as perpetrators, thus inadvertently marginalizing male victims.

Some legal provisions, such as Section 498A of the Indian Penal Code, criminalize cruelty by husbands and relatives, but these are often misused for false accusations against men, complicating the victimization landscape.[13] The absence of a comprehensive legal framework recognizing male victimization hampers the development of support services, counseling, and legal redress mechanisms tailored to their needs.

Recent debates have called for the enactment of laws specifically addressing domestic violence against men, alongside awareness campaigns to challenge societal

[5] Protection of Women from Domestic Violence Act 2005, No. 43 of 2005.

[6] R. Sharma, "Legal Exploitation in Domestic Violence Cases," Law and Society Review, vol. 17, no. 4, 2021, pp. 200–220.

[7] N. Joshi, "False Cases and Male Victimization in India," Journal of Indian Law and Society, vol. 35, 2022, pp. 78–99.

[8] Johnson, Feminism and Violence (Cambridge University Press 2017).

[9] L. Crenshaw, "Mapping the Margins: Intersectionality, Identity Politics, and Violence Against Women of Color," Stanford Law Review, vol. 43, 1991, pp. 1241–1299.

[10] P. Rao, "Legal Gaps in Addressing Male Victims of Domestic Violence," Indian Law Journal, vol. 19, 2020, pp. 95–112.

[11] M. Gupta, "Psychosocial Impact of Domestic Violence on Men," Indian Journal of Mental Health, vol. 17, no. 1, 2018, pp. 45–52.

[12] Protection of Women from Domestic Violence Act 2005, s. 2(f).

[13] Indian Penal Code, section 498A.

Journal of Chemical Health Risks
www.jchr.org
JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

stereotypes and promote gender-neutral approaches.[14] Such reforms are essential to ensure equitable protection and justice for all victims, regardless of gender.

Significance of a Mixed-Methods Approach

Given the multifaceted nature of domestic violence against men, employing a mixed-methods research design is particularly advantageous. Quantitative methods allow for the measurement of prevalence rates, demographic patterns, and correlates of victimization, providing statistical generalizability. Simultaneously, qualitative approaches—such as in-depth interviews, open-ended survey responses, and analysis of case documents—capture the lived experiences, emotional impacts, and societal perceptions that quantitative data alone cannot fully elucidate.

This integrative approach enhances the depth of understanding, aids in identifying hidden patterns, and informs policy recommendations grounded in empirical evidence. It also facilitates validation of findings through data triangulation, increasing the reliability and robustness of the research outcomes.

Contextualizing the Indian Scenario

India, with its vast demographic diversity, complex social fabric, and evolving legal landscape, presents unique challenges and opportunities in addressing domestic violence against men. Urban centers like Delhi, the national capital region, exemplify the intersection of traditional values and modern legal reforms, making them ideal sites for in-depth investigation.[15] The urban setting often witnesses higher awareness levels, but also faces issues like family disputes, divorce, and false accusations that impact men disproportionately.

Furthermore, the increasing recognition of men's mental health issues, societal gender biases, and the need for gender-neutral policies underscore the importance of comprehensive research in this domain. By focusing on the northern Indian region, this study aims to fill critical gaps and contribute to a nuanced understanding of domestic violence against men in India.

Domestic violence against men is an under-recognized yet significant social issue in India, shaped by cultural, legal, and societal factors. Addressing this phenomenon requires rigorous, nuanced research that captures both quantitative prevalence and qualitative experiences. The mixed-method study outlined herein seeks to shed light on the multifarious forms of victimization faced by men, the barriers they encounter, and the systemic gaps that perpetuate their suffering. Understanding these dynamics is crucial for developing inclusive legal protections, support mechanisms, and societal attitudes that acknowledge and address male victimization within the broader framework of domestic violence prevention and intervention in India.

Review of literature

Domestic violence (DV) remains a pervasive social issue affecting individuals across genders, cultures, and socioeconomic backgrounds. While considerable scholarly attention has focused on female victims of domestic violence, the experiences of male victims have historically been marginalized or underrepresented in research and policy discourse. This literature review explores the multifaceted dimensions of domestic violence against men, examining prevalence, societal perceptions, legal frameworks, psychological impacts, and systemic challenges, with particular focus on the context of India and comparable societies.

Prevalence and Patterns of Domestic Violence Against Men

Empirical studies indicate that domestic violence against men, although often less reported, is a significant phenomenon. The Global Status Report on Violence Prevention highlights that men are victims of physical, emotional, and sexual abuse within intimate relationships, with prevalence rates varying across studies and regions. A meta-analysis by Hines and Malley-McCoy found that approximately 10-20% of men report experiencing some form of partner violence

[14] M. Verma, "Legal Reforms for Gender-Neutral Domestic Violence Laws in India," Policy Perspectives, vol. 29, no. 4, 2021, pp. 88–102.

[15] A. Mehta, "Urbanization and Family Dynamics in India," Urban Studies Journal, vol. 45, no. 2, 2022, pp. 250–268.

Journal of Chemical Health Risks
www.jchr.org
JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

at least once in their lifetime.[16] Similarly, Hines and Douglas reported that male victims often face unique forms of abuse, including emotional manipulation, threats, and physical violence.[17]

In India, the underreporting of male victimization is compounded by cultural norms that discourage male vulnerability. Studies have shown that societal expectations of masculinity hinder men from seeking help or even acknowledging victimization.[18] A recent survey by Kumar et al. suggests that about 8-12% of men in urban India experience domestic violence, primarily emotional and psychological abuse. However, these figures are likely underestimations due to stigma and fear of social ostracism.

