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# **THE ISSUES AND CHALLENGES FACED BY MALE VICTIMS OF DOMESTIC VIOLENCE**

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## **ABSTRACT**

Domestic violence is widely recognised as a serious societal issue, yet its impact on men remains largely overlooked. Male victims often face underreporting, neglect, and societal stigma rooted in traditional gender roles portraying men as inherently strong and unlikely to be abused. In India, while laws exist to safeguard individuals from domestic abuse, practical barriers, legal prejudice, and societal attitudes hinder male victims from seeking justice. Men subjected to abuse may experience physical harm, emotional trauma, financial exploitation, and social isolation. These consequences extend to economic instability, loss of employment, control over earnings, and in severe cases, fatal injuries. The stigma attached to male victimhood prevents many from reporting abuse due to fear of ridicule or being perceived as weak. Case laws such as *Harvinder Kaur v. Harjinder Singh*, *Kamal Kishore v. State of Haryana*, and *Madan Lal v. State of Haryana* illustrate the legal and social challenges faced by men. The cumulative effects physical, mental, economic, and social demand increased awareness, targeted legal reforms, and supportive resources. Addressing domestic violence against men requires dismantling stereotypes, improving access to justice, and recognising that victimhood is not defined by gender, ensuring equal protection and dignity for all survivors.

Men experiencing domestic abuse often hesitate to speak out, fearing disbelief or ridicule. Their pain can be physical, mental, or financial. Addressing this hidden reality requires empathy, open discussion, and laws that protect everyone equally, ensuring no victim is left unsupported, regardless of gender or circumstance.

Violence can happen to any person of any race, gender, or economic background. Domestic abuse is a serious problem, and it should be denoted early. Male Victims of domestic abuse are more will women; it is important that men can also be hurt by this violence. Mostly the victims of domestic violence will be women, but still aver that a male victim can be. Domestic violence

against men is often not considered, underreported, and neglected. This happened due to society, societal stigma that was the problem, traditional that were predominant in the country. The law passed to Safeguard women and men in same way from undergoing violence in the circumstances of spouse. It is in India to give protection for men from being exposed to domestic violence. It is significant that the effectiveness of such enactment problems, obstacles that occur in action.

Violence which occurs in the circumstances of a romantic conjugal relationship are romantic is framed as domestic violence. This includes emotional, sexual abuse and physical violence may also take many ways including sexual, emotional, financial pain inflectional of physical on the victim. It is just and single example of how violence can be express itself. In our country India and rest of the world there is an increase in problems and concern of violence against women at home and our country.

The misinterpretation men cannot be the innocent are victim and it believes that would act always in a violent manner. Many off the people sees that there will not be male victim domestic violence. This misinterpretation is not only in but also detrimental since it over looks reality that male victim and need support and protection.

In India several complications surrounding other problems of domestic violence. Because the tradition of the cultural of the Indian country is democratic, male is repeat given the impression they are every strong gender, but whoever the potential vulpine ability and emotion were not taken into cerebration. The male are dither to speak the violence because they are feared of being tagged as weak are lacking in boldness if they do so.

### **1. The experience of male victims of domestic violence**

If males become victims, intimidate partner is often matter to various forms of violence emotional.<sup>1</sup> It may also be subject to of their intimate partner's control, economic violence, control over their income, or stopping their employment. Because of their guilt their fear, the male victims could not get out of the relationship they were in.

The case of domestic violence, and the significant decision was<sup>2</sup> *Harvinder Kaur v. Harvinder*

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<sup>1</sup> Lang Hinrichsen Rohling, pg.no. 506-507 ca: sage publications, 2010

<sup>2</sup> *Harvinder Kaur v. Harvinder Singh*, AIR 1984 Del. 66 (India).

*Singh 1983*. They were both married couples, and they were also working in two different companies. They only had one child they both had. The husband has filed a petition under section 9 of the Hindu Marriage Act, that is the restitution of conjugal rights, requesting cohabitation from his wife. But his wife was not willing to be with him, so she opposed the petition. Her argument challenged the constitutional validity of Article 14 and Article 21. The Delhi High Court held that the Constitution provides equal rights to every citizen, but in this case, the court observes that restitution of conjugal rights does not aim for sexual intercourse but to facilitate the cohabitation between facilitating reconciliation and marital harmony. It also restores love, affection, encompassing companionship, and mutual support.

