



# Examining the perception, frequency, and intensity of domestic violence inflicted by Palestinian wives against their husbands

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## ABSTRACT

This study examines domestic violence perpetrated by wives against husbands in Palestine, utilizing structured interviews with 53 married participants. Findings reveal prevalent female-perpetrated domestic violence, often involving mutual conflict initiation. External stressors and power dynamics significantly influence behaviors, reflecting situational pressures and control issues. Verbal abuse and emotional manipulation are widespread, indicating covert and challenging violence dynamics. Responses to violence vary, suggesting barriers to accessing support systems. Effective conflict resolution is crucial to address ongoing relationship challenges. The study underscores the multifaceted nature of domestic violence, emphasizing the need to address underlying psychological factors and promote healthier relationship dynamics. Based on the study's findings, actionable recommendations include educational outreach, customized support services, legal advocacy initiatives, community engagement projects, professional development activities, and sustained research efforts to promote positive societal change.

## 1. Introduction

Domestic abuse is a widespread and extremely upsetting social problem that affects people all over the world and cuts across national and cultural boundaries. Domestic abuse includes situations in which women exert power and control over their male partners, although it is frequently associated with violence committed by male partners against female victims. In the context of gender-based paradigms surrounding domestic violence, the current literature frequently recognizes the male population as the main perpetrators of domestic violence against women. Women experience repeated severe abuse, such as murder, assault, or rape, at higher rates than men do, according to (Fleming et al., 2015; Lysova et al., 2019; Swan et al., 2008; Walby and Towers, 2017). Men also perpetrate abuse more frequently than women do. But women can also be violent toward and mistreat men (Myhill, 2015, 2017) (see Fig. 1).

Domestic violence finds its origins in the dynamics of dominance and oppression, further exacerbated by the divergent social positions occupied by men and women (Enakele, 2019). Domestic violence's prevalence within marital relationships can be traced back to the early 1970s. Gelles (2007) contended that the occurrence of spousal violence is equally widespread among both husbands and wives. "Domestic violence is a pattern of behavior which involves the abuse of one partner

by the other in an intimate relationship or within the family (Enakele, 2019, p. 29)." It is also referred to as IPV, or intimate partner violence. A society marked by widespread gender inequality can be delineated as the backdrop for violence targeting men within domestic environments (Adebayo, 2014). As per the findings of Sugg et al. (1999), the term "domestic violence against men" encompasses instances of violence inflicted upon men by their intimate partners (Gateri et al., 2021; Scott-Storey et al., 2023; Tshoane et al., 2024).

The terms "domestic violence" and "domestic abuse" are frequently used to describe instances of domestic abuse, according to Hester (2013). In this context, Finneran and Stephenson (2013) and Straus (2014) argue that the term "domestic abuse" fully encompasses the full spectrum of abusive behaviors, including aspects that go beyond physical dominance, such as financial dominance, sexual manipulation, and emotional subjugation. Parallel to this, some critics (Finneran and Stephenson (2013) and Letellier (1994) call for a broader understanding of this phenomenon because they recognize that the scope of violence in intimate relationships transcends boundaries based on gender and sexual orientation. Therefore, intimate partner violence (IPV) encompasses any conduct undertaken by an intimate partner resulting in physical, sexual, or psychological harm. This incorporates acts of physical aggression, sexual coercion, psychological abuse, as well as behaviors aimed at exerting control (World Health Organization, 2013). Because it

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is closely related to aspects of abuse, such as exerting control, wielding authority, seeking safety from dangerous situations, and seeking help, the prevalence of domestic abuse committed by women cannot be easily discounted (Joseph-Edwards and Wallace, 2020).

1.1. Review of literature

Scholars attribute intimate partner violence (IPV) to a range of elements, where factors related to husbands tend to hold greater significance than indicators of women’s empowerment (Gautam and Jeong, 2019). These encompass aspects such as recurrent intoxication, apprehension of husbands, exertion of marital control (Alsawalqa, 2020), sociocultural disparities, financial predicaments (Gautam and Jeong, 2019), disharmony in the relationship, jealousy, and psychological disorders, all of which can amplify the likelihood of violence (Abd Aziz et al., 2018). Socioeconomic status and caste exhibit limited association with violence against men; however, risk factors for mutually aggressive physical violence encompass higher educational attainment, lower income, adoption of a nuclear family structure, and alcohol consumption (Deshpande (2019). Moreover, financial limitations, inadequate anger management skills, job-related stress, and unfulfilled expectations can also contribute to the manifestation of violent behavior Deshpande (2019).

Studies reveal that many female perpetrators of intimate partner violence (IPV) have also been victims of victimization (Tower and Fernandez, 2008). Common motivations include revenge, anger control, and self-defense. Women may resort to physical violence to escape abuse or control their circumstances (Bair-Merritt et al., 2010; Das Dasgupta, 2002; Kelly and Hutson-Comeaux, 1999; Lupri and Grandin, 2009; Stuart et al., 2006; Swan et al., 2008). Violence is ineffective in retaliation and partners may become more aggressive if unsuccessful attempts are unsuccessful (Das Dasgupta, 2002). Emotions, emotional instability, partner provocation, and insensitivity to needs also influence violent behavior (Gateri et al., 2021; Scott-Storey et al., 2023; Swan et al., 2008; Tshoane et al., 2024)). Abuse wives often have childhood trauma, emotional abuse, neglect, sexual abuse, physical neglect, and mental health issues such as posttraumatic stress disorder, anxiety, depression, and substance abuse (Myhill, 2015, 2017).

According to Walker et al. (2020), men who experience intimate partner violence face various forms of abuse, including physical, emotional, sexual, and verbal mistreatment. (Morgan and Wells, 2016) add that they face coercive control and manipulative tactics that exploit gender-based stereotypes including but not limited to, children’s involvement and enforcing isolation. Men in abusive marriages often hide their suffering and seek assistance. Limited recognition and inadequate support can deter them from seeking help. Additionally, men may be hesitant to report their abuse, leading to secondary abusive experiences where they are treated as perpetrators themselves (Lambert, 2014; Wright, 2016).

Intimate partner violence (IPV) against men can lead to various physical health issues, similar to those experienced by female victims.

Men who suffer from IPV often face injuries such as bruises, cuts, fractures, and head trauma (Gateri et al., 2021; Scott-Storey et al., 2023; Tshoane et al., 2024). Additionally, the chronic stress and trauma associated with such violence can contribute to long-term physical health problems. For example, many male victims report chronic pain conditions, such as fibromyalgia and persistent musculoskeletal pain, which are often the result of repeated physical abuse (Joseph-Edwards and Wallace, 2020). Furthermore, IPV can exacerbate gastrointestinal disorders like irritable bowel syndrome (IBS) and acid reflux, conditions that are often linked to high levels of stress and anxiety (Sugg et al., 1999). The ongoing stress from IPV can also increase the risk of cardiovascular problems, including hypertension, heart disease, and stroke, due to the body’s prolonged exposure to stress hormones (Adebayo, 2014).