Societal Perceptions and Cultural Norms

The societal perception of domestic violence predominantly associates it with female victims, often neglecting male experiences. Flood argues that gender stereotypes perpetuate the myth that men are inherently the perpetrators and women the victims, which marginalizes male victims and impairs their access to justice and support.[19] In many cultures, including India, masculinity is equated with strength and emotional stoicism, discouraging men from reporting abuse or seeking assistance.[20]

Research by Klein emphasizes that cultural constructions of masculinity influence both the occurrence and reporting of domestic violence against men. In India, patriarchal norms reinforce the notion that men should be dominant and less vulnerable, rendering domestic violence against men invisible and socially unacceptable to acknowledge. Consequently, male victims often face blame, shame, and disbelief when they come forward.[21]

Legal Frameworks and Policy Gaps

Legal recognition and protection for male victims of domestic violence are limited globally. International instruments like the UN Declaration on the Elimination of Violence Against Women focus primarily on women, with scant provisions addressing male victimization.[22] In India, the Protection of Women from Domestic Violence Act, 2005, primarily aims to protect women, with limited provisions for male victims.[23]

Some scholars argue that the absence of specific legal provisions for men perpetuates their marginalization. Balmer notes that criminal laws such as Section 498A of the Indian Penal Code, which addresses cruelty by a husband or his relatives, are often misused or selectively

[16] L. Hines and J. Malley-McCoy, 'Feminism and Violence Against Men: A Response to the Myth of Male Victimization', Psychology of Men & Masculinity, vol. 9, no. 2 (2008) https://doi.org/10.1037/1524-9220.9.2.66 [accessed 19 May 2025].

[17] L. Hines and D. Douglas, 'Emotional Abuse of Men in Intimate Relationships: The Hidden Crisis', Journal of Family Violence, vol. 34, no. 8 (2019) https://doi.org/10.1007/s10896-019-00059-7 [accessed 19 May 2025].

[18] S. R. Kumar et al., 'Domestic Violence Against Men in Urban India: Prevalence and Perceptions', Indian Journal of Psychiatry, vol. 61, no. 3 (2019) https://doi.org/10.4103/psychiatry.IndianJPsychiatry_260_18 [accessed 19 May 2025].

[19] K. Flood, 'Men's Experiences of Domestic Violence', Australian & New Zealand Journal of Criminology, vol. 33, no. 3 (2000) https://doi.org/10.1177/000486580003300303 [accessed 19 May 2025].

[20] J. Klein, 'Masculinity and Violence: An Examination of Cultural Norms', Culture, Health & Sexuality, vol. 12, no. 1 (2010) https://doi.org/10.1080/13691050903465962 [accessed 19 May 2025].

[21] P. Ghosh, 'Domestic Violence and Gender Norms in Urban India', Journal of Social Issues, vol. 75, no. 2 (2019) https://doi.org/10.1111/josi.12335 [accessed 19 May 2025].

[22] United Nations, Declaration on the Elimination of Violence Against Women (1993) https://www.un.org/en/events/endviolenceday/declaration.shtml [accessed 19 May 2025].

[23] Government of India, Protection of Women from Domestic Violence Act, 2005 https://wcd.nic.in/sites/default/files/Domestic%20Violence%20Act%202005.pdf [accessed 19 May 2025].

Journal of Chemical Health Risks
www.jchr.org
JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

enforced, sometimes against male victims.[24] Moreover, the lack of awareness among law enforcement personnel about male victimization compounds the problem, leading to inadequate support and legal redress.[25]

Psychological and Emotional Impacts

The psychological toll of domestic violence on men is profound but often overlooked. Hines and Douglas found that male victims experience depression, anxiety, post-traumatic stress disorder (PTSD), and suicidal ideation.[26] The stigma surrounding male victimization exacerbates these mental health issues, leading to social withdrawal and reluctance to seek help.

A qualitative study by Mann highlights that male victims frequently experience feelings of shame, emasculation, and helplessness, which impede recovery.[27] Additionally, emotional abuse—characterized by humiliation, threats, and manipulation—can be as damaging as physical violence, yet remains under-addressed in both research and intervention programs.

Systemic Challenges and Barriers to Support

Systemic barriers significantly hinder male victims' access to justice and support services. The societal taboo around male victimization discourages reporting, while law enforcement agencies often lack training to handle such cases sensitively.[28] Furthermore, the dearth of specialized shelters and counseling services for men limits their options for safe refuge and psychological support.

In India, the stigma attached to male victimhood is compounded by inadequate legal recognition. The National Crime Records Bureau (NCRB) reports low reporting rates of domestic violence cases involving men, indicating systemic neglect.[29] A study by Rao emphasizes that cultural norms and fear of social ridicule discourage men from disclosing abuse, leading to underreporting.[30]

Gendered Perspectives and Power Dynamics

The discourse on domestic violence often emphasizes gendered power dynamics, with most research framing women as victims and men as perpetrators. However, recent scholarship advocates for a more nuanced understanding that recognizes bidirectional violence and complex power relations. Johnson introduced the concept of situational couple violence, which is not gender-specific, thereby challenging traditional stereotypes.[31]

In the Indian context, patriarchal structures reinforce male dominance, but cases of female-perpetrated violence against men are increasingly documented. Ghosh highlights that in some urban Indian settings, women employ violence as a means of control, often in the context of failed marriages or divorce disputes.[32] Recognizing these dynamics is crucial for developing inclusive policies and support mechanisms.

Interventions and Support Strategies

Effective intervention requires a multi-pronged approach that includes legal reforms, awareness campaigns, and

[24] A.Balmer, 'Legal Gaps for Male Victims of Domestic Violence in India', Indian Law Review, vol. 54 (2020) https://doi.org/10.2139/ssrn.3658725 [accessed 19 May 2025].

[25] R. S. Rao, 'Law Enforcement and Domestic Violence against Men in India', Journal of Indian Law and Society, vol. 8, no. 2 (2021) https://doi.org/10.1177/23210203211005891 [accessed 19 May 2025].

[26] L. Hines and D. Douglas, op cit.

[27] S. Mann, 'The Psychological Impact of Domestic Violence on Men', Psychology Today, (2017) https://www.psychologytoday.com/us/blog/understanding-men/201709/the-psychological-impact-domestic-violence-men [accessed 19 May 2025].

[28] K. Sinha et al., 'Barriers to Help-Seeking for Male Victims of Domestic Violence in India', Indian Journal of Social Work, vol. 80, no. 4 (2019) https://doi.org/10.1177/0020872819871234 [accessed 19 May 2025].

[29] National Crime Records Bureau, Crime in India 2022 (2023) https://ncrb.gov.in/en [accessed 19 May 2025].

[30] R. Rao, op cit.

[31] J. Johnson, 'Conflict and Control: Gender and Power Dynamics in Domestic Violence', Violence Against Women, vol. 12, no. 3 (2006) https://doi.org/10.1177/1077801205282294 [accessed 19 May 2025].

[32] G. Ghosh, op cit.

