

**GENDER BASED VIOLENCE AND PSYCHOLOGICAL WELL-BEING
OF WOMEN IN KIGULU NORTH, IGANGA DISTRICT**

BY

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**A RESEARCH REPORT SUBMITTED TO THE COLLEGE OF
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DECLARATION

I, Naiwunbwe Mary solemnly declare that the information contained in report is my original work and has never been submitted by anyone else for any award in Kampala International University or other institution of higher learning.

Reg no.....1162-06034-05112.....

Signature.....*Naiwunbwe Mary*..... Date.....17.04.2019.....

APPROVAL

This is to acknowledge that this Research report entitled Gender Based Violence and Psychological Well-being of Women in Kigulu North, Iganga District has been done under my supervision and is now ready for submission to the College of Humanities and Social Sciences under applied Psychology for the award of Bachelors of Social Work and Social Administration, Kampala International University.

Academic Supervisor's name

Signature:.....

Date:.....

DEDICATION

This report is dedicated to Mrs Nalumaga Milly, brothers, sisters and friends for the financial Support. Thanks for the advice, encouragement and constructive ideas you have always given me when I cannot stand on my own. May the good Lord bless you all

ACKNOWLEDGEMENT

The production of this research report has been one of the most interesting and challenging yet a rewarding experience in my course of the study.

I believe that if it were not for the assistance from a number of people, I wouldn't have successfully come to the end of this report. I am greatly thankful to all those who consistently helped me come to the end of this report. Special thanks go to the following.

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LIST OF ABBREVIATIONS

DV	Domestic Violence
DEVAW	Declaration on elimination of violence against women
CEDAW	Convention on elimination of all forms of discrimination against women
UNHCR	United Nations high commission for refugees
OPM	Office of the Prime Minister
SGBV	Sex and Gender Based Violence
HIV	Human Immune Virus
AIDS	Acquired Immune Deficiency Syndrome
NGO	Non-Governmental Organization
UDHR	Universal Declaration of Human Rights
WFP	World Food Program me
LCI	Local Council 1.

ABSTRACT

It is well established that Gender Based Violence and psychological well-being of women are linked with each other for male batterers, and there is evidence of a Gender Based Violence in Kigulu North which as negative relationship with psychological well-being of the victims. Gender based Violence services are not typically linked with each other by programs, or if such service linkage does exist, it tends to be poorly developed, because very little is known about the relationships of gender based violence and psychological well-being of women, this comparative study was designed to examine the lifetime prevalence, types, cause and effects of gender based violence. When compared with 100 families in Kigulu North, Iganga district, about 20 families reported greater prevalence of physical, sexual, and psychological aggression (violence) directed at the mother of their youngest biological child over the course of the relationship as most common types of gender based violence. They also reported more frequent physical, sexual, and psychological aggression directed at the mother during the previous year. Very few men reported to have been experiencing physical and sexual violence by the women. The results highlight the need for measures to end the risk of gender based violence.

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CHAPTER ONE

1.0 INTRODUCTION

The research focused on Gender Based Violence and Psychological Well-being of Women in Kigulu North, Iganga District. This chapter presents the background of the study, the statement of the problem, the general objective, the specific objectives, research questions, scope of the study, the significance of the study, the justification of the study, the conceptual framework, the definition of the key terms and conclusion.

1.1 Background

Gender based violence (GBV) is the violence directed against a person on the basis of gender. It constitutes a breach of the fundamental right to life, liberty, security, and dignity, equality between men and women, non-discrimination and physical and mental integrity (EU institute of gender equality, 2010). Whereas Gender Violence Against Women (GVAW) is to be understood as stemming from and reinforcing unequal gendered power relations, not all women and girls experience or are exposed to violence in the same way. For example, girls and young women can be exposed to other forms of violence than those facing elderly women, and women from minority and/or disadvantaged groups, including women with disabilities, also face particular challenges (as acknowledged in the Beijing Platform for Action of 1995). Women from marginalized groups are often confronted by multiple and reinforcing layers of discrimination, leading to more disadvantage and marginalization. Women living in poverty are more exposed to various forms of violence, given reduced opportunities for education, employment and training and poor access to health and welfare services. In addition, men living in poverty are more at risk of perpetrating violence out of anger and frustration at not having an income or finding a job (*Ministry of Gender, Labour and Social Development July 10, 2014*).

United Nations (2013), states that Gender-Based Violence includes forms of violence, such as violence in close relationships, sexual violence (including rape, sexual assault and harassment), psychological and economic violence, trafficking in women, forced prostitution, slavery, and different forms of harmful practices, such as child and/or forced marriages, female genital mutilation, crimes committed in the name of so-called honour, forced abortion, forced pregnancy and forced sterilization. Globally, violence is the second leading cause of death among adolescent

girls, and this becomes more prominent when girls enter adolescence. One study from Zambia indicated that, among female sexual assault survivors, 49 percent (%) were younger than 14 and 85 percent (%) younger than 19. Violence makes an early appearance in women's intimate and increases the problem of trauma. A recent global review of 50 population-based studies carried out in 36 countries indicates that between 10 and 60 percent (%) of women who have ever been married or partnered have experienced at least one incident of physical violence that lead to psychological torture of women from a current or former intimate partner (Heise.L, 2009).

According to Chalk, (2002), In Africa, relationships with other people, self-esteem, physical activity, social development, and psychological functioning are impacted by gender based Violence and neglect. Sexually abused females especially girls have been found to experience symptoms of posttraumatic stress disorder (PTSD). Findings from the WHO (2010), study presented by Mbwambo, show that up to 36 percent of women in Namibia, 56 percent in Tanzania and 71 percent in Ethiopia experience physical or sexual violence or both during their lifetimes at the hands of an intimate partner and reported to be psychologically affected (Trauma). Recent data from Rwanda's National Institute of Statistics indicate that 31 percent of women are subjected to domestic violence after age 15, generally by a husband or intimate partner. In 10.2 percent of cases, the violence occurs during pregnancy. A report by the United Nations Children's Fund (UNICEF) indicates that over 50 percent (%) of ever-married girls have experienced IPV, with the highest rates in Equatorial Guinea, DRC, Gabon, Zimbabwe and Cameroon. Child marriage and FGM are also acts of violence and violations of girl's rights to bodily integrity.

In Uganda mostly in the slums one of the most destructive consequences of gender based Violence may be the detrimental effect is on women psychological well-being and a girl's school performance (UN Women on Gender Based Violence, 2010). According to Robertson (2018), refers to psychological well-being as a positive mental states, such as happiness or satisfaction. According to United Nations Women and CEDAW (2010), reported that the level of Physical, psychological and Sexual Intimate Partner Violence through lifetime in Uganda is 50 percent, Female Genital Mutilation/ Cutting 1 percent, child/forced Marriage 40 percent and sexual harassment at 30 percent. On the other hand, Uganda Demographic and Health Survey in 2015 found that 37 percent of married, divorced or separated women aged 15, they had been physically or sexually violated at least once by their husband or partners.

This research however, was not only focused on the general overview of Gender Based Violence but specifically narrowed down on the Gender Based Violence and psychological well-being of women in Kigulu North, Iganga District. Where women confront a male-dominated power structure that upholds and entrenches male authority in the home. In a 2003 World Bank Institutional Civil Society capacity audit in 4 districts (AfD et al. 2003), it emerged that the common types of Gender based violence in Kigulu, Iganga district were wife battering with 25 percent and rape 37.5 per cent. In Iganga, the rating for land disputes between spouses is 13 per cent; while 36.4 per cent of women, especially widows, are particularly prone to disputes over land (MoWLE 2005). Land grabbing from widows and orphans was claimed to be common by 30.4 per cent of the respondents, and 5.3 per cent claimed that it was common for disputes involving women to suffer from psychological torture. This invoked the researcher to carry out the study on gender based violence and psychological well-being of women in Kigulu North, Iganga District.

1.2 Statement of the problem

Gender Based violence is cross cutting issue globally. Many Research have identified links between Gender Based Violence like beating and psychological trauma of women and death in many countries. According to the World's Women (2015), It is estimated that of the 87,000 women who were intentionally killed in 2017 globally, more than half (50,000- 58 per cent) were killed by intimate partners or family members, meaning that 137 women across the world are killed by a member of their own family every day. More than a third (30,000) of the women intentionally killed in 2017 were killed by their current or former intimate partner. Adult women account for 51 per cent of all human trafficking victims detected globally. Women and girls together account for 71 per cent, with girls representing nearly three out of every four child trafficking victims. Similar data from the Middle East, West, North and Central Africa was reported by WHO (2013). WHO (2013), estimated that about 650 million women and girls in the world today who were married before age 18. During the past decade, the global rate of child marriage has declined from one in four young women aged 20-24 being married as children, to almost one in five however, Still, in West and Central Africa where this harmful practice is still common, where 4 out of 10 young women were married before their 18th Child marriage often results in early pregnancy and social isolation, interrupts schooling, limits the girl's opportunities and increases her risk of experiencing domestic violence. Gender based violence is widely spread in Uganda and it affects all people irrespective of their psychological well-being, social, economic and political status. It occurs in

families, communities, workplaces and institutions. For example, the Uganda Demographic and Health Survey (UDHS) (2011), indicated that 56 percent (%) of women aged between 15 and 49 years in Uganda have experienced physical violence at some point in life, 28 percent (%) of women in the same age group have experienced sexual violence, compared to 9 percent (%) of men (*Ministry of Gender, Labour and Social Development July 10, 2014*). According to Uganda Law Reform Commission, (weekly Observer 2007), reported that Intimate partner violence is common in eastern Uganda, Kigulu North, Iganga district in particular. A recent study placed the prevalence of lifetime intimate partner violence at 54 per cent and physical violence at 14 per cent. The study also suggested possible linkages between intimate partner violence, HIV risky behaviors, the failure of prevention strategies to be clearly established, domestic violence and alcohol consumption, and women's perceived risk of contracting HIV from their male partner and which end result it affects their psychological well-being of women (Kaye et al. 2006). Therefore, this rose the concern and the need to investigate the link Gender Based Violence and Psychological well-being of Women as was the major aim of the research.