The psychological and emotional impacts of IPV on men are profound and multifaceted. Men who experience IPV often suffer from severe mental health issues, including depression and anxiety, which can be exacerbated by societal stigma and the lack of support services tailored for male victims (Finneran and Stephenson, 2013; Straus, 2014). Many male victims also develop post-traumatic stress disorder (PTSD), characterized by flashbacks, nightmares, and severe anxiety related to their abusive experiences (Myhill, 2015, 2017). Substance abuse is another significant issue, as some men may turn to alcohol or drugs as coping mechanisms to deal with their emotional pain and trauma (Das Dasgupta, 2002). Furthermore, the intense emotional distress can lead to suicidal ideation and, in extreme cases, suicide attempts, highlighting the urgent need for mental health support for male victims of IPV (Morgan and Wells, 2016). The combination of these psychological and emotional health consequences underscores the critical importance of recognizing and addressing IPV against men to provide appropriate support and intervention (Walker et al., 2020).

1.2. Theoretical setting

Considering the Palestinian context, where cultural, societal, and political factors may play a significant role in shaping domestic violence dynamics, the Feminist Theory, the Social Exchange Theory and the Social Learning framework could be particularly relevant.

The feminist perspective posits that patriarchal societies instill in boys a socialization process that encourages the adoption of male behaviors, coupled with the belief in their social superiority over females. Boys internalize ideals of masculinity encompassing traits such as aggression, cruelty, fearlessness, and dominance. In contrast, girls are socialized to conform to submissive and deferential roles in relation to men (Light, 2017; Ram et al., 2014). These deeply ingrained gender stereotypes perpetuate biases and unequal power dynamics, ultimately culminating in men’s coercive control practices.

Such practices contribute to the establishment of a cultural framework that tolerates violence and thereby permits the mistreatment of women. An integral component of this framework is the concept of coercive control, as delineated within Johnson’s intimate terrorism

Please rate the frequency of verbal arguments, exchange of insults, or accusations your relationship:

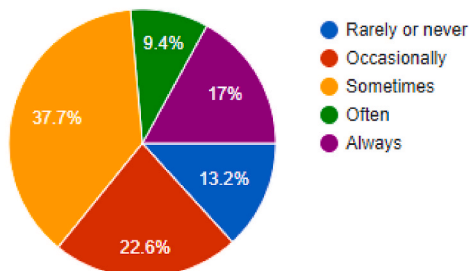


Fig. 1. Frequency of verbal arguments, exchange of insults, or accusations in your relationship.

perspective (Abd Aziz et al., 2018). This perspective underscores the use of physical and sexual violence in domestic relationships, resulting in spousal abuse.

Within the realm of intimate partnerships, the notion of mutual violent control and resistance emerges, potentially impeding the acknowledgement of instances where women perpetrate violence against men. This phenomenon may hinder the recognition of female-perpetrated violence due to its non-conformity with prevailing gender norms and societal expectations (Lien and Lorentzen, 2019). Men might resort to violence and their physical dominance in relationships not necessarily to exert control, but as a means to evade becoming victims of violence themselves (Alsawalqa, 2020).

Social learning theory offers valuable insights into understanding domestic violence against men. According to this theory, individuals learn behaviors and attitudes through observing and interacting with others in their social environment (Shettleworth, 2010). In the context of domestic violence, men might acquire aggressive behaviors by observing models of violence or experiencing violent interactions within their families or communities and they can be imitated by family members such children and wives (Jewkes et al., 2015; Rakovec-Felser, 2014). This learned behavior can perpetuate the cycle of violence, where men who have witnessed or experienced violence might replicate these behaviors in their own relationships. Additionally, social learning theory emphasizes the role of reinforcement, suggesting that if violent behaviors lead to perceived positive outcomes, individuals are more likely to continue engaging in them due to the fact that exposure to violence can have both direct and indirect effects on fostering a willingness to resort to violence as a means of problem-solving (Stoddard et al., 2015).

The concept of Social Exchange Theory can be utilized to examine how men assess the pros and cons of adopting tactics to cease abuse, taking into account elements such as emotional bonds and potential outcomes. Abused men often experience prolonged abuse, leading to denial and downplaying their experiences (Allen-Collinson, 2011). This can have adverse impacts on their health and overall well-being; the battered husband syndrome suggests that men may avoid disclosing abuse due to pressure (Wright, 2016) to assert dominance over women, which is influenced by societal expectations (Shehan, 2018; Wright and Tokunaga, 2016). The social stigma of violence against women and other challenges to masculinity also hinders men's responses. Intimate partner violence (IPV) can result in physical injuries, confusion, frustration, and emotional pain, with some men experiencing psychological symptoms like suicidal thoughts and depression (Wright and Tokunaga, 2016).

Examining IPV perpetrated by wives against husbands, rather than same-sex IPV (wives against wives or husbands against husbands), holds significant importance in the social context for several reasons. First, it challenges traditional gender norms and stereotypes that often portray men as dominant and women as passive (Finneran and Stephenson, 2013; Straus, 2014). Acknowledging instances where women perpetrate violence against men not only disrupts these stereotypes but also addresses the stigma and disbelief men face when reporting IPV due to societal expectations of masculinity (Hester, 2013). This recognition is crucial for developing inclusive support services that cater to male victims and creating balanced legal and policy frameworks that protect all victims, regardless of gender (Joseph-Edwards and Wallace, 2020). Additionally, raising awareness about IPV against men helps educate the public, dispelling myths that only women can be victims, and promoting supportive attitudes towards all victims of IPV (Gateri et al., 2021; Scott-Storey et al., 2023; Tshoane et al., 2024). By including the experiences of male victims in educational programs, we ensure a comprehensive approach to addressing IPV (Morgan and Wells, 2016). Furthermore, focusing on IPV perpetrated by wives against husbands encourages more research in this area, filling data gaps and providing a fuller understanding of IPV dynamics (Walker et al., 2020). This research is essential for informing effective interventions and prevention strategies, ultimately contributing to a more equitable and effective

response to IPV in all its forms (Adebayo, 2014).

There is little data on the prevalence of male victims of domestic abuse by female perpetrators, especially in complex sociopolitical contexts like Palestine. In Palestine, as in many other societies, discussions about domestic violence frequently focus on violence against women, reflecting ingrained gender norms and conventional views. However, the experiences of male victims who endure abuse from their female partners represent a poorly researched and frequently disregarded aspect of this complex issue. To gain a more comprehensive understanding of the complexities of domestic abuse and its effects on victims, regardless of gender, it becomes imperative to close this research gap.