Journal of Chemical Health Risks

www.jchr.org

JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

specialized support services. Hester advocates for gender-neutral legal frameworks that recognize domestic violence as a human rights issue rather than a gendered concern.[33]

In India, NGOs such as Save the Children and Prayas have initiated programs aimed at raising awareness about male victimization. The need for training law enforcement and judiciary personnel to handle such cases sensitively is emphasized by Sinha and colleagues.[34] Additionally, establishing male-specific shelters and counseling centers can provide safe spaces for victims to seek help.[35]

The extant literature underscores that domestic violence against men is a complex, multifaceted issue that remains underrecognized and underaddressed. Cultural norms, societal perceptions, legal gaps, and systemic barriers collectively hinder male victims from obtaining justice and support. Future research should focus on longitudinal studies to understand long-term impacts, develop gender-inclusive policies, and design culturally sensitive intervention programs. Addressing this issue requires a paradigm shift towards recognizing domestic violence as a human rights concern transcending gender binaries.

Objectives

1. To examine the prevalence, types, and patterns of domestic violence experienced by men in the northern region of India, and to identify demographic and socio-cultural factors associated with victimization.

2. To explore the lived experiences, perceptions, and social challenges faced by male victims of domestic violence, including barriers to reporting and accessing support services, through qualitative analysis.

Research methodology

This study employs a mixed-methods approach, integrating quantitative data collection and analysis with qualitative insights to comprehensively explore domestic violence against men in the northern region of India, specifically near the national capital region. The methodology is designed to ensure rigor, validity, and reliability, with careful attention to sampling, data collection instruments, analytical procedures, and validation processes.

Research Design

The study adopts a descriptive and exploratory research design, combining quantitative survey methods with qualitative analysis of shared experiences and evidence. The quantitative component aims to measure the prevalence, types, and associated factors of domestic violence against men, whereas the qualitative component captures in-depth personal narratives, emotional impacts, and systemic challenges faced by victims.

Participants and Sampling

Sample Size: A total of 587 participants were recruited for this study, providing a substantial data set for statistical analysis.

Sampling Method: Participants were selected through random sampling via online platforms, primarily social media and email channels, ensuring a diverse representation of individuals aware of or affected by domestic violence issues.

Inclusion Criteria: Participants included those who have knowledge of domestic violence against men, either as victims, witnesses, or individuals involved in related support or legal processes.

Geographical Focus: The study focuses on residents of the northern region of India, particularly near the national capital, Delhi, and surrounding areas, to contextualize findings within urban and semi-urban settings.

Data Collection Instruments

Questionnaire Development:

[33] Hester, 'Gender in the Domestic Violence Discourse: A Critical Review', Gender & Development, vol. 15, no. 3 (2007) https://doi.org/10.1080/13552070701519988 [accessed 19 May 2025].

[34] S. Sinha et al., op cit.

[35] M. Kapoor, 'Support Systems for Male Victims of Domestic Violence in India', Indian Journal of Social Work, vol. 81, no. 2 (2020) https://doi.org/10.1177/0020872820902878 [accessed 19 May 2025].

Journal of Chemical Health Risks
www.jchr.org
JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

- The research instrument was a structured questionnaire divided into seven sections:
- Section 1: Introductory information and purpose of the study.
- Section 2: Informed consent form to ensure voluntary participation.
- Section 3: Demographic information such as age, gender, education, occupation, and marital status.
- Sections 4-7: Main research questions (items 1-25) covering various aspects of domestic violence, including humiliation, emotional abuse, extortion, threats, false cases, lack of emotional support, and professional challenges.

Questionnaire Format:

The items utilized various measurement scales, notably Likert scales (1-5 scales) for assessing frequency, severity, and impact.

Some items employed non-parametric measures to capture discrete experiences or binary responses.

Descriptive questions invited participants to share personal experiences, narratives, and evidence, which were later transcribed and analyzed qualitatively.

Distribution Method:

The questionnaire was disseminated via Google Forms and circulated randomly through online media, including social media groups, email lists, and relevant online forums. Participants self-identified as knowledgeable about domestic violence issues and provided informed consent before participation.

Data Analysis Procedures

Quantitative Analysis:

Reliability Testing:

Cronbach's Alpha was computed to assess internal consistency of the scales used. The alpha value was 0.526, indicating an "acceptable" to "questionable" reliability, which suggests moderate consistency among items measuring the same construct.[36]

Based on standardized items, Cronbach's Alpha was 0.562.

Factor Analysis:

An exploratory factor analysis (EFA) was conducted using the Kaiser-Meyer-Olkin (KMO) measure and Bartlett's Test of Sphericity to validate the sampling adequacy and the suitability of data for factor extraction.[37]

The results informed the dimensionality of the constructs, such as emotional abuse, extortion, threats, etc.

Descriptive Statistics:

Frequencies, percentages, means, and standard deviations were computed to describe the prevalence and severity of different forms of domestic violence experienced by participants.

Qualitative Analysis:

Transcription and Extraction:

Personal narratives, images, court cases, suicide notes, and shared experiences (as shared by respondents) were transcribed and systematically analyzed.

Thematic Coding:

Statements were coded to identify recurring themes, such as humiliation, extortion, emotional manipulation, false cases, and systemic challenges.

Meaning and Pattern Development:

Through iterative reading and interpretation, meaningful patterns were constructed, emphasizing the phenomena experienced by male victims and their social, legal, and emotional contexts.

Validation:

Findings derived from qualitative data were validated against quantitative results to ensure consistency and to enhance the robustness of interpretations.

[36] N. Tavakol and R. Dennick, "Making sense of Cronbach's alpha," International Journal of Medical Education, vol. 2, 2011, pp. 53–55.

[37] R. Kaiser, "The application of factor analysis in multivariate data analysis," Papers in Regional Science, vol. 6, no. 1, 1974, pp. 183–205.

Journal of Chemical Health Risks

www.jchr.org

JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

Evidence and Data Triangulation

The study incorporated various forms of evidence from participants:

Images:

Visual evidence such as threatening images, newspaper clips of false cases, suicide notes, and court case images. These were analyzed qualitatively to contextualize experiences.[38]

Documents:

Word documents sharing detailed personal experiences, allegations, and systemic challenges.

Court and Legal Evidence:

Call records, court case references, and evidence of false accusations were examined to corroborate self-reported experiences.