1.3 General objective

To examine the relationship between different forms of Gender Based Violence and Psychological Well-being of Women in Kigulu North, Iganga District.

1.4 Specific objectives

- i. To examine types of Gender Based violence impair the psychological well-being of the abuse survivors (women).
- ii. To identify the main causes of high prevalence rate of Gender Based Violence in Kigulu North, Iganga district.
- iii. To identify the effects of Gender Based violence among women in Kigulu North Iganga District

1.5 Research questions

- i. What are the types of the gender based violence that impair psychological well-being of women?
- ii. What are the causes of gender based violence in Kigulu North, Iganga district?
- iii. What are the effects of gender based violence among women in Kigulu North, Iganga district?

1.6 Scope of the study

1.6.1 Content Scope

This study focused on Gender Based Violence and psychological well-being of women in Kigulu North, Iganga District. It was undertaken in different families in Kigulu North constituency and the neighboring constituencies. Respondents for the study was drawn from the population of people in the constituency, that is to say; women, men, girls and boys and other related stakeholders like police and hospitals who usually receive the cases of gender based violence.

1.6.2 Area of Scope

The study was carried out in Kigulu North. Kigulu is allocated in Iganga District. Iganga district is a district in the Eastern Region of Uganda. The town of Iganga is the site of the district headquarters. Iganga District is bordered by Kaliro District to the north, Namutumba District to the northeast, Bugiri District to the east, Mayuge District to the south, Jinja District to the southwest, and Luuka District to the west. The district headquarters at Iganga are located approximately 44 kilometres (27 miles), by road, northeast of Jinja, the largest city in the Busoga sub-region. Iganga District has got a total area of 1,706.61 Sqkm. Most of which is land. The district has 21 lower local governments, 115 parishes and 695 villages/zones.

1.6.3 Time/duration

The study based on the data collected on the gender based violence and psychological well-being of women in Uganda for the last 8 years from 2010 to 2018 and related the literature with gender based violence in Kigulu North, Iganga district. The study was conducted in a period between 2018 to 2019.

1.6 Significance of the study

The study helpful to identify reasons as to why there was increase of cases of Gender Based Violence in Kigulu North, Iganga district. The study also helped to identify the associated negative effects and relationship between Gender Based Violence and psychological well-being to the individual, community people and to the development of the nation at large. The result of the study would benefit the social workers and other policy makers to develop and implement strategies that could reduce Gender Based Violence in their working zones hence fostering development. Furthermore, the study increased community awareness about the Gender Based Violence and

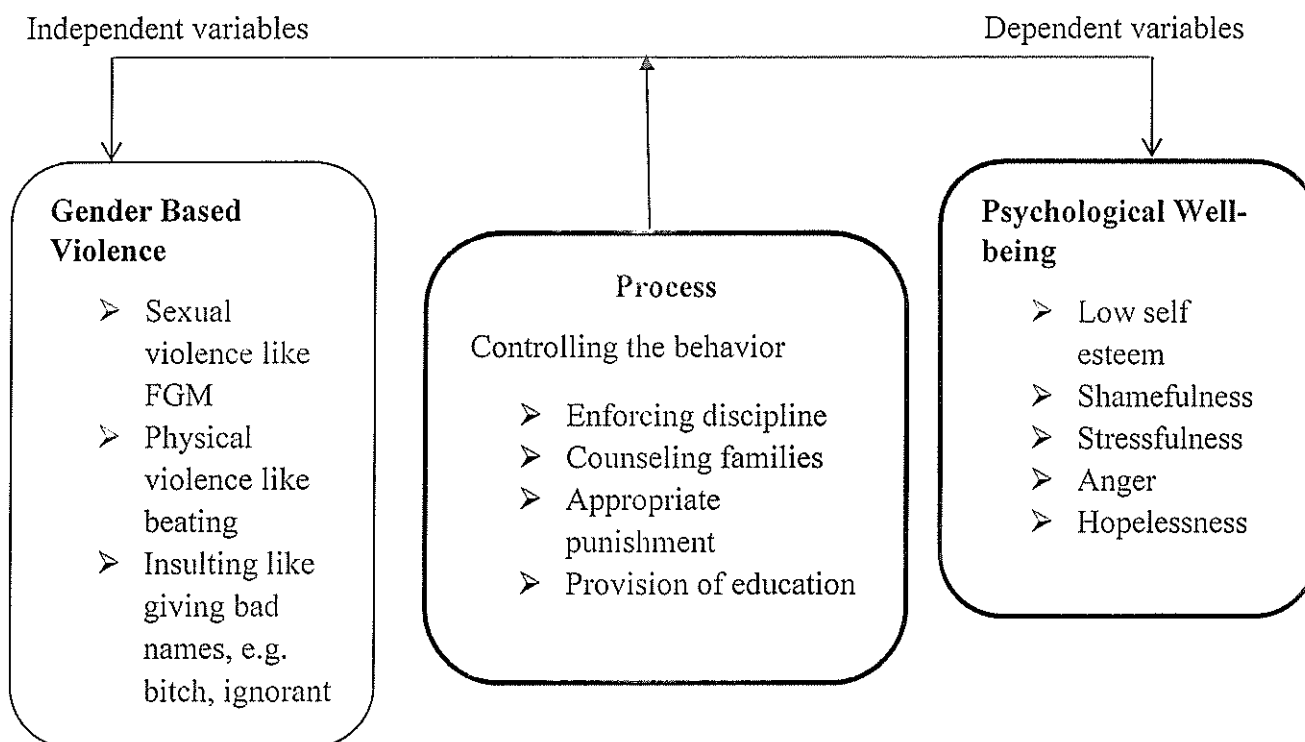
exploring protection measures of the phenomenon, hence, encouraged everyone to be a police dog of every person who practice the act of Gender Based Violence. It also helped them to know where cases of Gender Based Violence have to be reported plus knowing their rights.

1.7 Justification of the study

Basing on the increasing number of cases on Gender Based Violence in different reports in Uganda, Women and Children have been the victims. There is increase in death rate, increase in street children, high rate of people with trauma (psychologically affected) due to subjection of Gender Based Violence. The review of the relevant literature suggests that Gender Based Violence is a very serious social problem and it impairs the mental and physical health of the women survivors of Gender Based Violence. The situation of violence against women in Uganda is far from clear but what is clear is that it is an issue and not much is being done to prevent it either by the government or non-governmental organizations (NGOs). In Uganda this problem was investigated for a large number of times, but almost all the research studies investigate the types and impact of domestic violence on the wellbeing of battered women and children but they did not compare them to see the differences in impact on the psychological well-being of the abused women in comparison to each other. Only few studies were conducted on the sexual violence with the aim to investigate the causes and reasons behind this and their after effects on the social life of the abused person who survived the incident. To be able to address the issue properly it is important to have baseline data about its prevalence and reasons behind violence against women. So far, no psychological research had been carried out specially to check the devastating effects of sexual violence on the psychological well-being of the battered women who survive this devastating experience in Uganda. In sexual violence, in fact, vulnerability is the key factor. It is a cultural phenomenon that most of women show hesitation to talk about the sexual violence; this has impaired both mental and physical well-being of sexually abused women. Today the issue of sexual violence has gain huge importance all over the world. This research has been planned to explore the type of Gender Based Violence that impairs the psychological well-being of the abused women at most level, and the profound demographic variables in provoking Gender Based Violence in Kigulu North Constituency, Iganga District.

1.8 Conceptual Framework

Figure 1: Conceptual frame work



Source: Ali Yassin Sheikh et al (2016).

The figure above shows the relationship between Gender Based Violence and Psychological well-being based on Fredrick Tailors Theory of scientific management (1911) with modification. The model shows that Gender Based Violence is independent variable while Psychological well-being as dependent variable. The model shows that Gender Based Violence may negatively affect the psychologically well-being of women in terms of developing low self-esteem, Hopelessness in life, be shy, anger and stressfulness which may lead to low development at family and national levels. Therefore, the study will enforce discipline in the people at Kigulu North, Iganga district, for it was thought that performance of development goes hand in hand with discipline. All these variables might result into good health of people, development and sustainable families.

1.9 Definition of significance terms.

The definition gives a detailed account of different forms of Gender Based Violence that may affect psychological well-being of women, which include:

Physical abuse- involves the infliction of pain and injury on the complainant's body. It includes beating, punching, kicking, biting, burning, maiming or killing, with or without weapons.