The situation in Palestine emphasizes how urgent it is to look into cases of male victims of domestic violence committed by women. The particular fusion of cultural norms, political tensions, and historical complexities in the area can produce a distinctive setting for the story of these male victims. Palestinian households' power structures, gender roles, and conservative social structure all have an impact on how abuse is committed and endured. This study aims to give a platform for the narratives of male victims by providing insights that can help more informed support systems and policy interventions.

The aim of this research is to illuminate the often overlooked experiences of male victims of domestic violence in the Palestinian context. The principal goal is to investigate the complex processes of oppression in intimate relationships in greater detail. It specifically aims to elucidate the frequency and magnitude of oppressive behaviors. It also seeks to ascertain the identities of perpetrators and discern the underlying motives and contextual factors contributing to such behaviors. The study will scrutinize the diverse forms and expressions of oppression and analyze individual responses elicited by experiences of oppression. The researchers will also evaluate strategies employed for mitigating oppressive circumstances and investigate the multifaceted ramifications and implications of oppression on individuals and their overall psychological and social well-being. Furthermore, the study endeavors to delineate the discernible traits and characteristics of women who actively engage in perpetrating domestic violence within the context of intimate partnerships.

## 2. Materials & methods

### 2.1. Research design

The study uses structured interviews to explore Palestinian men's beliefs and experiences of domestic abuse and female oppression. The use of structured interviews in this study is justified by the need for consistency and comparability across responses. Structured interviews follow a predetermined set of questions, which ensures that each participant is asked the same questions in the same order. This minimizes variations in data collection, allowing for a uniform dataset that facilitates comparison and aggregation of responses. This method is particularly suitable for exploring beliefs and experiences, as it reduces interviewer bias and ensures that all relevant topics are covered consistently. Additionally, structured interviews enhance the reliability and validity of the findings by providing a clear framework within which participants can express their experiences and beliefs.

### 2.2. Sampling method and size

In this study on intimate partner violence (IPV) against men in Palestine, a stratified sampling technique was employed to ensure that various subgroups within the population are adequately represented, thus enhancing the diversity and comprehensiveness of the sample. The process involved several systematic steps to capture the multifaceted nature of this issue.

Firstly, the broader population relevant to the research question was identified, focusing on Palestinian men who are currently or have previously been married. Key characteristics for stratification were then

determined, including age, marital status, socioeconomic status, educational level, geographic location, duration of marriage, and number of children. These factors are crucial for understanding the varied experiences of IPV among different segments of the male population.

The population was subsequently divided into distinct subgroups or strata based on these identified criteria. Each stratum was mutually exclusive, ensuring that individuals could only belong to one stratum. This segmentation facilitated a structured approach to sampling. The sample size for each stratum was determined by considering the research objectives, the need for diversity, and practical considerations such as available resources and the anticipated response rate. This careful planning led to a sample size of 53 participants, which included 38 married individuals (71.7%), 10 divorced individuals (18.9%), and 5 widowed individuals (9.4%).

The dataset comprises responses from 53 individuals, reflecting various demographic attributes as shown in Table 1 below.

### 2.3. Reflexivity and author positionality

As a sole author, it is crucial to acknowledge my background, beliefs, and potential biases that may have influenced this research. I am a researcher affiliated with the university where the study respondents are also affiliated. This positionality may have facilitated access to participants but could also introduce biases in interpreting the data due to shared institutional and cultural contexts. My academic and professional background in Cultural Studies and Political Sciences has shaped my understanding of intimate partner violence (IPV) and its dynamics. My interest in this subject stems from a commitment to shedding light on underrepresented issues, such as IPV against men. However, my

**Table 1**  
Demographic characteristics of 53 respondents.

Demographic variable	Number	Percentage
<b>Marital Status</b>		
Married	38	71.7%
Divorced	10	18.9%
Widowed	5	9.4%
<b>Age Distribution</b>		
17 years old	5	9.4%
18–25 years old	6	11.3%
26–35 years old	12	22.8%
36–45 years old	15	28.3%
46 or more years old	15	28.3%
<b>Education Level</b>		
Diploma	12	22.6%
Bachelor's Degree	7	13.2%
Master's Degree	18	34.0%
PhD Degree	16	30.2%
<b>Household Income</b>		
Low Income (less than 1500 Shekel)	7	13.2%
Middle Income (1500–2900 Shekel)	12	22.6%
High Income (3000–5000 Shekel)	12	22.6%
Very High Income (more than 5000 Shekel)	22	41.5%
<b>Place of Residence</b>		
Cities	12	22.6%
Villages	15	28.3%
Refugee Camps	14	26.4%
Green Line Areas	12	22.6%
<b>Duration of Marriage</b>		
Less than 3 years	13	24.5%
4–7 years	11	20.8%
8–11 years	8	15.1%
12–15 years	7	13.2%
More than 16 years	16	26.4%
<b>Number of Children</b>		
No Children	9	17%
1 Child only	7	13.2%
2 Children	14	26.4%
3 Children	13	24.5%
4 Children or more	10	18.9%

perspectives are inevitably influenced by my own experiences and the literature I have engaged with. To mitigate potential biases, I employed structured interview techniques for consistency in data collection, involved a fellow researcher for inter-coder reliability checks throughout the research process. These steps helped critically examine my influence on the study and ensure the authenticity of the participants' experiences.

### 2.4. Data collection approach

The study will use structured interviews with closed-ended questions, involving participants in person, over the phone, or online via Zoom. The questions raised during the interviews included:

- 1 Please rate the frequency of verbal arguments, exchange of insults, or accusations in your relationship.
- 2 Please rate the frequency of your wife's involvement in domestic violence and oppression.
- 3 Please rate who usually initiates these arguments and exchanges of insults.
- 4 Please rate the main reasons that you believe drive women to engage in oppression and domestic violence against men.
- 5 What are the different forms that women use to engage in oppression and domestic violence against men?
- 6 Please rate your usual reaction to incidents of domestic violence and oppression.
- 7 Please rate your perception of the concept of oppression and domestic violence that women practice against men in Palestine.
- 8 Please rate how conflicts within relationships are resolved.
- 9 What are the negative effects resulting from women's oppression of men?
- 10 Based on everything discussed, what are the characteristics that women possess who resort to practicing domestic violence and oppressing men?

The choice to mix in-person, phone, and Zoom interviews was made to accommodate participant preferences and availability, thereby enhancing participation rates and ensuring a representative sample. However, it is important to note that all interviews were ultimately conducted in person by the researcher, who is affiliated with the university where all study respondents work. Key demographic information will be collected, including marital status, age, education, household income, and residential location. This data will help create a detailed participant profile, enhancing the study's understanding.