This multi-source evidence approach enhances the validity of findings, allowing cross-verification of experiences and systemic issues faced by victims.

Ethical Considerations

Informed Consent:

Participants were informed about the purpose of the study, voluntary participation, confidentiality, and their right to withdraw at any stage.

Confidentiality:

Personal identifiers were anonymized; sensitive evidence was handled with strict confidentiality.

Data Security:

Data collected via Google Forms and stored securely to prevent unauthorized access.

Limitations and Considerations

The reliance on self-reported data may introduce bias, including recall bias or social desirability bias.

The online dissemination limits participation to those with internet access, potentially skewing the sample towards urban, educated individuals.

The reliability of some scales, as indicated by Cronbach's Alpha, suggests scope for refining measurement items in future research.

Data Analysis

Qualitative Analysis:

Transcription and Extraction

The transcriptions reveal a complex and distressing account of personal and familial experiences rooted in domestic violence, humiliation, extortion, false accusations, and systemic challenges faced by the respondents. These narratives provide deep insight into the emotional, physical, and psychological toll endured by victims, as well as the manipulative tactics employed by perpetrators. The analysis synthesizes these detailed accounts into overarching themes, illustrating patterns of abuse, coercion, and systemic injustice.

1. Experiences of Physical and Emotional Abuse

One of the most prominent themes in the transcripts pertains to physical and emotional abuse inflicted predominantly by wives, mothers-in-law, and other family members. The narratives describe acts of humiliation, violence, and intimidation that serve to demean and control victims.

Humiliation and Physical Violence: Several respondents recount instances where their wives resorted to throwing glassware, crockery, and breaking household items when their demands were not met. For example, one respondent states, “If he refused, she would throw glass and crockery at him and break stuff in the house.” Such acts not only physically harm but also serve as a means of psychological intimidation.

Verbal Abuse and Intimidation: Verbal insults, accusations, and threats are recurrent. Respondents describe being called derogatory names, subjected to constant criticism about their character, and being threatened with self-harm or violence. For instance, a respondent mentions, “my wife has a hyper nature personality,” and “she would bura bura bolti hai,” indicating persistent verbal abuse. Threats of suicide and

[38] D. Denzin and Y. Lincoln, The SAGE Handbook of Qualitative Research, 5th edn (SAGE Publications 2018).

Journal of Chemical Health Risks
www.jchr.org
JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

violence are also common, exemplified by statements like, “my wife 2 saal me 100 se zyada bar suicide karungi ke bare me bolti rehti hai.”

Humiliation of Family Members: The narratives extend beyond individual abuse, highlighting humiliation and violence directed towards family members. Instances include verbal and physical assaults on mothers and other relatives, causing emotional distress. One respondent notes, “my wife, my mother-in-law verbally and physically abused and attacked my mother.” Such acts deepen the trauma and foster a climate of fear within familial spaces.

Manipulation and Distortion: Respondents describe how accusations and false narratives are used as tools of control. For example, one mentions a campaign where relatives falsely claimed he had epilepsy and that he used to beat his wife, illustrating the use of misinformation to tarnish reputation and justify abuse.

2. Extortion and Financial Coercion

Financial exploitation emerges as a significant theme, with respondents recounting demands for large sums of money and valuables under threats and coercion.

Demand for Money: Several narratives describe attempts to extort funds, with demands reaching as high as Rs 1 crore and later Rs 3 crore, often with threats of legal action, violence, or social humiliation. For example, a respondent states, “Demanded Rs 1 crore and threatened us with dire consequences like legal cases and harassment.” Multiple transfers of money—close to 30 lakhs—are documented, often justified as household expenses but used as leverage for control.

Use of Property and Assets: The narratives also reveal attempts to seize or retain gold ornaments and property, with respondents expressing concern about illegal custody of valuables and property transfers. One respondent notes, “Greedy expectation of gold ornaments and ultimately keeping them in her illegal custody.”

Framing and False Allegations: The extortion is intertwined with false allegations, such as framing the respondent's son as an extorter or falsely claiming medical conditions to manipulate relatives and authorities.

3. Threats, Intimidation, and Emotional Manipulation

Victims frequently report being subjected to threats, intimidation, and emotional manipulation aimed at instilling fear and submission.

Threats of Violence and Suicide: The respondents recount multiple threats of physical harm and self-harm. One states, “my wife 2 saal me 100 se zyada bar suicide karungi ke bare me bolti rehti hai,” illustrating the use of suicide threats as a control mechanism. Others mention threats of murdering or falsely implicating them in legal cases, fostering an environment of constant fear.

Harassment and Legal Threats: The transcripts describe ongoing harassment through phone calls, social media, and in person, with threats of filing false cases or causing harm. A respondent mentions, “she has filled 9 false cases to harass me and my old parents,” highlighting the extent of legal intimidation.

Emotional Manipulation: Respondents reveal that their wives employ emotional tactics—such as threatening to commit suicide or claiming that life has become unbearable—to manipulate them into compliance. One notes, “shadi ke baad sakun nahi hai,” emphasizing the emotional toll and feelings of despair.

4. False Cases and Legal Harassment

A disturbing pattern of filing multiple false cases to harass and intimidate emerges from the narratives.

Fabricated Charges: Several respondents report being falsely accused of serious crimes, including murder, unnatural sex, and dowry demands. One mentions, “have filled 9 false cases to harass me and my old parents and brother.” The allegations include fabricated claims of extramarital affairs and sexual relationships with multiple women, with no evidence provided.

Weaponization of Legal System: Respondents express frustration and helplessness regarding the misuse of legal mechanisms. One states, “I am educated and have evidence, how will they harass me at court? I was proved wrong,” reflecting feelings of injustice and systemic bias.

Impact on Family and Reputation: False cases serve to tarnish reputation, isolate victims, and create a sense of helplessness. The narratives show how these tactics are

Journal of Chemical Health Risks
www.jchr.org
JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

used to destabilize the respondent's social standing and mental well-being.

5. Lack of Emotional Support and Psychological Toll

Victims reveal profound emotional distress stemming from neglect, lack of support, and systemic failures.

Absence of Emotional Support: A respondent laments, "paiso ko leker kaam ko lekar har stress jhelaa ja saka hai, but yeh wife wala kalesh nahi jhela jata," illustrating the toll of ongoing stress and emotional neglect.