Emotional, verbal and psychological abuse- means a pattern of degrading or humiliating conduct towards a victim such as repeated insults, ridicule or name calling, repeated threats to cause emotional pain, the repeated exhibition of obsessive possession or jealousy to such an extent that it constitutes a serious invasion of the victim's privacy, liberty, integrity or security.

Economic abuse- includes the unreasonable deprivation of economic or financial resources to which a victim is entitled under the law or which the complainant requires out of necessity, including household necessities for the complainant or victim. It also includes unreasonable disposal of household effects or other property in which the victim/ complainant has an interest.

Harassment- includes engaging in a pattern of conduct that induces a fear of harm to the complainant including repeatedly watching or loitering outside of or near a building or place where the complainant resides, works, carries on business, studies or happens to be. It also includes repeatedly making telephone calls, sending delivering or causing the delivery of letters, telegrams, packages, facsimiles, electronic mails or other objects to the complainant.

Stalking- includes repeatedly following, pursuing or accosting the complainant

Intimate partner violence refers to behavior by an intimate partner or ex-partner that causes physical, sexual or psychological harm, including physical aggression, sexual coercion, psychological abuse and controlling behaviors.

Sexual violence is "any sexual act, attempt to obtain a sexual act, or other act directed against a person's sexuality using coercion, by any person regardless of their relationship to the victim, in any setting. It includes rape, defined as the physically forced or otherwise coerced penetration of the vulva or anus with a penis, other body part or object."

1.10 Conclusion

Basing on this chapter one of the proposal, since Gender Based Violence is serious problem and affects psychological well-being of women in Uganda, there is a great need to find out the factors that contribute to the phenomenon and measures to end the practice. However, recent research studies that have been always conducted have not always focused on analyzing Gender Based Violence and Psychological well-being of women in Kigulu North, Iganga district.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This chapter focused on existing literature on gender based violence and psychological well-being of women in Kigulu North, Iganga district. It presented and discussed the relevant literature in order to determine the findings, to identify gaps in the literature which could be addressed by the current study and to address the issue of gender based violence and psychological well-being of women in Kigulu North. It outlined other countries which attempted to explore the phenomenon of Gender Based Violence and psychological well-being of women globally and relate it with the current study.

2.1 Types of Gender Based Violence that impairs psychological well-being of women

Sometimes aspect of psychological wellbeing is referred to as subjective wellbeing (Diener, 2000). At the most basic level, psychological wellbeing (PWB) is quite similar to other terms that refer to positive mental states, such as happiness or satisfaction, and in many ways it is not necessary, or helpful to worry about fine distinctions between such terms. Many theories have been developed in order to help us to understand the psychological well-being (PWB). The most common theory about PWB generally focus on understanding the *structure* of psychological wellbeing or the *dynamics* (i.e. the causes and consequences of PWB) is of Carol Ryff (Gladstone, Parker and Mitchell, 2004).

On the other hand, according to United Nations, (1993), define the term “violence against women” as means any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life. There are many types of Gender Based Violence (GBV) such as physical, economical, sexual, psychological violence. Acts of violence against women also include forced sterilization and forced abortion, coercive/forced use of contraceptives, female infanticide and prenatal sex selection.

Benedictis DT, Jaffe J, Segal J (1996), state that there is high relationship among different forms of GBV and psychological well-being of women. In their study conducted in Pakistan, indicated that out of four types (physical, sexual, psychological and economical violence) of gender based violence, particularly physical and sexual violence had devastating effects on the psychological wellbeing of survivor women than psychological and economic violence. The study added that the physical and sexual abuse has been linked to later development of psychological disorders and drug abuse for women.

Violence against women is the most pervasive yet under recognized human rights violation in the world. It is also a profound psychological problem that saps women's energy, compromises their physical and mental health, and erodes their self-esteem. In addition to causing injury, violence increases women's long-term risk of a number of other health problems, including chronic pain, psychological disorders like schizophrenic disorder, drug and alcohol abuse, and depression. Women with a history of physical or sexual abuse are also at increased risk for unintended pregnancy, sexually transmitted infections, and miscarriages. Despite the high costs of violence against women, social institutions in almost every society in the world legitimize, obscure, and deny abuse. For over three decades, women's advocacy groups around the world have been working to draw more attention to the physical, psychological, and sexual abuse of women and to stimulate action (World Health Organization, 2013, GBV effects on women's psychological well-being).

2.1.1 physical gender based violence.

Physical violence simply involves the infliction of pain and injury on the complainant's body. It includes beating, punching, kicking, biting, burning, maiming or killing, with or without weapons. The study results of ANOVA of the types of Gender Based Violence (GBV) on psychological well-being scale revealed significant difference in terms of impact of types of GBV on survivor's (women's) psychological well-being. The study reported that among women who reported receiving beatings by their husbands 80 percent were associated with psychological disorders and 57.5 percent had experienced such violence from their in-laws, majority were feeling stressed by the convict with their husbands about 98.5% of the women and 97.3 percent with their in-laws (Benedictis DT, Jaffe J, Segal J 1996. Domestic violence and abuse: Types, signs, symptoms, causes, and effects, 1996).

According to women Union, (2010), estimated that 35 percent of women worldwide have experienced physical intimate partner violence or by a non-partner at some point in their lives. Some national studies, however, show that up to 70 percent of women have experienced physical from an intimate partner in their lifetime. Evidence shows that women who have experienced physical intimate partner violence report higher rates of depression, having an abortion and acquiring HIV, compared to women who have not experienced it. Similar to data from other regions, in all four countries of a multi-country study from the Middle East and North Africa, men who witnessed their fathers using violence against their mothers, and men who experienced some form of violence at home as children, were significantly more likely to report perpetrating intimate partner violence in their adult relationships. For example, in Lebanon the likelihood of perpetrating physical violence was more than three times higher among men who had witnessed their fathers beating their mothers during childhood than those who did not witnessed.

It is estimated that of the 87,000 women who were intentionally killed in 2017 globally, more than half (50,000- 58 percent) were killed by intimate partners or family members, meaning that 137 women across the world are killed by a member of their own family every day. More than a third (30,000) of the women intentionally killed in 2017 were killed by their current or former intimate partner (UN Women on Gender based Violence, 2010).

2.1.2 sexual violence.

Sexual violence is "any sexual act, attempt to obtain a sexual act, or other act directed against a person's sexuality using coercion, by any person regardless of their relationship to the victim, in any setting. It includes rape, defined as the physically forced or otherwise coerced penetration of the vulva or anus with a penis, other body part or object." According UN Women, (2010), estimated that approximately 15 million adolescent girls (aged 15 to 19) worldwide have experienced forced sex (forced sexual intercourse or other sexual acts) at some point in their life. Out of these, 9 million adolescent girls were victimized within the past year. In the vast majority of countries, adolescent girls are most at risk of forced sex by a current/former husband, partner or boyfriend. Based on data from 30 countries, only one percent ever sought professional help. It also reported that is 650 million women and girls in the world today who were married before age 18. During the past decade, the global rate of child marriage has declined from one in four young women (aged 20-24) being married as children, to almost one in five. Still, in West and Central

Africa where this harmful practice is most common over four out of 10 young women were married before their 18th. Child marriage often results in early pregnancy and social isolation, interrupts schooling, limits the girl's opportunities and increases her risk of experiencing domestic violence.

UN Women, (2010), also estimated that at least 200 million women and girls alive today have undergone female genital mutilation in the 30 countries with representative data on prevalence. In most of these countries, the majority of girls were cut before age five which is serious sexual violence because the act reduces natural sexual feelings from them. With population movement, female genital mutilation is becoming a practice with global dimensions, in particular among migrant and refugee women and girls.

2.1.3 psychological violence.

This is type of gender based violence which involves a pattern of degrading or humiliating conduct towards a victim such as repeated insults, ridicule or name calling, repeated threats to cause emotional pain, the repeated exhibition of obsessive possession or jealousy to such an extent that it constitutes a serious invasion of the victim's privacy, liberty, integrity or security. Eighty-two per cent of women parliamentarians who participated in a study conducted by the Inter-parliamentary Union in 39 countries across 5 regions reported having experienced some form of psychological violence (remarks, gestures and images of a sexist or humiliating sexual nature made against them or threats and/or mobbing) while serving their terms. They cited social media as the main channel through which such psychological violence is perpetrated, nearly half of those surveyed (44 per cent) reported having received death, rape, assault or abduction threats towards them or their families. Sixty-five percent had been subjected to sexist remarks, primarily by male colleagues in parliament and from opposing parties as well as their own (UN Women on Gender based Violence, 2010).