### 2.5. Data analysis strategies

The interviews were audio-recorded with participants' consent for accuracy and detailed analysis. The researcher transcribed the recordings verbatim, including spoken words and non-verbal cues, to capture the nuances of the conversations, allowing them to focus on the conversation and provide a complete account of each session.

The researcher began by thoroughly reading and re-reading transcriptions to become familiar with the data. They then manually coded segments of the text to represent key ideas or concepts. The codes were then grouped into broader themes that captured significant patterns across the data. These themes were developed inductively from the data, reflecting participants' perspectives. The identified themes were reviewed and refined to ensure they accurately represented the data. Each theme was clearly defined and given a concise name, including a description, relevance to the research question, and illustrative quotes from the data. The final step involved writing a detailed report presenting the themes and supporting them with quotes from the interviews.

To ensure the reliability and validity of the study, several measures were implemented, including inter-coder reliability, peer debriefing,



and triangulation. Inter-coder reliability was achieved by having a fellow researcher independently code a subset of the transcriptions to assess consistency, with discrepancies resolved collaboratively. Peer debriefing involved discussing the interviews with two colleagues not involved in the study, providing an external check and enhancing the credibility of the research. Triangulation was employed by cross-verifying data from interviews with field notes and relevant literature, confirming the consistency and accuracy of the findings through multiple data sources.

### 3. Results

This study aims to explore the dynamics and impact of domestic violence perpetrated by women against men.

#### 3.1. Results of frequency of oppression

At the beginning of the interviews, participants were asked to rate the frequency of verbal arguments, exchange of insults, or accusations in your relationship.

The data on the frequency of verbal arguments, exchange of insults, or accusations in relationships reveals a varied distribution among respondents. Specifically, 20 individuals (37.7%) indicated that such conflicts occur “sometimes,” while 12 respondents (22.6%) reported experiencing these issues “occasionally.” Nine participants (17%) stated that these conflicts are “always” present in their relationships, and 5 respondents (9.4%) noted that they happen “often.” Conversely, a smaller segment, 7 individuals (13.2%), mentioned that such conflicts “rarely or never” occur. This suggests that verbal disputes are a common feature in many relationships, with varying degrees of frequency and intensity.

Regarding the frequency of a wife’s involvement in domestic violence and oppression, the responses indicate that such behavior is less common but still present in some relationships. Twenty-two respondents (41.1%) reported that such incidents occur “occasionally,” while 17 participants (32.1%) noted it happens “rarely.” Nine individuals (17%) indicated that this occurs “sometimes,” and 3 respondents (5.7%) stated it happens “frequently or always.” Only 2 individuals (3.8%) reported that their wife is “never” involved in domestic violence or oppression. These findings suggest that while domestic violence and oppression by a wife are not widespread, they are still significant concerns for a notable minority of relationships.

#### 3.2. Perpetrator of oppression

The data on who usually initiates arguments and exchanges of insults in relationships indicates a range of dynamics. Out of the 53 respondents, 24 individuals (45.3%) reported that the initiation of these conflicts is equal between both partners. Eleven participants (20.8%) stated that they, i.e., husbands, mostly initiate the arguments, while 10 respondents (18.9%) indicated that their spouse is usually the one to start them. Five individuals (9.4%) admitted that they “always initiate” these conflicts, and 3 respondents (5.7%) said that “their spouse” always initiates them. This suggests that while there is a significant portion of relationships where conflict initiation is shared equally, there are also notable instances where one partner is more frequently the initiator.

These results highlight that in nearly half of the relationships, both partners equally contribute to starting arguments and exchanges of insults. However, there is also a considerable number of relationships where one partner, the husband, predominantly initiates these conflicts. Specifically, 30.2% of respondents (combining those who stated “I always initiate them” and “Mostly I”) admitted to being the primary initiators, while 24.6% (combining “Mostly my spouse” and “My spouse always initiates them”) identified their spouse as the main instigator. This reflects diverse conflict dynamics within relationships, with varying patterns of responsibility for initiating verbal disputes.

#### 3.3. Reasons for oppression

When asked to rate the main reasons that they believe drive women to engage in oppression and domestic violence against men, respondents highlighted several factors. The most frequently cited reason was “external stressors or life circumstances,” noted by 22 individuals (41.5%). Nine respondents (17%) attributed aggressive or oppressive behaviors to “power imbalances and control issues.” Eight participants (15.1%) pointed to “lack of communication and understanding” as a primary driver. Furthermore, “cultural or societal influences (familial involvement)” and “personal psychological factors” were identified by 7 respondents each, accounting for 13.2% of the responses respectively. Detailed frequencies are shown in [Table 2](#).

These findings suggest that a variety of factors contribute to women engaging in oppressive and violent behaviors in relationships. External stressors and life circumstances are seen as the most significant influence, suggesting that situational pressures can heavily impact behavior. Issues related to power and control are also recognized as important factors. Additionally, a lack of effective communication and understanding between partners is perceived as a notable cause, highlighting the importance of relational dynamics. Cultural, societal, and psychological influences, while less frequently cited, still play significant roles according to the respondents, indicating the multifaceted nature of the problem.

#### 3.4. Forms of oppression

When questioned about the various ways in which women oppress and abuse males at home, participants named a number of actions as shown in [Table 2](#). “Verbal abuse” and “emotional manipulation” were the most commonly mentioned forms, each noted by 13 individuals (24.5%). Besides, “social isolation or seclusion” was cited by 12 respondents (22.6%), indicating its prevalence as a tactic for oppression husbands in the Palestinian society. It is worth noted that “economic control” was identified by 10 participants (18.9%), suggesting that financial manipulation is also a significant issue where wives use money to tease or exert control over their husbands, highlighting the use of economic power as a tactic of oppression. “Physical aggression,” while less frequently cited, was still noted by 5 respondents (9.45%), highlighting its presence as a form of violence within these dynamics. This form of aggression includes behaviors such as hitting, slapping, pushing, and other acts of physical violence intended to intimidate or harm the partner.

These results underscore the diverse ways in which women may exert power and control over men within intimate relationships. Verbal abuse and emotional manipulation appear to be particularly prevalent, potentially due to their covert nature and the difficulty in identifying and addressing them. Social isolation and economic control also feature prominently, indicating the breadth of tactics used to maintain dominance. The inclusion of physical aggression, although less common,

**Table 2**  
Distribution of different reasons and forms of oppression and domestic violence against men.

Aspect	Count	%
<b>Main Reasons</b>		
External stressors or life circumstances	22	41.5%
Lack of communication and understanding	9	17%
Power imbalances and control issues	8	15.1%
Personal psychological factors	7	13.2%
<b>Forms of Abuse</b>		
Emotional manipulation	13	24.5%
Verbal abuse	13	24.5%
Social isolation	12	22.6%
Economic control	10	18.9%
Physical aggression	5	9.45%

underscores the severity of some instances of domestic violence perpetrated by women against men.

