Exploring Community Counselling on Violence against Women, Rape, Divorce and Domestic Violence in Cross River State Nigeria

Ekwok, Mercy Lawrence (Ph.D)
Department of Guidance and Counselling,
Faculty of Education, University of Calabar,
Calabar-Nigeria

Dr. Effiom, Bassey Ekeng (Ph.D)
Department of Guidance and Counselling, Faculty of Educational Foundations Studies,
University of Calabar, Calabar Nigeria.
ORCID Id: https//orcid.org/0000-0002-1170-763X

Ebuara, Mary Oshama(Ph.D)
Department of Guidance and Counselling,
University of Calabar,Calabar-Nigeria

Prof. Anthonia Inaja
Faculty of Educational Foundation,
University of Calabar, Calabar-Nigeria.

Prof. Elizabeth, G. Akpama
Department of Guidance and Counselling,
Faculty of Educational Foundations Studies,
University of Calabar, Calabar Nigeria

Abstract

This paper discusses reported incidence of domestic violence in Nigeria, the different forms of abuse which may occur in the home and the devastating consequences on the individuals involve and the society at large. Some of the predisposing factors of domestic violence are discussed and counselling, prevention and remedial are proffered ugly situation, Women experience more chronic and injurious physical assaults at the hands of intimate partners than men do. It was found that women who were physically assaulted by an intimate partner are men in their averaged age. Violence perpetrated against women by intimates is often accompanied by emotionally abusive and controlling behavior. The study found that women whose partners were jealous, controlling, or verbally abusive were significantly more likely to report being raped, physically assaulted, and/or being raped, physically assaulted, and/or stalked by a male cohabitant. These findings, combined with those presented in the previous bullet, provide further

evidence that intimate partner violence is perpetrated primarily by men, whether against male or female intimates. Thus, strategies for preventing intimate partner violence should focus on risks posed by men. Some studies conclude that women and men are equally likely to be victimized by their partners, but others conclude that women are more likely to be victimized. Some studies conclude that minorities and whites suffer equal rates of intimate partner violence, and others conclude that minorities suffer higher rates.

Keywords: Counselling, Community, Exploring, domestic violence, Rape, Divorce, violence against women.

Introduction

It examines risk factors associated with intimate partner violence, rates of injury among rape and physical assault victims, injured victims' use of medical services, and victims' involvement with the justice system. Although this report focused on women's and men's experiences as victims of intimate partner violence, complete details about men's and women's experiences as victims of rape, physical assault, and stalking by all types of assailants are contained. One source of controversy revolves around whether to limit the definition of the term to acts carried out with the intention of, or perceived intention of, causing physical pain or injury to another person. Although this approach presented a narrow definition of intimate partner violence that can be readily operationalized, it ignores the myriad behaviors that persons may use to control, intimidate, and otherwise dominate another person in the context of an intimate relationship. These behaviors may include acts such as verbal abuse, imprisonment, humiliation, stalking, and denial of access to financial resources, shelter, or services.

Another source of controversy revolved around whether to limit the definition of the term to violence occurring between persons who are married or living together as a couple or to include persons who are dating or who consider themselves a couple but live in separate domiciles. At present the research literature is bifurcated, with studies focused on violence occurring in marital or heterosexual cohabiting relationships and others focusing on violence occurring in heterosexual dating relationships. Only a handful of studies examine violence in same-sex cohabiting or dating relationships. "rape" is defined as an event that occurs without the victim's consent and involves the use of threat or force to penetrate the victim's vagina or anus by penis, tongue, fingers, or object or the victim's mouth by penis.

The definition includes both attempted and completed rape. "Physical assault" is defined as behaviors that threaten, attempt, or actually inflict physical harm. The definition includes a wide range of behaviors, from slapping, pushing, and shoving to using a gun. "Stalking" is defined as a course of conduct directed at a specific person involving repeated visual or physical proximity; nonconsensual communication; verbal, written, or implied threats; or a combination there of that would cause fear in a reasonable person, with "repeated" meaning on two or more occasions.

According to Bassey,Q.B. et al(2020) Divorce is a legal separation of husband and wife so they can be free to remarry again. Ineffective communication, lack of intimacy, infertility, financial status and bad behavior were seen as the major causes of divorce. Bassey, Q.B. et al (2020) Man is an entity but does not survive alone, that he does not live in isolation, but lived together in a

relationship. Marriage according to the dictionary meaning is defined in an instance of a legal union of a man and woman that live together as husband and wife; on the other hand marriage is basic institution of any culture.

The marriage institution dated back as far as the creation of man according to the word of God as stated in genesis 1:26 when God said let us, make man in our own image and likeness. And God said" it is not good that man should be alone, I will make him a help meet for him. According to genesis(2:8) and he made Eve out of Adam to be his wife, for companion, fellowship and progression. Marriage is a permanent institution ordained by God. It was to be permanent mutual relationship except by death.