2.1.4 Economic violence

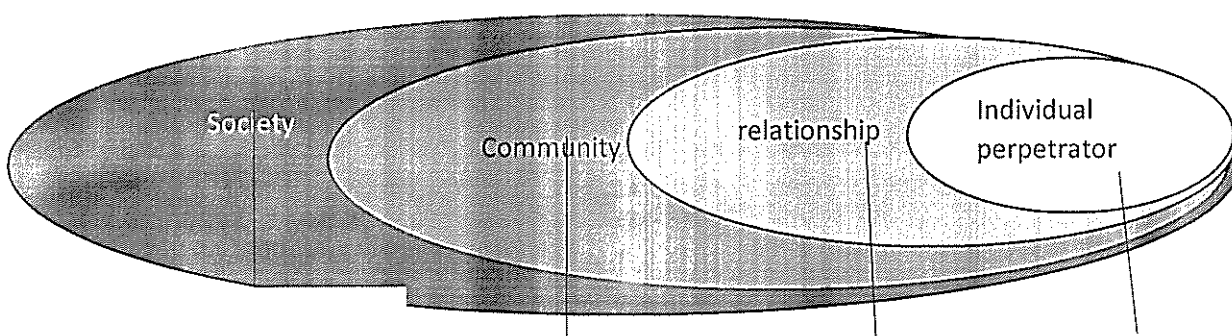
This type includes the unreasonable deprivation of economic or financial resources to which a victim is entitled under the law or which the complainant requires out of necessity, including household necessities for the complainant or victim. It also includes unreasonable disposal of household effects or other property in which the victim/ complainant has an interest. Data from female participants of prevention interventions in six low- and middle-income countries in Asia and Africa, (2011), show that women with disabilities are two to four times more likely to

experience economic violence than those without disabilities. Furthermore, the risk of experiencing all forms of violence increases with the severity of impairment due to their vulnerability. Qualitative data shows that disability-related stigma and discrimination, compounds women's vulnerability to violence and hinders their ability to seek jobs and help where they are victims of gender based violence.

Although the Emotional (psychological) consequences of Gender Based Violence (GBV) are often longer lasting and more difficult to diagnose and deal with than physical symptoms. Physical symptoms include behavior changes and personality changes that are manifested physically. Counseling has been identified as key in speeding the recovery process. The need for counseling is not necessarily limited to the survivor it also reflects on the family and/or partners also undergo trauma and may require support (Population Council, 2008). All these data presented by many scholars rose the concern of the researcher to critically identify these different forms of Gender Based Violence that impairs psychological well-being of the abused survivors (women) in Kigulu North, Iganga district.

2.2 Causes of the high rate of Gender Based Violence in African perspective

Increasingly, researchers are using an "ecological framework" to understand the interplay of personal, situational, and sociocultural factors that combine to cause gender-based violence (Population Reports/CHANGE, Volume XXVII, No. 4, December 1999). In this model, violence against women results from the interaction of factors at different levels of the social environment.



- | | | | |
|---|--|--|---|
| ✓ Norms granting men control over female behavior. | ✓ Poverty, low socio-economic status, unemployment | ✓ Marital conflict | ✓ Witnessing marital violence as a child. |
| ✓ Acceptance of violence as a way to resolve conflict | ✓ Associating with peers who condone violence. | ✓ Male control of wealth and decision making in the family | ✓ Absent or rejecting father |
| ✓ Notion of masculinity linked to dominance, honor and aggression | ✓ Isolation of women and family | | ✓ Being abused as a child |
| | | | ✓ Alcohol use |

Source: Heise, L. Violence Against Women: An integrated, ecological framework, 1998, cited in Population Reports/CHANGE, Volume XXVII, No. 4, December 1999, available at <http://www.jhuccp.org/pr/111edsum.stm>.

The model can best be visualized as four concentric circles. The innermost circle represents the biological and personal history that affects an individual's behavior in his/her relationships. The second circle represents the immediate context in which gender-based violence takes place frequently the family or other intimate or acquaintance relationship. The third circle represents the institutions and social structures, both formal and informal, in which relationships are embedded neighborhood, workplace, social networks, and peer groups. The fourth, outermost circle is the economic and social environment, including cultural norms. A wide range of studies suggest that several factors at each of these levels, while not the sole cause, may increase the likelihood of gender-based violence occurring (studies cited in Population Reports/CHANGE, Volume XXVII, No. 4, December 1999):

At the individual level these factors include the perpetrator being abused as a child or witnessing marital violence in the home, having an absent or rejecting father, and frequent use of alcohol.

At the level of the family and relationship, cross-cultural studies have cited male control of wealth and decision-making within the family and marital conflict as strong predictors of abuse.

At the community level women's isolation and lack of social support, together with male peer groups that condone and legitimize men's violence, predict higher rates of violence.

At the societal level studies around the world have found that violence against women is most common where gender roles are rigidly defined and enforced and where the concept of masculinity is linked to toughness, male honor, or dominance. Other cultural norms associated with abuse include tolerance of physical punishment of women and children, acceptance of violence as a means to settle interpersonal disputes, and the perception that men have "ownership" of women.

An ecological approach to gender-based violence argues that no one factor alone "causes" violence but rather that a number of factors combine to raise the likelihood that a particular man in a particular setting may act violently toward a woman. Therefore, it is necessary to understand better the distinction between causes and contributing factors of gender based violence.

Other scholars agreed with the above explained model by outlining other factors that perpetuate Gender Based Violence especially physical and sexual violence. African Journal of Reproductive Health December 2011; 15(4): findings of Ghazizadeh (2011), in Iran, he reported a significant association between husband's education level and violence against their wives. However, this is not consistent with the report from Zambia where those with lesser education were less likely to report physical violence. This difference may be due to the different cultures and populations. Ghazizadeh also noted that women who were married had a higher risk of experiencing physical violence than single women. This is similar to the work of Anderson (2007) who reported that having partners is a risk factor for domestic physical violence. In addition, Anderson et al also showed that partner physical violence increased progressively with number of partners.

The researcher adapted the same explained model above to relate the findings with causes of gender based violence on women in Kigulu North, Iganga district. Researcher solicited better measures that could be put in place to combat the phenomenon of gender based violence.

2.3 Effects of Gender Base Violence

Meghan Ott, (2017), defines Gender-based violence (GBV) as violence that is directed at an individual based on his or her biological sex or gender identity. Gender-based violence is an issue faced by people all over the world. The term gender-based violence is widely used as a synonym for violence against women, in order to highlight the gender inequality in which much violence is rooted. Women are disproportionately harmed by gender-based violence. That is why hundreds of organizations focus on ending violence against women and Gender Based Violence comes with its associated effects.

According to Sweetman. C et al, (2001), the effects of violence on women vary widely. It depends on the nature of the particular incident, the woman's relationship with her abuser, and the context in which it took place. Gender-based violence typically has physical, psychological, and social effects. For the survivors, these are interconnected. Sweetman. C et al, (2001), relate gender based violence with its associated effects as presented below.

The impact on gender-based violence on women's health: Gender-based violence has been linked to many serious health problems, both immediate and long-term. These include physical and psychological health problems:

Physical: Injury, disability, chronic health problems (irritable bowel syndrome, gastrointestinal disorders, various chronic pain syndromes, hypertension, etc.) sexual and reproductive health problems (contracting sexually transmitted diseases, spread of HIV/AIDS, high-risk pregnancies, etc.) death

Psychological: Effects can be both direct and indirect. Direct include, anxiety, fear, mistrust of others, inability to concentrate, loneliness, post-traumatic stress disorder, depression, suicide and many more. On the other hand, indirect effects may include, psychosomatic illnesses, withdrawal and alcohol or drug use.

Economic and social impact: these include; Rejection, ostracism and social stigma at community level; Reduced ability to participate in social and economic activities; Acute fear of future violence, which extends beyond the individual survivors to other members in community; Damage to women's confidence resulting in fear of venturing into public spaces (this can often curtail women's education, which in turn can limit their income-generating opportunities), Increased vulnerability to other types of gender-based violence, Job loss due to absenteeism as a result of violence hence increasing negative impact on women's income generating power.

The impact on women's family and dependents: they can also be both direct or indirect effects. Direct effects include; divorce, or broken families, jeopardized family's economic and emotional development babies born with health disorders as a result of violence experienced by the mother during pregnancy (i.e. premature birth or low birth weight), increased likelihood of violence against children growing up in households where there is domestic violence, collateral effects on children who witness violence at home (emotional and behavioral disturbances, for example, withdrawal, low self-esteem, nightmares, self-blame, aggression against peers, family members, and property, increased risk of growing up to be either a perpetrator or a victim of violence)

Indirect effects may include; Compromised ability of survivor to care for her children (e.g. child malnutrition and neglect due to constraining effect of violence on women's livelihood strategies and their bargaining position in marriage) Ambivalent or negative attitudes of a rape survivor towards the resulting child.

The impact of violence on the perpetrators: these include; sanctioning by community, facing arrest and imprisonment, legal restrictions on seeing their families, divorce, or the breakup of their

families; feeling of alienation from their families, minimizing the significance of violence for which they are responsible, deflecting the responsibility for violence onto their partner and failure to associate it with their relationship, increased tension in the home

The impact of violence on society: these include; burden on health and judicial systems hindrance to economic stability and growth through women's lost productivity hindrance to women's participation in the development processes and lessening of their contribution to social and economic development. constrained ability of women to respond to rapid social, political, or economic change. breakdown of trust in social relationships weakened support networks on which people's survival strategies depend. strained and fragmented networks that are of vital importance in strengthening the capabilities of communities in times of stress and upheaval.