### 3.5. Reaction to oppression

When asked to indicate the extent to which they rate their usual reaction to incidents of domestic violence and oppression, respondents revealed varied approaches as displayed in Table 3. The most common response was “retaliating or responding aggressively,” chosen by 20 individuals (37.7%), indicating a proactive stance against such behavior. Following closely, 18 participants (34%) reported “attempting to reason and communicate” as their typical reaction, emphasizing the importance of open dialogue in addressing these issues. “Ignoring or avoiding conflict” was the choice of 8 respondents (15.1%), suggesting a passive approach to dealing with such situations. On the other hand, “passive acceptance” was noted by 4 individuals (7.5%), indicating resignation or tolerance of the behavior. Furthermore, “seeking external help or intervention” was the least frequently selected option, chosen by only 3 respondents (5.7%), suggesting a reliance on personal coping strategies rather than outside support.

These findings highlight the diverse ways in which individuals respond to incidents of domestic violence and oppression within relationships. While a significant portion of Palestinian men opt for direct confrontation or communication, others may choose more passive or avoidance-oriented strategies. The prevalence of retaliatory or aggressive responses underscores the emotional intensity of such situations and the desire to assert one’s boundaries. Conversely, the limited inclination to seek external help suggests potential barriers to accessing support systems or reluctance to involve others in personal matters.

### 3.6. Resolution of oppression

Respondents offered various outcomes when prompted to assess how incidents of arguments and insults typically conclude within their relationships as shown in Table 3 above. For example, “apologies and reconciliation” were the most commonly reported resolution, selected by 13 individuals (24.5%), indicating a willingness to address conflicts and repair relationships. “Peaceful resolution” followed closely, noted by 11 respondents (20.8%), suggesting effective conflict resolution skills in managing such incidents. Furthermore, “escalation of the conflict, such as divorce,” was reported by 12 participants (22.6%), indicating that some disagreements may lead to more significant relationship challenges. Ten individuals (18.9%) noted that arguments and disputes among couples lead to “temporary truces followed by future conflicts”, indicating unresolved issues that may resurface over time. Finally, “calming down without resolution” was chosen by 7 respondents (13.2%), suggesting a passive approach to conflict management that may not address underlying issues.

These findings highlight the variability in how conflicts within relationships are resolved. While some couples are able to reconcile

**Table 3**  
Distribution of husbands reactions to and resolution of oppression and domestic violence.

Aspect	Count	%
<b>Reaction</b>		
Retaliating or responding aggressively	20	37.7%
Attempting to reason and communicate	18	34.0%
Ignoring or avoiding conflict	8	15.1%
Passive acceptance	4	7.5%
Seeking external help or intervention	3	5.7%
<b>Resolution</b>		
Apologies and reconciliation	13	24.5%
Escalation of the conflict, such as divorce	12	22.6%
Peaceful resolution	11	20.8%
Temporary truces followed by future conflicts	10	18.9%
Calming down without resolution	7	13.2%

through apologies and communication, others may experience ongoing challenges or even the dissolution of their relationship. The presence of temporary truces suggests that some conflicts may be unresolved or postponed rather than fully addressed. Additionally, the prevalence of calming down without resolution underscores the importance of effective conflict resolution skills in managing relationship dynamics.

### 3.7. Effects of oppression

When questioned regarding the adverse repercussions stemming from women’s oppression of men, respondents underscored a spectrum of consequences as portrayed in Table 4. The most commonly cited effect was “relationship strain,” noted by 19 individuals (35.8%), indicating the detrimental impact on the dynamics between partners. “Emotional distress” was also prevalent, with 13 respondents (24.5%) identifying it as a consequence, suggesting the toll on individuals’ mental well-being. “Social isolation causing depression, anxiety, and PTSD” was mentioned by 11 participants (20.8%), indicating the broader societal ramifications of such oppression. On the other hand, “physical harm” was reported by 7 individuals (13.2%), highlighting the potential for “direct injury or harm” in oppressive relationships. Lastly, “psychological trauma” was noted by 3 respondents (5.7%), emphasizing the long-term effects on individuals’ mental health and well-being.

These findings underscore the multifaceted nature of the negative effects resulting from women’s oppression of men within relationships. Beyond the immediate emotional distress and strain on relationships, there are broader implications for individuals’ mental and physical health, as well as their social well-being. The prevalence of relationship strain highlights the central role that dynamics of power and control play in shaping intimate relationships, while the mention of social isolation underscores the broader societal impact of such oppression.

### 3.8. Characteristics of women engaging in domestic violence

When asked about the characteristics that women possess who resort to practicing domestic violence and oppressing men, respondents highlighted several features as displayed in Table 5. The most commonly cited characteristic was “learned behavior, or lack of conflict resolution skills,” with 16 individuals (30.8%) identifying it as a contributing factor. This suggests that patterns of violence may be perpetuated through social learning or inadequate communication skills. Similarly, “feelings of inferiority and deprivation” were also noted by 16 respondents (30.8%), indicating the potential role of underlying insecurities in driving oppressive behavior.

Additionally, “low self-esteem and negative self-perception” were identified by 11 participants (21.2%), suggesting that individuals’ own perceptions of themselves may contribute to their behavior. “Unresolved trauma” was mentioned by 7 respondents (13.5%), highlighting the potential impact of past experiences on current behavior patterns. Finally, “insecurity and neglect from parents” were noted by only 2 individuals (3.8%), indicating a relatively minor consideration compared to other factors.

These findings suggest that the characteristics associated with women who engage in domestic violence and oppression against men are multifaceted, involving a combination of individual psychological

**Table 4**  
Distribution of negative effects of oppression and domestic violence against men.

Aspect	Count	%
<b>Negative Effects</b>		
Relationship strain	19	35.8%
Emotional distress	13	24.5%
Social isolation causing depression, anxiety, and PTSD	11	20.8%
Physical harm	7	13.2%
Psychological trauma	3	5.7%

**Table 5**  
Distribution of characteristics of women engaging in domestic violence.

Aspect	Count	%
<b>Characteristics of Women Engaging in Domestic Violence</b>		
Learned behavior, or lack of conflict resolution skills	16	30.8%
Feelings of inferiority and deprivation	16	30.8%
Low self-esteem and negative self-perception	11	21.2%
Unresolved trauma	7	13.5%
Insecurity and neglect from parents	2	3.8%

factors, learned behaviors, and past experiences. Addressing these underlying issues may be crucial in developing effective interventions to prevent such behavior and promote healthier relationship dynamics.

#### 4. Discussion

The study findings showed that several reasons may contribute to the phenomenon of wives engaging in domestic violence and oppression. Traditionally, domestic violence has been viewed primarily as male-on-female violence; however, changing social dynamics and increased awareness have highlighted that women can also be perpetrators, influenced by societal attitudes and norms (Scott-Storey et al., 2023). Psychological factors play a significant role, as women who engage in such behavior may have unresolved issues like past trauma, low self-esteem, or feelings of inferiority, driving them to oppressive and violent actions as a means of coping or exerting control (Alsawalqa, 2020).