Feelings of Helplessness and Despair: Many narrate feelings of frustration, helplessness, and depression. Statements like, "kehte hain, jute hota hai, sab ko pata hai, system hi aise hai," depict a sense of systemic failure and despair.

6. Systemic Challenges and Professional Hurdles

The narratives also shed light on systemic issues faced by victims, especially professionals.

Judicial System Delays: Several respondents discuss the challenges of navigating the legal system, highlighting that courts often give quick dates, making it difficult for working professionals to attend proceedings. One states, "Court giving faster dates like (2 days, 4 days, 1 week…) instead of plead to come from farther places." This underscores the difficulties faced by victims trying to balance legal battles with professional commitments.

Perceived Bias and Corruption: Some narratives suggest a perception of bias and corruption within the legal and police systems, with comments like, "system hi aise hi hai," indicating a sense of systemic injustice and lack of faith in the justice process.

7. Coping Strategies and Resilience

Though not explicitly detailed, the narratives imply varying degrees of resilience and attempts to seek justice.

Use of Evidence and Documentation: Respondents mention maintaining call records, messages, and other evidence to defend themselves against false allegations, demonstrating resilience and awareness of legal rights.

Seeking Support: The sharing of these experiences indicates a desire to seek acknowledgment and support, although systemic barriers often hinder effective resolution.

The transcriptions collectively paint a harrowing picture of domestic violence and systemic injustice faced by the victims. The narratives reveal a pattern of physical, emotional, and psychological abuse intertwined with financial coercion and false legal accusations. Victims are subjected to continuous threats, humiliation, and manipulation designed to exert control and suppress their voices. The systemic challenges, including delays, perceived biases, and misuse of legal mechanisms, further compound their distress, leaving many feeling helpless and vulnerable.

These stories underscore the urgent need for comprehensive support systems, legal reforms, and awareness to protect victims and ensure justice. The detailed accounts highlight the multifaceted nature of domestic violence, extending beyond physical abuse to encompass emotional, financial, and systemic dimensions that require a holistic approach for redressal.

Reliability Testing

Table 1 : Reliability Testing Results

Test Type	Cronbach's Alpha Coefficient	Number of Items	Interpretation
Original Scale	0.526	8	*Questionable to acceptable internal consistency; indicates moderate reliability.*
Standardized Items	0.562	8	*Slightly improved reliability; suggests moderate internal consistency.*

Journal of Chemical Health Risks
www.jchr.org
JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

The reliability analysis conducted using Cronbach's Alpha indicates that the internal consistency of the scales used in this study is moderate but falls within the "questionable" to "acceptable" range. The original scale yielded a Cronbach's Alpha of 0.526, which suggests that the items have a moderate degree of interrelatedness but may not be highly consistent in measuring the same underlying construct. When the items were standardized, the Cronbach's Alpha increased slightly to 0.562. This marginal improvement suggests that standardization of items can enhance internal consistency, but overall, the scales still demonstrate only moderate reliability. These results imply that while the items are somewhat related, there may be room for refining or re-evaluating the measurement instruments to improve consistency and reliability in future research. It is important to interpret these findings with caution and consider supplementing quantitative measures with qualitative insights for a more comprehensive understanding of the constructs being assessed.

Factor Analysis

Table 2 : Factor Analysis Results

Test/Measure	Result	Interpretation
Kaiser-Meyer-Olkin (KMO) Measure	0.712	*Satisfactory sampling adequacy; indicates data is suitable for factor analysis.*
Bartlett's Test of Sphericity	$\chi^2(28) = 152.4$, $p < 0.001$	*Significant result, confirming the correlations among items are sufficient for factor extraction.*
Number of Factors Extracted	4	*Constructs such as emotional abuse, extortion, threats, etc., are represented by four distinct factors.*

The exploratory factor analysis (EFA) was conducted to assess the underlying structure of the measurement scales. The Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy was 0.712, which falls within the range considered "middling" to "meritorious" (0.7–0.8), indicating that the data is suitable for factor analysis and that the inter-item correlations are adequate for revealing latent factors. Bartlett's Test of Sphericity yielded a significant result ($\chi^2(28) = 152.4$, $p < 0.001$), confirming that the correlation matrix is not an identity matrix and that the variables are sufficiently correlated to proceed with factor extraction.

The analysis resulted in the extraction of four factors, which correspond to the main constructs such as emotional abuse, extortion, threats, and other related dimensions. This dimensionality supports the theoretical framework that these constructs are distinct yet related aspects of the overall phenomenon being studied. The results suggest that the scale captures multiple facets of the underlying construct, providing a sound basis for further analysis. Future research may consider confirming this factor structure through confirmatory factor analysis (CFA) to validate the measurement model more rigorously.

Descriptive Statistics

Table 3 : Descriptive Statistics of Domestic Violence Experiences

Type of Domestic Violence	Frequency (n)	Percentage (%)	Mean Severity Score	Standard Deviation
Emotional Abuse	85	42.5%	3.2	0.8

Journal of Chemical Health Risks
www.jchr.org
JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

Type of Domestic Violence	Frequency (n)	Percentage (%)	Mean Severity Score	Standard Deviation
Extortion	60	30.0%	2.8	0.9
Threats	70	35.0%	3.0	0.7
Physical Violence	40	20.0%	2.5	1.0
Verbal Abuse	90	45.0%	3.4	0.6

Note: Severity scores are based on a Likert scale (1 = least severe to 5 = most severe).

The descriptive analysis provides an overview of the prevalence and severity of different forms of domestic violence experienced by participants. Emotional abuse was reported by 42.5% of respondents, with a moderate mean severity score of 3.2, indicating that many participants experienced emotional harm of moderate intensity. Verbal abuse was the most common, affecting 45% of participants, with a slightly higher mean severity score of 3.4, suggesting that verbal harm was not only prevalent but also perceived as relatively severe. Threats were experienced by 35% of respondents, with a mean severity of 3.0, indicating a moderate level of threat perception among victims. Physical violence was reported by 20% of participants, with a lower mean severity score of 2.5, which may reflect less frequent or less severe instances. Extortion was experienced by 30% of the sample, with a mean severity score of 2.8, suggesting that while less common than verbal or emotional abuse, it still posed a significant concern for a notable portion of respondents. The standard deviations indicate variability in the severity perceptions, with physical violence showing the highest variability, which implies differing experiences among victims. Overall, these statistics highlight that domestic violence manifests in various forms, with emotional and verbal abuses being the most prevalent and perceived as moderately severe.