According to Mlamleli et al. (2001), reported that verbal abuse has also been shown to undermine self-esteem of women and girls. The study carried out by EMIDA, (2001) in Cameroon, found that gender based violence blocked the development of social skills, and that victims feared giving free expression to their ideas. Reports from women in South Africa study by Haffejee, (2006), said they felt exploited, worthless, alone, scared, sick, powerless, and guilty after experiencing psychological violence in homes. The results of low self-esteem can cause life-long problems, which may include eating disorders, substance abuse, compulsive behaviors, and sexual risk taking. Fear and low self-esteem may not only lead to ill health, but may also impact women's ability to live normal peaceful life and flourish as they grow older and older.

2.4 Laws and policies on gender based violence in Uganda.

Gender based violence like domestic violence in Uganda is a problem as it is in many parts of Africa. However, there is a deep belief in Uganda that it is socially acceptable to hit a woman to discipline her in many communities in Uganda like Kigulu North, Iganga district, violence is never seen as a serious crime, especially when meted out on someone considered to be of lower status. (Agripinner Nandhego, 24 March, 2014). The law in the Uganda Penal Code Act Cap.106 does not specifically provide that Gender based violence is an offence. The absence of a specific law protecting people especially vulnerable groups like women against domestic violence, fear, as well as being ostracized by the society, traditional beliefs and attitudes have made women more vulnerable to Gender Based Violence especially domestic violence. However, domestic violence act emphasis that an Act holds on the power to provide for the protection and relief of victims of

domestic violence and provide for the punishment of perpetrators of domestic violence. However, many reports showed that government put less effort on trying to combat the practice of Gender Based Violence.

2.5 Summary of Literature Review

High prevalence of gender based violence has been reported by this study. Both men and women have been documented to be victims of this act. This has great implications for the general well-being as it affects all spheres of lives. Intervention strategies such public enlightenment on the effects of gender based violence on both women and men in all relationships should be carried out. In addition, pre-marital counseling and conflict resolution strategies especially among couples should be strongly intensified to ameliorate the situation.

CHAPTER THREE

3.0 RESEARCH METHODOLOGY

3.1 Introduction

This chapter gives the procedures that was used by the researcher in order to achieve the objectives of the study. The research methodology was categorized into Research design, Area of the study, population, Sample and Sampling techniques, Data collection methods and instruments, Quality control methods, Data analysis techniques and Ethical considerations.

3.2 Research design

The study used non experimental research design in order to enable the investigator to come up with solutions to the problems in various stages of the research (Kothari 1992). Research design was helpful in collecting systematic and depth information which gave a clear picture of the gender based violence and psychological well-being of women in Uganda. It offered the researcher to study families and villages in the constituency to get detailed information about the phenomenon of gender based violence in Kigulu North constituency, Iganga district. The researcher used non experimental quantitative design which explored the results of gender based violence and numerical data was provided that was analyzed statistically and it also provided confirmation of the hypothesis of the phenomena. For example, how many women and family members were effected with gender based violence in Kigulu North constituency, Iganga district.

3.3 Area of the study

The study was carried out in Kigulu North. Kigulu is allocated in Iganga District. Iganga district is a district in the Eastern Region of Uganda. The town of Iganga is the site of the district headquarters. Iganga District is bordered by Kaliro District to the north, Namutumba District to the northeast, Bugiri District to the east, Mayuge District to the south, Jinja District to the southwest, and Luuka District to the west. The district headquarters at Iganga are located approximately 44 kilometres (27 miles), by road, northeast of Jinja, the largest city in the Busoga sub-region. Iganga District has got a total area of 1,706.61 Sqkm. Most of which is land. The district has 21 lower local governments, 115 parishes and 695 villages/zones.

3.4 Population of the study

The targeted population of the study was 100 families in Kigulu North, Iganga District. On the other hand, the sample size was 40 family members that is to say, 1 LC1, 36 community members, 3 police officers at the district.

3.5 Sample size and sampling techniques

The study included subsection of sampling techniques and the sampling forms that were helpful to provide deep understanding about the whole and would help the researcher to gain an insight into how many observations were needed in a sample so that the generalization about the population can be made. Sampling is simply the process of selecting (a sample) from a bigger group to become the basis for estimating or predicting the prevalence of an unknown piece of information, situation or outcomes regarding the bigger group. A sample of 40 respondents was selected using systematic random sampling by help of village register done by LC1 because each LCI had an updated register of number of natives in the community. The systematic random selection method allowed minimization of non-sampling errors that might have led to bias. This gave all the native members an equal chance of being selected the study. Sample size was 40 that is to say, 1 LC1, 36 families and 3 police officers of Kigulu community. Table 1 below shows the sample size composition.

Figure 1 Showing Respondents' Education

No=40

Category	Sample size	Percentage (%)
Local council 1	01	3
Police officers	4	10
Family members	35	87
Total	40	100

Source: Field data, 2019

3.6 Data collection methods and instruments

There are various methods of collecting primary and secondary data for research projects. For the purpose of this study questionnaires method were used.

3.6.1 Questionnaire

Questionnaire consists of questions that are in typed form in definite order on a form or set of forms. Questionnaires are designed to be easily filled with respondents while they proceeded with their daily duties. The researcher used both open-ended and close-ended questions form of questionnaires which gave to all targeted population to fill.

3.6.2 Interview

Apart from use of questionnaires, individual and group interviews will be used to collect data from the respondents in their natural settings. According to Skinner (2007) in-depth interviews is the most common form of qualitative data collection as it uncovers issues in much greater detail. Interview is one of the effective methods used during the data collection. The interview will be based on purposive of the study. This is to make sure that the people who will be engaged are the right people to interview because of time constraint.

3.7 Quality control methods

Mugenda and Mugenda (2004), defines reliability as a measure of degree to which a research instrument yields consistent results or data after repeated trials. It was verified by the consistency of the observation of an outcome. The test-retest technique was used to assess the reliability of the research instruments. The researcher pre-tested the research instruments in one of the sub-county of Kigulu North. This helped to find out whether the questions set delivered the required information for the study and this also helped to remove vague questions and clarify them before leaving the field, the researcher was responsible for the storage of the questionnaires.

3.8 Data Management

According to Whyte, A. Tedds, J. (2011), looked at Data management as careful handling and organizational of research data throughout the entire research lifecycle with the aim of carrying out research activities efficiently and allow collaboration with others. The study ensured that the data collected was shared with the institution of Kampala International University in the form of hard copies and soft copies for the purpose of future use by other scholars. The researcher ensured the respondents about the confidentiality of data to be collected as part of ensuring the surety of the data. Data management helped in preventing errors and increases the quality of the study analysis. It gave chance to others to validate and replicate findings of the study.

3.9 Data Analysis techniques

The data was collected using the mainly qualitative method approach. However, quantitative approach would be applied when it comes to data analysis. The content analysis and frequency tables were used to analyze quantitative data. In addition, the quantitative data solicited using the questionnaires and the use of computer software. The descriptive statistics were employed to describe data and visually.

3.9.1 Data processing

After collecting data, quantitative techniques were used to process data since the variables were quantified using Likert scale statements so as to report data in a statistical way and also be easily interpreted. Quantitative techniques involved editing, coding and tabulation of data as well as using percentages and frequencies in presenting data.

Editing

It involved correcting errors and omissions which ensured accuracy, uniformity and completeness of data.

Coding

This involved the process of classifying answers to questions into a meaningful category and it enables the interpreter in bringing out the matter under study in a correct form.

3.10 Ethical considerations

The researcher obtained an introductory letter from Kampala International University. This assisted the researcher in obtaining permission from the relevant authority that is to say families and local council's chairpersons for the neighboring villages. The researcher explained to the respondents all about the research process so as to obtain informed consent before being given questionnaires. This included ensuring the Respondents about confidentiality regarding the information that they would provide.

3.11. Limitations and delimitations of the study

The researcher faced a number of challenges in the due course of the research.

First and foremost, time was not always on the side of the researchers. The research needed more time, however, the researcher had to employ research assistants to assist in the completion of the work on time.

Secondly, the researcher was limited by funds as there were a lot of costs to be met. In order to address this, challenge the researcher had to borrow some money in order to complete the research activities.

During the research, there was also a challenge of uncooperative behavior of some respondents, unapproachable respondents and those who were reluctant to give in information. This was overcome through getting good relationships with the respondents so as to easily collaborate with them in filling up the questionnaires and some of them never trusted the researcher with confidential information.

CHAPTER FOUR

DATA PRESENTATION AND DISCUSSION

4.1 Introduction

This chapter presents the findings of the study. For clarity it is arranged by the three research questions that the study sought to answer. In the first section, however, background information about the respondents is presented. Thus, the chapter is divided into 3 sub sections namely; introduction, background information about the respondents and the research questions that the study sought to answer.

4.2 Background information about respondents.

This section presents the sample characteristics of the respondents such as their gender, ages and level of education. The results are presented in table form with generated respective frequencies and graphs.