Learned behavior is another factor, as exposure to violence in one's family of origin can normalize such actions, leading women who have witnessed or experienced domestic violence to replicate these patterns in their own relationships. Additionally, stress and external circumstances, such as economic hardship, job stress, or other life challenges, can exacerbate tensions, prompting some women to resort to violence (Tshoane et al., 2024). Finally, a lack of support and resources can contribute, as women without access to effective support systems may struggle to manage stress and conflict in healthier ways, resulting in maladaptive coping mechanisms, including violence. These results are in lieu with (Deshpande, 2019) who states that financial limitations, inadequate anger management skills, job-related stress, and unfulfilled expectations can also contribute to the manifestation of violent behavior (Scott-Storey et al., 2023).

The diverse conflict dynamics within Palestinian relationships, where both partners contribute to initiating arguments (Deshpande, 2019), or where one partner predominantly does so, are deeply influenced by cultural norms, socio-economic pressures, political instability, gender dynamics, and psychological factors (Scott-Storey et al., 2023). Understanding these layers is crucial for addressing the root causes of conflicts and promoting healthier communication within relationships (Tshoane et al., 2024).

Traditional gender roles in Palestinian households, with men often seen as the head of the family, might lead to the higher incidence of husbands being identified as the primary initiators of conflicts. Communication norms in Palestinian culture can be influenced by respect, honor, and family reputation, reflecting broader societal expectations. Furthermore, economic hardships, such as unemployment and restricted economic opportunities, can lead to significant stress within households, with the husband often feeling the pressure to provide (Scott-Storey et al., 2023). Overcrowded living conditions and the stress of living under occupation can exacerbate tensions within families, with traditional roles placing more emotional and social burden on men (Tshoane et al., 2024).

The Israeli-Palestinian conflict and ongoing occupation create a backdrop of constant stress and uncertainty, adding layers of external pressure that can lead to internal family conflicts. Men often become the primary initiators as they struggle with feelings of powerlessness and

frustration. Linked to this is lack of adequate mental health services and support can result in maladaptive coping mechanisms, such as verbal disputes, becoming more common within households, leading to a higher incidence of both partners initiating conflicts as a means of expressing and dealing with their stress and frustration.

The pressure to conform to community standards and expectations can lead to stress and subsequent arguments within the nuclear family. The growing movement towards gender equality and changing gender roles in Palestinian society can lead to conflicts as traditional expectations clash with modern aspirations. Domestic responsibilities and the psychological impact of living in a conflict zone can lead to higher levels of stress and mental health issues, leading to more frequent arguments. In Palestinian society, women's engagement in oppressive behavior within relationships can be significantly influenced by external stressors such as the Israeli occupation, political conflict, and economic hardships. The constant threat of violence, movement restrictions, and financial instability create a high-stress environment for families. Women, often primary caregivers, face immense pressure to maintain household stability under these conditions. This overwhelming stress can manifest in oppressive behaviors as a coping mechanism to assert control in an otherwise uncontrollable situation.

Power imbalances and communication issues also play crucial roles in shaping these behaviors. Traditional gender roles and patriarchal structures may limit women's power in broader societal contexts, prompting them to assert authority within the domestic sphere. Cultural norms that discourage direct communication and a lack of conflict resolution skills further complicate healthy interactions, leading women to resort to oppressive tactics to manage disputes and enforce family rules (Scott-Storey et al., 2023). Additionally, societal influences such as community expectations and religious traditions place further pressure on women to conform to specific standards, sometimes resulting in controlling behaviors to uphold these norms (Shehan, 2018; Wright and Tokunaga, 2016).

Psychological factors are deeply intertwined with these dynamics. The ongoing conflict and daily stressors contribute to widespread mental health issues like anxiety, depression, and PTSD among Palestinian women (Shehan, 2018; Wright, 2016). Without adequate mental health support, these women may struggle to find healthy coping mechanisms, leading to the use of oppressive behaviors as an outlet for their stress and trauma (Shehan, 2018; Tshoane et al., 2024; Wright and Tokunaga, 2016). Addressing these behaviors requires a comprehensive understanding of the interconnected pressures they face and the provision of support systems, education, and resources to promote healthier family dynamics and empower women within their societal context (Scott-Storey et al., 2023).

The study findings showed that in the Palestinian context, women's oppression against their husbands can take various forms, including verbal abuse, emotional manipulation, social isolation, economic control, and physical aggression (Lysova et al., 2019; Tshoane et al., 2024). These behaviors, while less commonly discussed compared to male-dominated domestic abuse, reflect the complex dynamics of power and stress within households impacted by broader socio-political and economic pressures (Bair-Merritt et al., 2010; Das Dasgupta, 2002; Lupri and Grandin, 2009; Stuart et al., 2006; Swan et al., 2008).

Verbal abuse and emotional manipulation are significant forms of oppression that some Palestinian women might use against their husbands. In a society where open communication about stress and conflict is often stifled by cultural norms (Scott-Storey et al., 2023; Tshoane et al., 2024) around honor and reputation, women may resort to harsh language and psychological tactics to express their frustrations and assert control (Sawsan et al., 2008). Verbal abuse can include insults, belittling comments, and constant criticism, which undermine the husband's self-esteem and mental well-being (Allen-Collinson, 2011). Emotional manipulation might involve guilt-tripping, gaslighting, or exploiting vulnerabilities to influence the husband's behavior and decisions (Tshoane et al., 2024). This form of control can be a way for

women to navigate their own feelings of powerlessness and stress, particularly in a socio-political environment marked by occupation and economic hardship.

Social isolation and economic control are other tactics used by women to exert power within their relationships (Alsawalqa, 2020; Tshoane et al., 2024). Social isolation can involve preventing the husband from maintaining relationships with friends and family, thereby increasing his dependency on the wife. This isolation can be a strategic move to ensure that the husband remains under the wife's influence and control. Economic control (Tshoane et al., 2024), on the other hand, involves managing the household finances in a way that restricts the husband's access to money, making him financially dependent on his wife (Alsawalqa, 2020). In the Palestinian context, where economic instability is rampant, controlling financial resources can be a powerful tool for women to assert dominance within the household. This control over finances can create a dynamic where the husband feels emasculated and powerless, further reinforcing the wife's authority.