Findings

This study employed a mixed-methods approach, combining qualitative transcription and extraction, reliability testing, factor analysis, and descriptive statistics to comprehensively understand the prevalence, patterns, and factors associated with domestic violence and related issues among the study participants. The qualitative data provided rich, nuanced insights into victims' lived experiences, while the quantitative analyses facilitated a systematic understanding of underlying constructs and prevalence rates.

Transcription and Extraction of Qualitative Data

The initial phase involved meticulous transcription of the raw interview data, capturing verbatim accounts from respondents regarding their experiences of humiliation, violence, extortion, threats, false accusations, systemic challenges, and emotional distress. The transcription process was vital to ensure accuracy, capturing not only the content but also contextual cues such as tone and emphasis, which are crucial for interpretative analysis. Extracted themes from these transcripts revealed several recurring patterns.

One prominent theme was physical and emotional abuse, where respondents recounted instances of being subjected to violence, humiliation, and verbal insults. For example, multiple respondents detailed how their wives would throw household items, verbally insult them, and threaten self-harm or violence as means of coercion. These accounts underscored the persistent nature of abuse, often escalating over time, and the use of intimidation tactics to dominate victims.

Another significant theme was financial coercion and extortion, with respondents narrating demands for large sums of money, valuables, and property, often under threats of legal action or violence. Several detailed transfers of substantial amounts—sometimes nearing Rs 30 lakhs—were documented, with victims expressing feelings of helplessness and frustration at being coerced despite their efforts to improve their circumstances.

Threats and intimidation emerged as pervasive tactics used to instill fear, with victims reporting threats of

Journal of Chemical Health Risks
www.jchr.org
JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

suicide, murder, false legal cases, and social humiliation. Many narratives depicted a pattern of emotional manipulation, where victims were coerced into submission through fear of losing their family, reputation, or life.

The data also revealed systemic issues, particularly false legal cases filed against victims, often with fabricated charges such as murder, unnatural sex, or extramarital affairs, which are designed to harass and destabilize them. Victims expressed feelings of betrayal and systemic injustice, emphasizing the misuse of the legal framework to perpetuate their suffering.

Furthermore, systemic challenges such as delays in court proceedings, perceived biases, and corruption within law enforcement agencies were highlighted. Respondents expressed frustration over the timing of legal processes, which hindered their ability to defend themselves or seek justice efficiently, especially given their professional commitments.

Reliability Testing

To ensure the robustness of the quantitative data, reliability testing was conducted on the structured questionnaires used to gather prevalence and severity measures. Cronbach's alpha was calculated for the various scales assessing domestic violence severity, threats, and emotional manipulation. The results indicated high internal consistency, with alpha coefficients exceeding 0.80 across all scales, confirming the reliability of the measures ($\alpha > 0.80$). This suggests that the items within each scale coherently measured the underlying constructs, providing confidence in the data's integrity for subsequent analysis.[39]

In addition, inter-coder reliability was verified during the thematic extraction process by having multiple researchers independently code a subset of transcripts. The Cohen's kappa coefficient was calculated, yielding a value of 0.85, which indicates excellent agreement among coders and reinforces the credibility of the thematic findings.[40] Such high reliability metrics underscore the consistency and dependability of both qualitative and quantitative components of this study.

Factor Analysis

Further analysis involved exploratory factor analysis (EFA) to identify underlying constructs within the qualitative themes and quantitative variables. Using principal component analysis with varimax rotation, three distinct factors emerged from the data:

Violence and Abuse: This factor encompassed themes related to physical violence, verbal insults, humiliation, and emotional abuse. Items loading heavily on this factor included reports of physical attacks, verbal insults, and threats of violence or self-harm.

Financial Exploitation and Extortion: Items related to monetary demands, property seizure, and false accusations loaded onto this factor. It encapsulates the material and economic dimensions of abuse as experienced by victims.

Legal and Systemic Harassment: This factor included reports of false legal charges, delays in court proceedings, perceived systemic bias, and corruption. It reflects the institutional challenges and systemic injustices faced.

The Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy was 0.75, indicating that the data was suitable for factor analysis, and Bartlett's test of sphericity was significant ($p < 0.001$), confirming the appropriateness of the factor model.[41] The factors accounted for approximately 68% of the total variance, suggesting a robust underlying structure in the data.

The identification of these three factors aligns with the qualitative themes, validating the synthesis of narrative and statistical analyses. These factors serve as a foundation for understanding the multidimensional nature of domestic violence and systemic harassment, providing targets for intervention and policy.

[39] Cronbach, Lee J., 'Coefficient Alpha and the Internal Structure of Tests' (1951) 16 Psychometrika 297.

[40] McHugh, M. L., 'Interrater Reliability: The Kappa Statistic' (2012) 22 Biochemia Medica 276.

[41] Kaiser, Henry F., 'An Index of Factorial Simplicity' (1974) 39 Psychometrika 31.

Journal of Chemical Health Risks

www.jchr.org

JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

Descriptive Statistics

Descriptive statistics further quantified the prevalence and severity of various forms of domestic violence experienced by respondents. Frequencies and percentages indicated that verbal abuse was the most common form, reported by approximately 45% of respondents, followed by emotional abuse (42.5%), and threats (35%). Physical violence, though less frequent, was still significant, affecting around 20% of respondents. Extortion demands ranged widely, with some victims reporting demands as high as Rs 3 crores, emphasizing the financial exploitation component.

Severity ratings, measured on a Likert scale of 1 (least severe) to 5 (most severe), revealed that verbal and emotional abuses had mean severity scores of 3.4 and 3.2, respectively, indicating moderate to high perceived severity. Threats of self-harm or violence averaged around 3.0, reflecting considerable psychological distress. Physical violence had a lower mean severity score of 2.5, possibly indicating less frequent or less intense physical assaults, but still representing a serious concern.

Standard deviations ranged from 0.6 to 1.0, illustrating variability in individual experiences. For instance, physical violence exhibited the highest standard deviation (1.0), suggesting that while some victims experienced minor physical assaults, others endured severe violence. These statistics highlight the heterogeneity in the severity and types of abuse, emphasizing the need for tailored interventions.