Figure 2: Showing Sex of the Respondents

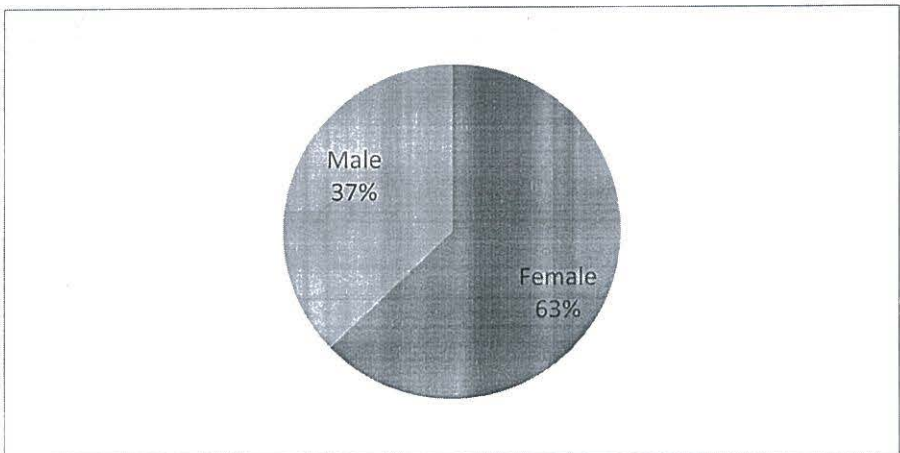
No=40

Gender	Frequency	Percentage(%)
Male	15	37
Female	25	63
Total	40	100

Source: Field data, 2019

The results from table 2 above show that among the respondents interviewed, the females dominated with a percentage rate of 63 while the males had the least response rate of 37 percent. This is because the females had enough prior knowledge and experience about the gender based violence in their life time. The gender was also shown in the form of pie chart as illustrated below;

Figure 1: Showing Sex of the Respondents



Source: Field data, 2019.

4.2.1 Age Distribution of Respondents

Table 1 Showing Respondents' Age Differences

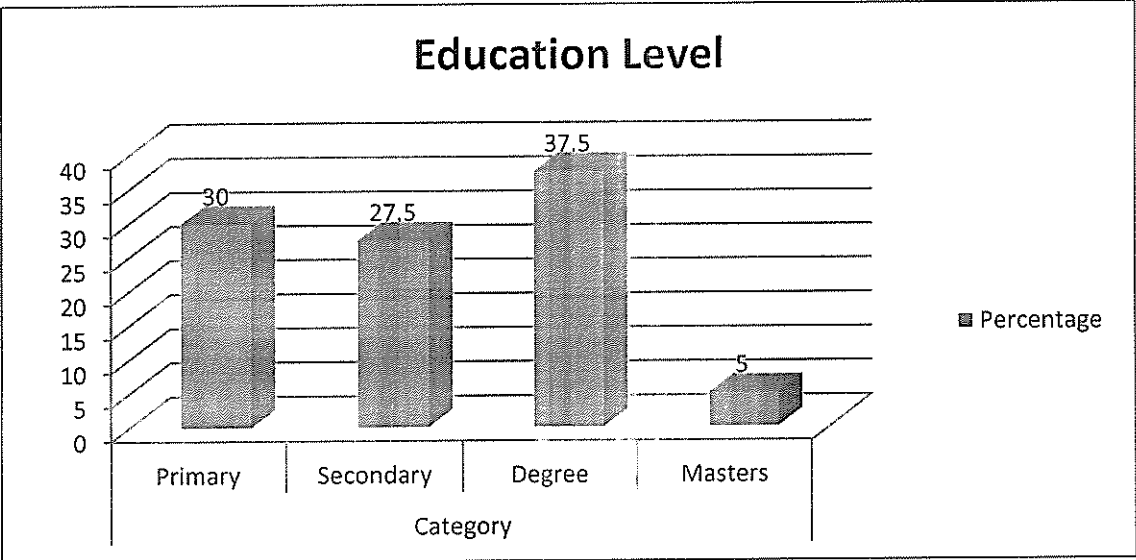
No=40

Age range	Frequency	Percentage (%)
20-29	10	25
30-39	14	35
40-49	9	23
50-59	5	12
60+	2	5
Total	40	100

Source: Field data, 2019

From the above findings in the Table 3 above show that majority of respondents were in the age of 30 to 39 with 35 percent response rate, 25 percent of respondents suggested that they were between 20 to 29 years of age, 23 percent were between 40 to 49 years, 12 percent were between 50 to 59 years and while 5 percent present the minority of the respondents who were 60 years and above. This implies that most of the people living in Kigulu north are in their late youthful ages of 30-39 which put them in good physical and mental position to reason and handle the activities plus problems at the community level.

4.2.2: Distribution of Respondents by Level of Education
Figure 2: Showing Respondents' Education



Source: Field data, 2019

The findings in Figure 2: reveals that majority of the respondents went to school. The findings show that about 30 percent of the respondents attained primary, 27.5 percent had attained secondary level certificate (UCE and UACE), 37.5 percent had Bachelor’s degree from various universities in Uganda and below 5 percent acquired Master’s degree. This suggests that the information that they provided is reliable since better reasoning can be expected from the respondents that has attained school compared to those who have not even attained primary education.

4.3 Types of Gender Based Violence that impairs psychological well-being of women.

In this objective, the study explores the prevalence and types of the incidences of gender based violence experienced among families in Kigulu North community. Later, the study outlines ways of managing of gender based violence, it also explores the laws and remedies available to victims of gender based violence.

4.3.1 Types of gender based violence

Basing on reports from New Vision, (2018), about gender based violence in Uganda, the researcher rose the first assumption that guided this research that there is gender based violence

in Kigulu North, Iganga district. On testing this assumption in the field the study revealed that there is indeed gender based violence and the cases of victims suffering gender based violence are prevalent high in Kigulu North constituency, Iganga district. Findings showed that gender based violence takes in different types/forms. The findings on types of gender based violence are presented below.

Table 2: Types of gender based violence

No=40

Respondent's response on prevalence of GBV	Frequency	Percentage (%)	Gender	
			F	M
Yes	35	88	25	10
No	5	12	1	4
Total	40	100	26	14
Types of GBV that occur				
Physical violence	15	43	10	4
Sexual violence	12	34	8	3
Psychological violence	5	14	5	2
Economic violence	3	9	3	1
Total	35	100	26	10
Reason to those who said no GBV				
They have never seen and experience it	3	60	0	1
It is just on the news but practically nothing like violence in Kigulu.	2	40	1	3
Total	5	100	1	4

Source: Field data, 2019

Table 4, show that Out of fifty respondents interviewed, thirty-five which is 88 percent of them confirmed high incidences of gender based violence in the Kigulu North while 12 percent reported that there is no any gender based violence in the area. In support of the prevalence of gender based violence respondents reported that 43 percent faced physical violence as a type of gender based violence, followed by sexual violence with 34 percent. The minority reported on socio-cultural violence type of gender based violence with 9 percent. Findings showed majority of respondents

who said yes to gender based violence were females compared to males. This gave the researcher to know that most victims of gender based violence are women.

4.4 Causes of gender based violence.

This question was directly asked to all respondents to explain and outline the factors that causes gender based violence in Kigulu North, Iganga district.

Local council 1 response on the causes of gender based violence.

The local council 1 reported that most of the gender based violence are the results of misunderstandings that do happen in the community because of various factors like the influence of alcohol which may cause a man to beat his wife, also marrying so many women, poverty, and lack of respect.

Police officer’s response on the causes of gender based violence.

The police officers also emphasized on the same factors that LC1 pointed out as the major cause of the gender based violence. More details about findings are represented on the table below.

Table 3 Causes of gender based violence (police officer’s response)

No=3

Category of police officer	Response
Police officer I	Drug abuse
	Poverty
	Ignorant
Police officer II	Lack of respect.
	Drug abuse such as alcohol and marijuana
	Poverty.
Police officer III	Norms granting men control over female behavior
	Associating with peers who condone violence.
	Poverty and alcohol abuse.

Source: Field data, 2019

Table 5: Shows the ways that the police officers pointed out in regard to causes that lead to gender based violence in the community. The findings indicated that all of them pointed out poverty and drug abuse as leading factor of gender based violence as seen above.

Community member’s response on the factors that lead to gender based violence

This question was directed to the community members and it aimed at exploring the level of community’s view on the causes that lead to gender based violence in their community. Below are the findings;

Table 4 Causes that lead to gender based violence. (community’s response)

n=36		
Community’s response on causes of GBV	Frequency	Percentage (%)
Poverty	8	22
Drug abuse like alcohol	11	31
Norms and Cultural values	4	11
Polygamy	5	14
Marital conflicts	6	17
Lack of laws that prevent gender based violence	2	5
Total	36	100

Source: Field data, 2019

Table 6: Shows the views of community members on causes that lead to the gender based violence in Kigulu north constituency. The findings indicate that majority of the respondent 31 percent reported that drug abuse especially alcohol abuse is the leading factor that leads to gender based violence, 22 percent pointed out the poverty as the second cause of gender based violence and minority about 5 percent reported lack of laws that prevent gender based violence by the government as the another cause of gender based violence. This implies that to some extent there is high levels gender based violence that needs measures.

In addition to above table 6, One woman accounted her experience and said: “My husband beat me and threw me out of the house, he married another woman, infect he has four women now, I feel am not safe because am scared of talking to any man and he finds me, because he promised to kill me.” For reasons of privacy, confidentiality and respect and at their request, all interviewees’ names have been withheld. This clearly shows that gender based violence is real problem in Kigulu North, Iganga district.