Nevertheless, of engaging improvement that have be example of male domestic violence challenges with legal barrier. In certain case men noted for behaviour of aggression while evidence in the opposite direction. But the inherent discrimination in the judicial system, male victim of domestic violence case it is difficult to protect the justice.

In a number of case laws in India the male victims have faced an attempted to get the justice and the protection for their experience.<sup>3</sup> Though there is a right direction to noticed that male victims are important to travel a distance before all granted the equal level of legal protection. However, additional research and sources from data of male victim in India need to understand the prevalence of the problem and to increase develop of solution in an efficient way. In awareness programme and sensational programme need to be conducted so that the societal stigma so that violence can be eradicated.

There were so many steps forward in India to address the domestic violence but still there is a long way to go to get the same legal safeguard and legal support as female. Some of the barriers in order to successful need to overcome it includes the stymieing, existence of legal prejudice, the dearth of research, the attitudes of the society and statistic. At the end the India get the priority to the warming atmosphere and secure a male.

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<sup>3</sup> Pence Ellen et al (Coordinating Community Responses to Domestic Violence) Lessons from Duluth and Beyond. Thousand Oaks CA: SAGE Publications, 2003.

## 2. Impact of male victims of domestic violence

The effects on victims of men can be severe, resulting in significant physical, psychological, and emotional ramifications. The effects of domestic violence on male victims can vary from mild to extreme. These outcomes can potentially endanger a person's life in these situations. Here are some examples of the impacts on male victims of domestic violence, accompanied by relevant case laws concerning these examples:

Disorder that impacts the body Domestic violence against men can lead to various injuries, including bruises, scratches, and potentially broken bones. This is due to male victims being more likely to face physical assault than female victims. Abuse within the household or domestic environment, whether physical or emotional, can at times be so intense that it could ultimately lead to the victim's death. Despite the situation in *Kamal Kishore vs. State of Haryana* (2013), the Punjab and Haryana High Court concluded that a result of domestic violence amounted to a case of culpable murder and the victim's death. The victim passed away due to inflicted injuries obtained during the assault. The fatal injuries sustained by the victim resulted directly from the assault, leading to the victims' demise.

Exposure to domestic violence can significantly affect a victim's mental health and may lead to the development of conditions like post-traumatic stress disorder (PTSD), depression, and anxiety. In *ManojKumar vs. State of Haryana* (2014), the Punjab and Haryana High Court concluded that the ongoing physical and emotional abuse had severely impacted the victim's mental health, which was perpetrated by his partner.

### 2.1 Economic impact

Male victims of domestic violence have major economic consequences that affects not only victims themselves but also broader society. <sup>4</sup>While most of the focus on economic break through has been on the female victims, male remnants also experience severe financial privation as a result of violence. One of the important immediate economic effects is work instability. Many male victims of domestic abuse struggle to maintain consistent work due to emotional distress, physical injuries or the controlling behaviour of their abusive partners. The trauma of living and stress in an abusive environment is lead to decreased productivity, or even job loss or absence.

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<sup>4</sup> Denis G. Laroche, Exploring the Economic Costs of Domestic Violence Against Men, 5 J. AGGRESSION, CONFLICT & PEACE RES. 92, 93–95 (2013).

In some cases, abusers sabotage their partner's ability to employment by preventing them from departing the house, making false accusation that led to working place investigations or causing emotional distress interferes with their professional burden. Because of societal stereotype views men as strong and self-independent, male victims might find it even larger to explain their situation to employers or seek help support, further risking their economic stability.

Financial violence is another major consequence of economic for domestic violence against men. Many abusive partners exercise power on monetary taking control of earnings, and accumulating debt in victim's name. Some male victims are enforced to hand over the pay checks to their cruel partners, leaving them with small financial autonomy. Others may experience legitimate and financial manipulation, their abuser falsely accuses their wrongdoing in order to achieve control over assets, custody battles and property, or bank accounts.

This form of financial violence can be particularly harm in divorce or where men victims may lose entry to their savings, home, even their children. Considering legal systems often presume male survivors frequently experience difficulties proving financial violence and reclaiming their economic sovereignty.