Although less common and often underreported, physical aggression by women towards their husbands does occur in Palestinian society. Physical aggression can range from slapping and hitting to more severe forms of violence (Straus, 2014). This behavior might stem from accumulated stress, frustration, and a sense of powerlessness due to the broader socio-political environment. The ongoing conflict and occupation create a backdrop of constant stress and trauma, which can sometimes lead to physical altercations as an outlet for pent-up emotions. The societal stigma around male victims of domestic violence often leads to underreporting, making it difficult to grasp the full extent of the issue (Deshpande, 2019; Gateri et al., 2021; Scott-Storey et al., 2023). However, it is crucial to acknowledge that physical aggression, regardless of the perpetrator's gender, contributes to a cycle of violence and instability within the household.

According to the study findings, men's responses to domestic violence and oppression by their wives in the Palestinian context reflect a complex interplay of cultural norms, societal expectations, and the socio-political environment (Deshpande, 2019; Scott-Storey et al., 2023). These responses vary from retaliation to passive acceptance, often with a notable reliance on personal coping strategies over seeking external help.

Some men, feeling emasculated and angered by the oppression they face, respond with retaliation. In a society where traditional gender roles dictate male dominance within the household, being subjected to oppression challenges their perceived authority (Fleming et al., 2015; Scott-Storey et al., 2023). Retaliation can manifest in various forms, such as verbal confrontations, physical aggression, or attempts to assert control in other aspects of the relationship. However, this reaction risks perpetuating a cycle of violence, leading to further instability within the family unit.

Alternatively, many Palestinian men choose passive acceptance in response to domestic oppression. Cultural norms surrounding masculinity and honor make it challenging for men to openly acknowledge or confront such abuse (Deshpande, 2019; Scott-Storey et al., 2023). Passive acceptance often stems from a fear of social stigma, as admitting to being oppressed by a spouse may be perceived as a sign of weakness (Gateri et al., 2021). Consequently, men may silently endure the abuse, internalizing their suffering, which can result in emotional and psychological distress (Scott-Storey et al., 2023).

Despite the challenges they face, Palestinian men often rely on personal coping strategies to navigate domestic oppression. These strategies include isolation, substance abuse, immersion in work or hobbies, and seeking solace in religious or spiritual practices (Joseph-Edwards and Wallace, 2020; Gautam and Jeong, 2019). However, the reluctance to seek external help remains prevalent due to the stigma associated with admitting victimization, limited resources tailored to male victims, and legal and social barriers that hinder reporting and accessing support services (Joseph-Edwards and Wallace, 2020; Walker et al., 2020).

In Palestine, as in many societies, the resolution of oppression within

relationships is influenced by cultural norms, societal expectations, and the unique challenges posed by the socio-political environment. Conflicts in Palestinian relationships may indeed be resolved through various means, including apologies, peaceful communication, escalation, temporary truces, or unresolved tension (Abd Aziz et al., 2018; Joseph-Edwards and Wallace, 2020).

Apologies play a significant role in conflict resolution within Palestinian relationships. In a culture that values humility and reconciliation, a sincere apology can serve as a crucial first step towards healing and restoring trust between partners. However, the willingness to apologize may be influenced by factors such as gender roles and power dynamics within the relationship, as well as broader societal expectations regarding honor and dignity (Scott-Storey et al., 2023; Walker et al., 2020).

Peaceful communication is another essential tool for resolving conflicts in Palestinian relationships. Open and honest dialogue allows partners to express their concerns, listen to each other's perspectives, and work towards mutually acceptable solutions (Walker et al., 2020). However, cultural norms around communication, including the avoidance of confrontation and the importance of preserving family harmony, may sometimes hinder effective communication and conflict resolution (Lambert, 2014).

Escalation is a less desirable but unfortunately common response to oppression within Palestinian relationships. Escalation can manifest in various forms, including verbal or physical aggression, as tensions rise and emotions escalate (Hines and Douglas, 2010). The socio-political context, including the stressors of living under occupation and the trauma of conflict, can exacerbate tensions within households, leading to heightened conflicts and potentially harmful behaviors (Deshpande, 2019).

Temporary truces or compromises may also be used as a means of resolving conflicts in Palestinian relationships. These agreements allow for a temporary cessation of hostilities, providing partners with an opportunity to de-escalate tensions and reevaluate their positions (Abd Aziz et al., 2018). However, without addressing the underlying issues that led to the conflict, temporary truces may only serve as short-term solutions, potentially leading to recurring conflicts in the future.

In some cases, conflicts within Palestinian relationships may remain unresolved, leading to ongoing tension and resentment between partners. Factors such as unresolved trauma, power imbalances, and societal pressures may contribute to the perpetuation of unresolved conflicts (Abd Aziz et al., 2018). While unresolved tension may not always lead to the dissolution of the relationship, it can create long-term challenges and undermine the overall well-being of the partners involved.

The researcher found that, the effects of women's oppression of men within Palestinian relationships can be profound, impacting various aspects of individuals' lives and contributing to broader societal challenges. Women's oppression of men can lead to relationship strain, emotional distress, social isolation, physical harm, and psychological trauma (Hines and Douglas, 2010).

Firstly, relationship strain is a common consequence of women's oppression of men. In a society where traditional gender roles often dictate male dominance, the reversal of power dynamics can create tension and conflict within relationships (Scott-Storey et al., 2023). Men may feel emasculated and undermined, leading to resentment and discord between partners. This strain can erode trust and intimacy, ultimately jeopardizing the stability of the relationship.

Emotional distress is another significant effect of women's oppression of men. Being subjected to verbal abuse, emotional manipulation, or controlling behavior can take a severe toll on men's mental well-being. Feelings of inadequacy, worthlessness, and powerlessness may arise, contributing to anxiety, depression, and other mental health issues (Hines and Douglas, 2010; Wright, 2016). The emotional distress caused by oppression can permeate all aspects of life, impacting work, social interactions, and overall quality of life (Scott-Storey et al., 2023).

Social isolation is also a common consequence of women's



oppression of men within Palestinian society. Men who experience oppression may withdraw from social interactions, fearing judgment or stigma associated with admitting to being victimized (Scott-Storey et al., 2023). This isolation can further exacerbate feelings of loneliness, alienation, and despair, as men struggle to find support and understanding from their peers and communities.

Moreover, women's oppression of men can result in physical harm and injury. While domestic violence perpetrated by women is less commonly discussed, it can nevertheless occur, leading to physical aggression and harm (Hines and Douglas, 2010). Men may be reluctant to report such abuse due to societal expectations of male strength and resilience, as well as the stigma surrounding male victimization (Scott-Storey et al., 2023). As a result, many men suffer in silence (Scott-Storey et al., 2023), enduring physical pain and injury without seeking help or intervention (Joseph-Edwards and Wallace, 2020).

Finally, psychological trauma is a pervasive effect of women's oppression of men. Enduring ongoing abuse, manipulation, and control can deeply scar individuals, leaving lasting psychological wounds (Hines and Douglas, 2010). Trauma symptoms such as flashbacks, nightmares, and hypervigilance may emerge, further complicating recovery and healing. The psychological impact of oppression can be profound, affecting individuals' sense of self, identity, and ability to trust others (Hines and Douglas, 2010).