4.5 Effects of gender based violence.

On this object the study aimed at exploring the effects of four types of gender based violence that to say, physical, sexual, psychological, and economic violence on the psychological well-being of

survivor women and also intended to explore the profound demographic variables of gender based violence. The researcher focused on all respondents to give their views on the effects of gender based violence. The findings are presented below.

Local council and police officer's response on the effects of gender based violence.

Basing on the findings from local council 1 and policer officers, both of them reported that majority of women who survived from sexual violence had most impaired psychological wellbeing like they were stressed up and lost hope of their future than physical, psychological and economic violence. This supported our both hypotheses that the incidence of sexual and physical violence had the highest percentage (43 and 34 percent) which increased the chances of survivors in getting psychological well-being impairment. On the other hand, they emphasized that incidence of economic violence less common therefore, they did not outline the effect of this type of violence. This also supported the findings in 4.3.1 about the types of gender based violence that mostly occur in Kigulu North. Economic violence was report to be the last type of gender based violence that occur in the area of study with the least percentage of 9, hence, less number of respondents reported the effects of impaired psychological well-being due to the economic violence.

Community member's response on the effects of gender based violence

Table 5 Effects of Gender Based Violence. (community response)

n=36

Community's response on effects of GBV	Frequency	Percentage (%)
Physical effects like Injury, disability and death.	8	22
Psychological effects like anxiety, fear, mistrust of others, inability to concentrate, loneliness, post-traumatic stress disorder, depression, suicide.	13	36
Economic and social effects like Rejection, ostracism and social stigma at community level, and low levels of participation in socio-economic activities.	4	11
Divorce/separation at the family levels	5	14
Low economic growth at the society and community levels.	6	17
Total	36	100

Source: Field data, 2019

Basing on the table 7 above, the findings indicated that majority of the respondents (36 percent) reported that psychological effects of gender based violence is high. They reported some of the examples of psychological effects such as Rejection, ostracism and social stigma at community level, and low levels of participation in socio-economic activities. On the other hand, 8 percent of the respondent reported death, injuries and disability as second effects of gender based violence. They continued to say that these are results of physical violence, 17 percent of the respondents reported on the low economic growth at the society and community levels as another effects of gender based violence and the rest of the respondents 14 percent mentioned divorce as another effect and 11 percent mentioned about social stigma at community level, and low levels of participation in socio-economic activities as outlined impact of gender based violence.

In addition to the findings above, one of the woman revealed that “parental death due to different types of violence was one of the profound demographic variables which have devastating effects on the physical, emotional, behavioral and psychological development of survivors and they often feel that they are now alone in the world and there is no strong back up for self-protection from gender based violence.

4.6 The Management of gender based violence in Kigulu North

This was asked to all respondents in order to explore their views on what measures can be taken to prevent, control and end domestic violence in their community. The findings are presented below;

4.6.1 Laws and remedies available for people in cases of gender based violence

Another assumption was that community members do not know which laws to use or what remedies are available to them in cases of gender based violence in the country. This assumption was tested in the field and the researcher found out that people especially women are not aware of either the laws relating to gender based violence nor the remedies available to them. Of the respondents interviewed nineteen respondents had their issues resolved at the community level without reporting the case to the police. This was affirmed by the Local council 1, who said, “When a victim of gender based violence reports to my office, I invite the parties, the victim and the perpetrator to my office for mediation so that the case can be resolved at this level and I always encourage reconciliation considering the causes. So we deal with the causes of gender based violence most times. But if the parties fail to reconcile I refer the case to police for further action.”

Another woman recounted her experience and said that: “I reported my husband to the community development officer (CDA), for his deserting me and my children, my husband bribed him and nothing happened. I did not give up, I reported to the parish chief who advised me to go back to my home and behave well”.

According to one police officer said that cases of gender based violence are well managed by the police. He added that cases of gender based violence have decreased due to the sensitization programs that are being conducted in the community. She also believed that the punishments that are given to the offenders inhibit the commission of the offence, however, the researcher went on to interviewed few community members about sensitization and management of the domestic violence. Unfortunately, out of 40 respondents that were interviewed 25 respondents revealed that they had in fact been to police a number of times and police officers proved to be “rude and harsh” to them, and sometimes asking for bribes. Others were told to go back and deal with their issues at their homes if not bribed.

According to Local council 1 reported that although counselling is the most common measure he gives to the offended and offenders of domestic violence, counselling only does not solve the problem and the violence continues especially when women continue to challenge their husbands at the family’s level. The leader actually asked for information about the law and other remedies available (apart from counselling) which could assist him to do his work in the community more efficiently.

4.7 Findings and Interpretation

4.7.1 Findings

4.7.1.1 types of gender based violence findings.

Basing on the objective one, the findings, confirmed the assumption that there is gender based violence in Kigulu North, Iganga district and the incidence is on the increase. In an interview with the local council 1, police officers, they said that cases of gender based violence are on the increase because in one-year different family members have repeatedly reported acts of the phenomenon.

Findings also indicated that the highest common types of gender based violence that occur in Kigulu North are physical and sexual violence with 43 and 34 percent respectively. The minority reported on socio-cultural violence type of gender based violence with 9 percent. Findings showed

majority of respondents who said yes to gender based violence were females compared to males. This gave the researcher to know that most victims of gender based violence are women.

4.7.1.2 causes of the gender based violence findings

Basing on the objective two which was about causes of gender based violence, the respondents confirmed that incidence is on high rate and the causes vary from door to door. The findings showed that the respondents emphasized that the causes of gender based violence are resulted from society, community, relationships and individual perpetrators acts. The findings indicated that majority of the respondents (31 and 22 percent respectively) reported poverty, drug abuse like alcohol abuse as the major causes of gender based violence in their area. 17 percent mentioned marital conflict, 14 percent of respondents reported on polygamy, 11 percent mentioned about norms and cultural values that perpetuate the phenomenon and 5 percent reported on lack of laws that prevent gender based violence by the government as the another cause of gender based violence.

4.7.1.3 Effects of gender based violence findings

Basing on the objective three which was to effects of gender based violence the relationship. The findings indicate that the majority of respondents conveyed the belief that the more the violence occur in particular type of gender based violence the more likely is the high chances of having effects associated to the type. Findings indicated that majority of the respondents (36 percent) reported that psychological effects of gender based violence is high. They mentioned some of the examples of psychological effects such as Rejection, ostracism and social stigma at community level, and low levels of participation in socio-economic activities. On the other hand, 8 percent of the respondent reported death, injuries and disability as second effects of gender based violence. They continued to say that these are results of physical violence, 17 percent of the respondents reported on the low economic growth at the society and community levels as another effects of gender based violence and the rest of the respondents 14 percent mentioned divorce as another effect and 11 percent mentioned about social stigma at community level, and low levels of participation in socio-economic activities as outlined impact of gender based violence.

4.7.2 interpretation

It is Unfortunate that less attention is being given to addressing gender based violence cases because there is no direct funding which is received specifically for sex and gender based violence (SGBV) from government and different non-governmental organization and this makes it hard for

the community leaders and other stakeholders like police to stretch their efforts to deal with domestic violence, however, it is clear different types of gender based violence happen in Kigulu North, Iganga district and it needs attention for all in order to curb it. In addition, basing on the findings people seem to be desperate when it comes the issue of gender based violence in their hand. This shows that they do not know what to do and where to go with the issue of domestic violence.

These results of causes of gender based violence are in line with the result of Tremblay and Israel's results which states that the parentless girls experience more psychological problems and adjustment difficulties than girls with alive parents. Society contributed largely in escalating the incidence rate of gender based violence by propaganda of old inflexible tradition and norms (Benedictis DT, Jaffe J, Segal J (1996). These findings are also in line with Centro Americana's findings, which revealed that society enhanced the severity of the gender based violence by adopting a non-serious attitude towards it. According to our recent study, it is not only the husband but also the in-laws who commit violence against women which is also proved in the other research literatures.

These findings of effects of gender based violence are also in line with the findings of another study in Pakistan (1996), which concluded that among women who reported receiving beatings by their husbands (80.0%) and had experienced such violence from their in-laws (57.5%) majority were feeling stressed by the conflict with their husbands (98.5% of the women) and with their in-laws (97.3%). Empirical evidence also yields that economic dependency of women on the man gave an edge to the independent party to sabotage the dependent economic right which in-turns create dispute and conflicts and leads toward the abusive kinds of domestic violence.

Although the Emotional (psychological) consequences of Gender Based Violence (GBV) are often longer lasting and more difficult to diagnose and deal with than physical symptoms. Physical symptoms include behavior changes and personality changes that are manifested physically. Counseling has been identified as key in speeding the recovery process. The need for counseling is not necessarily limited to the survivor it also reflects on the family and/or partners also undergo trauma and may require support as report from Population Council, 2008 stated.

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

In this chapter, the findings of the study are discussed after which conclusions and recommendations are drawn. Thus, the chapter is divided into three subsections namely, summary of the findings, conclusions and recommendations.

5.2 Summary of findings

5.2.1 Summary of findings on the types of gender based violence

Basing on the data presented in chapter four, the findings indicate that majority of the respondents reported that there are high incidences of gender based violence in Kigulu North, which needs measures or attention. Findings indicate that Out of forty respondents interviewed, thirty-five which is 88 percent of them confirmed high incidences of gender based violence in the constituency while 12 percent reported that there is no any gender based violence in the area. Basing on the findings, majority of the respondents reported that the most common type of domestic violence is physical violence with 43 percent followed by sexual violence with 34 percent. The minority reported on economic violence with 9 percent. It also shows that majority of respondents who said yes were females compared to males.