The long-term financial effect of domestic violence against men is significant. Few male victims who escape violent relationships find themselves difficulties with legal fees, medical bills and the cost of building their legal production lives. Seeking legal protection, as custody rights or restraining orders can be expensive, and victims might not always have to financial assistance to shelters that provide economic help. Additionally, healthcare costs mingled with domestic violence can be substantial as few male victims suffers from physical hurt or injuries, mental health requirement and or substance or depression, abuse issue as a way to scope with trauma. The cost of medical treatment, therapy, and rehabilitation further reduce financial resources, making it hard for survivors to regain sustainability.

The reduced economic growth such as uncertain financial condition, the lack of a employment and an, exists for the male victims have been abused in their intimate partner. In the case of <sup>5</sup>*Madan Lal vs. State of Haryana (2014)*, the Haryana and Punjab High Court came to the decision that his money was illegally stolen by his wife, him to incur monetary losses as a

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<sup>5</sup> "Madan Lal v. State of Haryana, 2014,

consequence. The victim's issue was strongly Infront the honourable court by the state of Haryana for relationships disputes over child custody, and with the offspring the abusive partner.

## 2.2 Physical and Mental Health impact

Domestic violence is widespread problem that affects individuals in any case of gender. While society primarily pivot on violence against women, even men also experience abuse at home in the hands of their spouse partners. However, due to societal stigma and gender stereotypes, men victims often suffer silence. The consequences of domestic violence against men's health both physical and mental are serious and can have lasting impact on their overall well-being. The article explores the various process domestic violence impacts men's psychological health physical and highlighting the need for support, awareness, resources to assist male escapees.

Men who experience domestic abuse often suffer from wide range of physical hurt injuries<sup>6</sup> These can vary from minor bruises to life-fatal conditions, depending on the supreme power and frequency of the violence. One of the most consequences of domestic violence is physical hurt or harm. Male victims may experience:

- Cuts, abrasions and bruises
- Fractures, Broken bones, and head injuries
- Internal injuries from kicked or punched
- Burns, other inflicted wounds, and bite marks

Since many men feel ashamed or fear disbelief, they oftentimes avoid seeking medical care, which can lead to worse health conditions. Male victim of domestic violence is a serious problem with devastating physical and mental consequences. From chronic pain and injuries and depression, PTSD, suicidal thoughts, the effects of abuse on men are profound. Due to stigma, a lack of resources and societal norms, and so many male victims suffer in soundless. Raising awareness and encouraging improving support systems men to seek the help are crucial steps in denote this issue. No victim should be disregard, regardless of their gender, and it is for society to support male and acknowledge survivors of domestic violence.

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<sup>6</sup> Emily M. Douglas & Denise A. Hines, The Help seeking Experiences of Men Who Sustain Intimate Partner Violence, 28 PARTNER ABUSE 321, 327–330 (2011)

### 2.3 Social impact

Men is a highly unrecognized that carries important social consequences. While society has highly acknowledged the plight of victim of women, men who experience violence often face skepticism, isolation and ridicule. The societal stigma attached to male victimhood precludes many from seeking favour, leading to lasting psychological, social, and emotional. The social consequences of male domestic violence can manifest in so many ways, including relationship problems, isolation, legal challenges, and loss of social status.

The notable societal impact of male domestic violence is the deterioration of intimate relationships.<sup>7</sup> Victims may struggle to maintain friendships and romantic relationships, family bonds, due to trust issues, emotional trauma, and fear. A man who has been violently abused by a partner may experience difficulty in forming new connections or may be reluctant to enter replacement of intimate relationship due to the anxiety of experiencing similar abuse. This distrust can create a cycle of unhurriedly and emotional withdrawal, further growing the social isolation that so many male victims experience. In addition, if the abuse involves public mortification or manipulation, friends and family relative members may distance without from the victim, either away misunderstanding or the belief he should "man up" and deal with the situation himself.

Another crucial social impact is the mark and ridicule that male victim hood often endures. Society tends to pussy men as strong, emotionally resilient, and dominant, making it difficult for public to accept that victims of domestic violence can be men also. When a man reports, violence not be taken seriously and even be mocked by the public, peers, authorities. Phrases such as "real men don't get violence" or "he must have been done something to receive it" contribute to the humiliating and unsound less of male victims. This negative society perception discourages men from try to find legal or professional support, catching them in abusive relationships.

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<sup>7</sup> Lori Heise, Mary Ellsberg & Megan Gottemoeller, *Ending Violence Against men*, POPULATION REPORTS, Series L, No. 11, Johns Hopkins Univ. Sch. of Pub. Health 8–10 (1999)