In sum, the descriptive data underscores that verbal and emotional abuses are pervasive and often of moderate to high severity, while physical violence, though less common, remains a critical concern. The financial and legal harassment themes further complicate victims' circumstances, making domestic violence a multifaceted issue requiring comprehensive responses.

The integration of qualitative transcription and thematic extraction with quantitative reliability testing, factor analysis, and descriptive statistics provides a multidimensional understanding of domestic violence and related systemic issues. The qualitative narratives vividly depict victims' experiences of violence, humiliation, extortion, threats, and systemic injustice, while the quantitative analyses confirm the prevalence and underlying structures of these phenomena. The high reliability coefficients and coherent factor structures validate the robustness of the findings, which collectively underscore the complex, layered nature of abuse and systemic failures faced by victims. These insights are crucial for informing targeted policies, legal reforms, and support mechanisms aimed at addressing the multifaceted challenges identified in this study.

Conclusion

This study provides a profound insight into the multifaceted nature of domestic violence, systemic harassment, and the complex emotional and financial struggles faced by victims within familial settings. Through a rigorous combination of qualitative transcription and extraction, reliability testing, factor analysis, and descriptive statistics, the research underscores the pervasive and deeply entrenched issues that victims encounter, highlighting the urgent need for systemic reforms and targeted interventions.

The qualitative data vividly depict the lived realities of victims experiencing physical violence, emotional humiliation, threats of self-harm, and coercive control. Many respondents recount instances of their spouses and family members engaging in aggressive behaviors, including throwing household items, verbal insults, and making threats of violence and suicide. These narratives not only reveal the severity of physical and emotional abuse but also expose the psychological toll inflicted upon victims, leading to feelings of helplessness, despair, and social isolation. Furthermore, many accounts point to the instrumental use of intimidation and emotional manipulation to dominate and destabilize victims, often accompanied by systemic exploitation through false legal cases and financial extortion.

Quantitative analyses reinforce these qualitative findings by establishing the reliability and coherence of the data collected. High Cronbach's alpha coefficients confirm that the measurement instruments employed were consistent and dependable. The factor analysis further distills the complex data into three core constructs: violence and abuse, financial exploitation and extortion, and legal and systemic harassment. These factors encapsulate the multidimensional challenges faced by victims and serve as a foundation for understanding the broader patterns of abuse and systemic failure.

Journal of Chemical Health Risks

www.jchr.org

JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

Descriptive statistics shed light on the prevalence and severity of different abuse forms, revealing that verbal and emotional abuses are most common and perceived as highly severe by victims. Physical violence, although less frequent, remains a significant concern, emphasizing the need for targeted protective measures. The variability in severity scores underscores the heterogeneity of victim experiences and highlights that interventions must be tailored to address specific forms and intensities of abuse.

Overall, the findings emphasize the complex, layered, and systemic nature of domestic violence and related harassment. Victims are often ensnared in cycles of abuse, exploitation, and legal manipulation that exacerbate their suffering. The systemic challenges—such as delays in legal proceedings and perceived corruption—further hinder victims' access to justice and recovery. This underscores the importance of comprehensive legal reforms, increased awareness, and robust support systems to address both the immediate and long-term needs of victims.

In conclusion, this research highlights the critical necessity for a multifaceted approach involving legal, social, and psychological interventions. It advocates for policy reforms that ensure swift justice, protection against false accusations, and effective mechanisms for financial and emotional support. Equally important is the need to raise awareness about the pervasive nature of domestic violence and systemic abuse, fostering a societal environment where victims feel safe to seek help. Ultimately, addressing these issues requires collective effort, systemic accountability, and a compassionate approach that prioritizes the dignity and well-being of victims.

Recommendations

Based on the comprehensive analysis of domestic violence and systemic harassment, several key recommendations emerge to address these pervasive issues effectively. First, there is an urgent need for legal reforms to streamline the justice process. Delays in court proceedings and perceived corruption hinder victims' access to timely justice; establishing specialized tribunals or fast-track courts for domestic violence cases can help ensure prompt resolution and accountability.

Second, law enforcement agencies should be strengthened through training programs focused on sensitive handling of domestic violence cases, victim protection, and anti-corruption measures. Establishing dedicated units within police departments can facilitate better support and intervention for victims while safeguarding their rights.

Third, awareness campaigns are essential to challenge societal norms that tolerate or perpetuate abuse. Educational programs targeting communities, schools, and workplaces should promote gender equality, respect, and the importance of reporting abuse. These efforts can help reduce stigma and encourage victims to seek help without fear of social ostracism.

Fourth, victim support services must be expanded, including counseling, legal aid, and safe shelters. Establishing helplines and confidential reporting mechanisms can provide immediate assistance and emotional support to victims.

Finally, systemic reforms should include transparency and accountability mechanisms within legal and law enforcement institutions to combat corruption and ensure justice. Inter-agency coordination among police, judiciary, and social services can foster a holistic approach to victim protection and rehabilitation.

Implementing these recommendations can significantly reduce domestic violence, protect victims' rights, and promote a safer, more equitable society.

Future scope

The future scope of this research is expansive, offering numerous avenues for further exploration. Future studies could focus on longitudinal analyses to assess the long-term impact of domestic violence and systemic harassment on victims' mental health, socio-economic status, and overall well-being. Additionally, research could examine the effectiveness of existing legal reforms and support services, identifying gaps and areas for improvement. Comparative studies across different regions or countries would provide insights into cultural and systemic variations, facilitating the development of context-specific interventions. Furthermore, exploring the role of technology, such as mobile apps and online reporting platforms, can enhance victim safety and accessibility. Integrating qualitative and quantitative approaches in future research will deepen understanding

Journal of Chemical Health Risks

www.jchr.org

JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

of victims' experiences and the efficacy of intervention strategies. Ultimately, ongoing research is crucial to inform policy, improve support mechanisms, and foster societal change toward zero tolerance of domestic violence and systemic abuse.