5.2.2 Summary of findings on the causes of gender based violence

The findings showed that is no one factor/cause alone lead to gender based violence but rather that a number of factors combine to raise the likelihood that a particular man in a particular setting may act violently toward a woman. Basing on the findings, it shows that poverty, drug abuse, Norms and Cultural values, Polygamy and Marital conflicts are most common causes of gender based violence. Therefore, it is necessary to understand better the distinction between causes and contributing factors of gender based violence in order to up root the real cause of it.

5.2.3 Summary of findings on the effects of gender based violence.

On the effects of gender based violence, it shows that the effects are similar to other different research conducted in different countries. For example, according to Mlamleli et al. (2001), reported that verbal abuse has also been shown to undermine self-esteem of women and girls. The study carried out by EMIDA, (2001) in Cameroon, found that gender based violence blocked the

development of social skills, and that victims feared giving free expression to their ideas. Reports from women in South Africa study by Haffejee, (2006), said they felt exploited, worthless, alone, scared, sick, powerless, and guilty after experiencing psychological violence in homes. The results of low self-esteem can cause life-long problems, which may include eating disorders, substance abuse, compulsive behaviors, and sexual risk taking. Fear and low self-esteem may not only lead to ill health, but may also impact women's ability to live normal peaceful life and flourish as they grow older and older.

5.3 Conclusion

Although authorities in Kigulu North are equipped to identify and deal with physical violence, they are apparently blind to and other different types of gender based violence which they consider a family or private matter. This unfortunate attitude made the identification of the problem of gender based violence within the community difficult until the researcher approached the victims and found that it is rife within the community. Therefore, although there are official structures in place for dealing with disturbances and crimes within the community, gender based violence is not considered sufficiently serious to warrant any attention other than counseling and mediation for the sole purpose of reconciling perpetrator and victim. This unhelpful official reaction to the problem has only exacerbated it. The problem has become so serious that it needs the attention of every individual in the community because it damages the entire well-being and integrity of the community population, the majority of who are women. Everyone in the community will eventually suffer unless the indifferent attitude toward the problem is eradicated.

Gender based violence has received growing attention at the international level as a form of discrimination and a violation of women's human rights. The international community has committed itself to protecting the rights and dignity of individual women through numerous treaties and declaration. Despite the efforts that are being taken by the international community, state parties have not fulfilled their obligation to enact legislation that is in conformity with the international human rights instruments. Women who are the main victims of gender based violence have suffered at the hands of the concerned authorities who regard wife beating as a domestic affair and thus recommend that such acts should be settled at home.

Women in Uganda have also been prejudiced by the lack of legislation to protect them against gender based violence. Although criminal sanctions under the Ugandan Penal Code are sometimes

imposed against perpetrators of gender based violence (including cautions, fines and prison sentences), they are so lenient that, rather than deter further acts of gender based violence, they actually provoke them. In some instances, women who have even been slightly successful in obtaining redress have paid with their lives. This is a perverse situation which is set to continue. One solution is to pass promptly and enforce rigorously specific legislation on domestic violence which offers more appropriate remedies and protection than are currently provided under the penal code. These should include awards of compensation for victims, orders for child custody, emergency protection orders and the removal of the offenders from homes. Such legislation has proved successful in the fight against gender based violence in South Africa and Zimbabwe.

5.4 Recommendations

Guidance and counselling should be continued and emphasized as a method of addressing gender based violence in different parts of Uganda and its effectiveness in addressing the problem should be investigated. Such studies would contribute towards strengthening, guidance and counselling in communities.

Legislation regarding control of the media especially the rogue internet is needed. This can be addressed even more easily through the current dissolved government units. This is so because others use social media to practice on what are shown on social medias like watching pornography which may lead to rape.

Parents should be encouraged to become involved in broad preventive efforts since they have a crucial role to play in preventing gender based violence from their families. They should provide enough time to talk to their children and also becoming good role models for them.

Strict enforcement of the laws that restrict gender based violence practice, this can be through increasing the punishment to those who offend the partner or friend.

5.5 Suggestions for further research

Further research should be carried out since this topic did not explore the measures that can be put in place to curb gender based violence. The next researchers should examine ways of intervention by all stakeholders starting from international levels, national then to the local levels.

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APPENDICES

SECTION A

PERSONAL DATA

TOPIC: GENDER BASED VIOLENCE AND PSYCHOLOGICAL WELL-BEING OF WOMEN IN KIGULU NORTH, IGAGA DISTRICT

Dear respondents, I am a student of Kampala international University, undertaking a Bachelor's degree in Social Work and Social Administration and carrying out a research on the above topic. The information given may be used for academic purposes, used by the district when planning and referred to by the Ministry of Gender, Labour and Social Development. I assure you that the information given will be confidential.

Instructions;

Put a tick against your preferred alternative in the box provided

Write your response in the spaces provided.

1. Sex

(a) Male

☐

(b) Female

☐

2. Nationality

(a) Ugandan

☐

(b) others, specify

3. Age bracket

(i) 11-20 years

☐

(ii) 21-30 years

☐

(iii) 31-40 years

☐

(vi) 41-50 years

☐

(v) 51 years and Above

☐

4. Educational qualification

(i) PhD

☐

(ii) Master's degree

☐

(iii) Degree

☐

(vi) Diploma

☐

(v) Certificate

☐

Gender Based Violence

Several risk factors have been associated with increased risks violence of women and men in violent relationships. We cannot predict what will happen in your case, but we would like you to be aware of the danger gender based violence in situations of abuse and for you to see how many of the risk factors apply to your situation.

Circle yes or no for each of the following:

1. Has the physical violence increased in severity or frequency over the past year?

Yes No
2. Does your partner use abusive language?

Yes No
3. Have you left him/her after living together during the past year?

Yes No
4. Is he/she unemployed?

Yes No
5. Has he ever used a weapon against you or threatened you with a lethal weapon? For example, a metal, a stick, a panga etc.

Yes No
6. Does he/she threaten to kill you?

Yes No
7. Has your partner ever been arrested for domestic violence?

Yes No
8. Does your partner have a child with someone else?

Yes No
9. Has your partner ever forced you to have sex when you did not wish to do so?

Yes No
10. Does he/she uses illegal drugs? By drugs I mean “Etaba” or street drugs.

Yes No
11. Does he/she ever try to choke you?

Yes No
13. Does he/she control most or all of your daily activities? (for instance: does he/she tell you who you can be friends with, when you can see your family, how much money you can use, or when you do not let him/her.

Yes No
14. Is your partner violently and constantly jealous of you? (For instance does he/she say if “I cannot have you, no one can”?)

Yes No

15. Have you ever been beaten by your partner while you were pregnant/sick? Yes No
16. Has your partner ever threatens or tried to commit suicide? Yes No
17. Does your partner threaten to harm your children? Yes No
18. Do you believe your partner is capable of killing you? Yes No
19. Does he/she follow you, leave threatening notes or messages destroying property, or call you when you don't want to? Yes No
20. Have you ever threatened or tried to commit suicide. Yes No

THANKS FOR YOUR COOPERATION

SECTION B

1. In your opinion what do you understand the term Gender based violence?
.....
.....
2. Does gender based violence happens in your community?
(i) Yes (ii) NO
3. How often does it occur?
(i) Very often (ii) less often
4. IF Yes, what do think are the causes of gender based violence in your community?
.....
.....
5. Which types of gender based violence are common among these four?
(i) Physical violence (ii) sexual violence (iii) psychological violence (iv) economical violence
6. What do think are the effect of gender based violence especially on women?
.....
.....

7. Is it culturally acceptable for a man to practice domestic violence in your community?

(i) Yes (ii) NO

8. Is there any reported death or injury caused by gender based violence?

.....
.....

9. Is there punishment attached to those practicing gender based violence?

.....
.....

10. In your opinion, what should be done to end or combat gender violence?

.....
.....

11. What do think government should do in order to end Gender based violence in Uganda?

.....
.....

THANKS FOR YOUR COOPERATION



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**COLLEGE OF HUMANITIES AND SOCIAL SCIENCES
DEPARTMENT OF APPLIED PSYCHOLOGY**

April 16, 2019

TO WHOM IT MAY CONCERN

Dear Sir/Madam,

RE: INTRODUCTION LETTER FOR NAIWUNBWE MARY REG NO. 1162-06034-05112

The above mentioned candidate is a bonafide student of Kampala International University pursuing a Bachelor's Degree in Social Work and Social Administration.

She is currently conducting a field research for his dissertation entitled, "**Gender based violence and Psychological well-being of women in Kigulu North, Iganga District.**"

Your organisation has been identified as a valuable source of information pertaining to her Research Project. The purpose of this letter then is to request you to accept and avail her with the pertinent information she may need.

Any data shared with her will be used for academic purposes only and shall be kept with utmost confidentiality.

Any assistance rendered to her will be highly appreciated.

Yours faithfully,

Ms. Nakalema Faith
HOD, Applied Psychology