The study findings showed that the characteristics of women engaging in domestic violence and oppression against men are shaped by a complex interplay of cultural, societal, and individual factors (Gautam and Jeong, 2019; Tshoane et al., 2024). These characteristics include learned behavior, feelings of inferiority, low self-esteem, unresolved trauma, and insecurity.

Firstly, learned behavior plays a significant role in women's engagement in domestic violence and oppression against men (Jewkes et al., 2015; Rakovec-Felser, 2014; Stoddard et al., 2015). Growing up in environments where violence is normalized or witnessed can perpetuate cycles of abuse (Gateri et al., 2021; Stoddard et al., 2015). Women who have been exposed to violence in their own families or communities may internalize these patterns of behavior, replicating them in their own relationships as a means of exerting control or expressing frustration (Gateri et al., 2021; Jewkes et al., 2015).

Feelings of inferiority and low self-esteem can also contribute to women's engagement in domestic violence and oppression against men (Tshoane et al., 2024). In a society where traditional gender roles often dictate male dominance, women who feel marginalized or disempowered may resort to aggressive or controlling behavior as a means of compensating for their perceived lack of power (Scott-Storey et al., 2023). This can manifest as verbal abuse, emotional manipulation, or other forms of coercive control within relationships.

Additionally, unresolved trauma can play a significant role in women's engagement in domestic violence and oppression against men. Experiences of trauma, such as childhood abuse, sexual assault, or witnessing violence, can leave deep emotional scars that impact individuals' relationships and behavior (Tshoane et al., 2024). Women who have experienced trauma may struggle with regulating their emotions, leading to outbursts of anger or aggression directed towards their partners.

Insecurity is another characteristic that can contribute to women's engagement in domestic violence and oppression against men (Tshoane et al., 2024). Women who feel insecure in their relationships or fear abandonment may resort to controlling or manipulative tactics as a means of maintaining control or preventing perceived threats to their security. This can create a dynamic of power imbalance and coercion within the relationship, further exacerbating tensions and conflict.

## 5. Conclusion

This article aims to examine the perception, frequency, and intensity of domestic violence inflicted by wives against their husbands in

Palestine. The findings reveal the complex dynamics of verbal disputes and domestic violence within relationships. Although less common, female-perpetrated domestic violence is still present, with nearly half of the relationships exhibiting mutual initiation of conflicts. External stressors and power dynamics are significant influences on these behaviors, highlighting the impact of situational pressures and control issues. Verbal abuse and emotional manipulation are prevalent, indicating the covert and challenging nature of these forms of violence. Social isolation and economic control further illustrate the varied tactics used to maintain dominance.

The study also shows diverse responses to domestic violence incidents, ranging from direct confrontation to passive strategies, with limited recourse to external help. This suggests barriers to accessing support systems or reluctance to involve outsiders in personal issues. Effective conflict resolution remains a critical skill, as unresolved conflicts can lead to ongoing relationship challenges.

Overall, these findings underscore the multifaceted nature of domestic violence and the importance of addressing underlying psychological factors, learned behaviors, and past experiences. Developing targeted interventions that promote healthier relationship dynamics is crucial for preventing such behaviors and mitigating their negative effects on mental, physical, and social well-being.

## 6. Limitations

While the article provides valuable insights into domestic violence against husbands by wives in Palestine, several limitations should be acknowledged. Firstly, the study's reliance on self-report data collected through structured interviews may introduce response bias, as participants may underreport or misrepresent their experiences due to social desirability or fear of stigma. Additionally, the small sample size of 53 married participants may limit the generalizability of the findings to the broader population of male victims in Palestine. Furthermore, the study's focus on a specific geographic and cultural context may restrict the applicability of the findings to other regions or communities with different social norms and dynamics. Moreover, the cross-sectional nature of the research design prevents the establishment of causal relationships and limits the understanding of how domestic violence experiences may change over time. Lastly, the study may lack a comprehensive exploration of potential confounding variables or alternative explanations for the observed patterns of domestic violence, which could affect the validity and interpretation of the findings.

## 7. Practical implications

The article outlines several actionable strategies to address domestic violence against husbands by wives in Palestine. These include initiatives such as educational campaigns to raise awareness, the establishment of counseling and support services tailored for male victims, advocacy efforts for legal reforms aimed at ensuring gender-neutral definitions of domestic violence, and engaging community leaders and religious figures in discussions about the issue. Additionally, it recommends providing professional training for healthcare professionals, encouraging further research on domestic violence dynamics, and developing empowerment programs to enhance resilience and coping strategies among male victims. Through the implementation of these practical implications, policymakers, service providers, and community stakeholders can collaborate effectively to promote safer, healthier relationships and address the pressing issue of domestic violence against husbands by wives in Palestine.

## 8. Future research implications

The study on domestic violence against husbands by wives in Palestine requires in-depth qualitative research to understand the lived experiences of male victims, including emotional, psychological, and

social impacts. To gain a comprehensive understanding of why women perpetrate violence against men, it is indeed essential to include the perspectives of the women themselves. This would provide insights into their motivations, contexts, and circumstances that lead to such behavior. Future research should aim to include interviews with female perpetrators to explore their reasons and contribute to a more holistic understanding of intimate partner violence (IPV). Longitudinal studies are needed to examine the long-term effects of domestic violence on male victims and their families, tracking outcomes like mental health, relationship satisfaction, and parenting practices over time. Comparative studies should investigate cultural and contextual factors influencing the prevalence and nature of domestic violence across different regions and communities within Palestine. Evaluating the accessibility, acceptability, and impact of programs like counseling, legal assistance, and empowerment initiatives can help identify best practices and areas for improvement. Collaborative, interdisciplinary research is needed to engage diverse stakeholders, including policymakers, practitioners, and community members, in the design and implementation of research initiatives. This will ensure that future research addresses the real-world needs and priorities of those affected by domestic violence against husbands in Palestine.

### Ethics approval and consent to participate

The research was approved by the ethics committee of the Deanship of Scientific Research, the dean of the Faculty of Humanities, the director of the language Centre, and the IRB at the university. Oral informed consent was obtained from the participants. The endorsement by the university Institutional Review Board (IRB) for informed consent and the oral informed consent procedure confirmed the study's compliance with the ethical principles delineated in the 1964 Declaration of Helsinki.

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### CRediT authorship contribution statement

**Oqab Jabali:** Writing – review & editing, Writing – original draft, Visualization, Validation, Supervision, Resources, Methodology, Investigation, Formal analysis, Conceptualization.

### Declaration of competing interest

The author declares no competing interests.

### Data availability

The data that has been used is confidential.

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