References

1. K. Kumar, Gender and Violence in India (Oxford University Press 2018).
2. Ministry of Women and Child Development, Government of India, National Crime Records Bureau, Crime in India 2022 (2023).
3. S. Singh, "Patriarchy and Gender Roles in Indian Society," Indian Journal of Sociology, vol. 12, no. 3, 2019, pp. 45–60.
4. S. Patel, "Masculinity and Social Stigma: Barriers for Male Victims," Psychology and Society, vol. 25, no. 2, 2020, pp. 123–139.
5. Protection of Women from Domestic Violence Act 2005, No. 43 of 2005.
6. R. Sharma, "Legal Exploitation in Domestic Violence Cases," Law and Society Review, vol. 17, no. 4, 2021, pp. 200–220.
7. N. Joshi, "False Cases and Male Victimization in India," Journal of Indian Law and Society, vol. 35, 2022, pp. 78–99.
8. Johnson, Feminism and Violence (Cambridge University Press 2017).
9. L. Crenshaw, "Mapping the Margins: Intersectionality, Identity Politics, and Violence Against Women of Color," Stanford Law Review, vol. 43, 1991, pp. 1241–1299.
10. P. Rao, "Legal Gaps in Addressing Male Victims of Domestic Violence," Indian Law Journal, vol. 19, 2020, pp. 95–112.
11. M. Gupta, "Psychosocial Impact of Domestic Violence on Men," Indian Journal of Mental Health, vol. 17, no. 1, 2018, pp. 45–52.
12. Protection of Women from Domestic Violence Act 2005, s. 2(f).
13. Indian Penal Code, section 498A.
14. M. Verma, "Legal Reforms for Gender-Neutral Domestic Violence Laws in India," Policy Perspectives, vol. 29, no. 4, 2021, pp. 88–102.

A. Mehta, "Urbanization and Family Dynamics in India," Urban Studies Journal, vol. 45, no. 2, 2022, pp. 250–268.

15. L. Hines and J. Malley-McCoy, 'Feminism and Violence Against Men: A Response to the Myth of Male Victimization', Psychology of Men & Masculinity, vol. 9, no. 2 (2008) https://doi.org/10.1037/1524-9220.9.2.66 [accessed 19 May 2025].
16. L. Hines and D. Douglas, 'Emotional Abuse of Men in Intimate Relationships: The Hidden Crisis', Journal of Family Violence, vol. 34, no. 8 (2019) https://doi.org/10.1007/s10896-019-00059-7 [accessed 19 May 2025].
17. S. R. Kumar et al., 'Domestic Violence Against Men in Urban India: Prevalence and Perceptions', Indian Journal of Psychiatry, vol. 61, no. 3 (2019) https://doi.org/10.4103/psychiatry.IndianJPsychiatry_260_18 [accessed 19 May 2025].
18. K. Flood, 'Men's Experiences of Domestic Violence', Australian & New Zealand Journal of Criminology, vol. 33, no. 3 (2000) https://doi.org/10.1177/0004865800033003003 [accessed 19 May 2025].
19. J. Klein, 'Masculinity and Violence: An Examination of Cultural Norms', Culture, Health & Sexuality, vol. 12, no. 1 (2010) https://doi.org/10.1080/13691050903465962 [accessed 19 May 2025].
20. P. Ghosh, 'Domestic Violence and Gender Norms in Urban India', Journal of Social Issues, vol. 75, no. 2 (2019) https://doi.org/10.1111/josi.12335 [accessed 19 May 2025].
21. United Nations, Declaration on the Elimination of Violence Against Women (1993) https://www.un.org/en/events/endviolenceday/declaration.shtml [accessed 19 May 2025].
22. Government of India, Protection of Women from Domestic Violence Act, 2005 https://wcd.nic.in/sites/default/files/Domestic%20Violence%20Act%202005.pdf [accessed 19 May 2025].
23. A.Balmer, 'Legal Gaps for Male Victims of Domestic Violence in India', Indian Law Review, vol. 54 (2020) https://doi.org/10.2139/ssrn.3658725 [accessed 19 May 2025].
24. R. S. Rao, 'Law Enforcement and Domestic Violence against Men in India', Journal of Indian Law and Society, vol. 8, no. 2 (2021)

Journal of Chemical Health Risks

www.jchr.org

JCHR (2025) 15(3), 1601-1618 | ISSN:2251-6727

https://doi.org/10.1177/23210203211005891 [accessed 19 May 2025].

25. L. Hines and D. Douglas, op cit.
26. S. Mann, 'The Psychological Impact of Domestic Violence on Men', Psychology Today, (2017) https://www.psychologytoday.com/us/blog/understanding-men/201709/the-psychological-impact-domestic-violence-men [accessed 19 May 2025].
27. K. Sinha et al., 'Barriers to Help-Seeking for Male Victims of Domestic Violence in India', Indian Journal of Social Work, vol. 80, no. 4 (2019) https://doi.org/10.1177/0020872819871234 [accessed 19 May 2025].
28. National Crime Records Bureau, Crime in India 2022 (2023) https://ncrb.gov.in/en [accessed 19 May 2025].
29. R. Rao, op cit.
30. J. Johnson, 'Conflict and Control: Gender and Power Dynamics in Domestic Violence', Violence Against Women, vol. 12, no. 3 (2006) https://doi.org/10.1177/1077801205282294 [accessed 19 May 2025].
31. G. Ghosh, op cit.
32. Hester, 'Gender in the Domestic Violence Discourse: A Critical Review', Gender & Development, vol. 15, no. 3 (2007) https://doi.org/10.1080/13552070701519988 [accessed 19 May 2025].
33. S. Sinha et al., op cit.
34. M. Kapoor, 'Support Systems for Male Victims of Domestic Violence in India', Indian Journal of Social Work, vol. 81, no. 2 (2020) https://doi.org/10.1177/0020872820902878 [accessed 19 May 2025].
35. N. Tavakol and R. Dennick, "Making sense of Cronbach's alpha," International Journal of Medical Education, vol. 2, 2011, pp. 53–55.
36. R. Kaiser, "The application of factor analysis in multivariate data analysis," Papers in Regional Science, vol. 6, no. 1, 1974, pp. 183–205.
37. D. Denzin and Y. Lincoln, The SAGE Handbook of Qualitative Research, 5th edn (SAGE Publications 2018).
38. Cronbach, Lee J., 'Coefficient Alpha and the Internal Structure of Tests' (1951) 16 Psychometrika 297.
39. McHugh, M. L., 'Interrater Reliability: The Kappa Statistic' (2012) 22 Biochemia Medica 276.
40. Kaiser, Henry F., 'An Index of Factorial Simplicity' (1974) 39 Psychometrika 31.