According to grid for unhappiness and psychologically ills rage scene. Divorce start generation ago and divorce was so scandalous, divorce which is legal ending of marriage was also very rare In the past, but today it is not rare again. Divorce also known as dissolution of marriage is the process of terminating a marriage or marital union. It usually entails the cancelling or reorganizing of the legal duties and responsibilities of marriage thus dissolving the bound of matrimony between a married couple under the rule of law of a particular state or country.

Gender-based violence and human rights

Women enjoy the same rights, freedoms and autonomy, under the terms of the Universal Declaration of Human Rights; International Covenant on Civil and Political Rights; International Covenant on Economic, Social and Cultural Rights; Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment; and the Convention on the Elimination of All Forms of Discrimination against Women. In addition to respect for the rights enshrined in these instruments, voices have been raised in Latin America and the Caribbean calling for the recognition of the specific contextualized rights of women. For example, they demand the right to be agents and beneficiaries of development, in view of the intensification of social inequality and the impact of the crisis, the social cost of structural adjustment policies and the limitations of social policies in compensating for the effects of economic changes. They also demand the right to participate socially and politically within the framework of an equitable form of development that gives decision-making power to everyone.

Reproductive rights are also called for, with such rights being understood to include a woman's right to receive suitable care during pregnancy, childbirth and puerperium, to have access to duly controlled contraceptives, to decide when she wants to have children and how many children to have, and especially to exercise control over her own body.7 Although since the 1970s women have participated widely and visibly in the movement to defend human rights, they have not always been able to place their gender related demands at the centre of that struggle. It was not until the late 1980s that women became fully aware of their status as persons having a legal identity and began to act accordingly, questioning the essentialist view of social hierarchies and the "normality" of their subordination. In this context, their demands for human rights are also a consequence of their demands for new ways to exercise their citizenship and their desire to do so on an equal footing in accordance with the principle that the most basic right is the "right to have rights" (Lefort, 1987). Linking the issue of gender-based violence with human rights offers new possibilities for analysis and for the struggle to end discrimination against women. Still influential, however, is the fact that the human rights paradigm was structured on the

presupposition that public affairs form the context for individual civil and political rights, which leaves out violations that occur within the household.

According to Effiom, Arop, Akpama, & Otu (2022) the increasing number of abused children, those out of school hawking and selling goods around the streets and school premises in all rural area in Cross River State. Some children look malnourished and sick, others in pains of being hurt by beatings and assaulted by gangsters, abused children are affected emotionally and they spend much of their time mediating on their situation. They feel rejected and forsaken by the entire society and hence see no need to spend their time on books. Consequently, they go into self-imposed solitary confinement which affects their academic performance Effiom, Arop, Akpama & Otu (2022). Some of the have anger and are eager to revenge. Hence, quite often this anger is mis directed to innocent peers who normally suffer form this misdirected retributive aggressive behavior which may comes in form of hurt languages, verbal and physical assault.

Nature of Rape and Involvement: Rape involves lack of consent; the use of physical force, deception or threat, and the involvement of a victim that is asleep, Unconscious, under age, mentally incapacitated or physically impaired as a result of voluntary or involuntary alcohol or drug consumption. It is often associated with psychological, physical, social distress and occasionally result in fatality either from shock, severe injury or murder by the perpetrator in an attempt to conceal their identity. According to (Effiom, Cyril & Brenda 2020). Individual may be stigmatized because of their ethnicity, gender, age, status, religion, sexual orientation physical health, mental health and so on . Many people who are stigmatized by others report their experience and feelings of distress, shame, self – doubt and hopelessness. According to (Effiom, Cyril & Brenda 2020) Stigmatization, like prejudice and social discrimination, often stems from ignorance. Many individual may fear mental illness because they know very little about mental health condition and their effects.

Rape can take many forms such as date rape, power rape, gang rape, anger or retaliatory rape, and sadistic rape and can take place under very different circumstance. Rape victims are most times assaulted by one individual or several people; the incident may be planned or a surprised attacks. Although rape occurs most commonly in the victim home the perpetrators home or in the dark corner of the street.

Physical, Psychological, Emotional and Social Effect of Rape

Physical medical examination of rape survivors usually reveal that they may suffer a range of physical injuries, genital and non -genital, or in extreme cases, death. The most common forms of genital injuries are tears, ecchymosis, abrasions, redness and swelling. Non genital physical injuries usually include bruise and contusion, lacerations, ligature marks to ankles, wrist and neck, pattern injuries (hand print, Finger mark, belt marks, bite mark).

In addition, rape Victims may be exposed to the risk of sexual transmitted infection (STI) including HIV, pelvic pain and pelvic inflammatory disease, unwanted pregnancy, urinary tract infections, unsafe abortion and infertility. The health consequences of rape are severe, numerous and varied, and may co-morbid with psychological and emotional effect, both in the short- term and in the long- term. Psychologically and emotionally rape victim frequently experiences symptom of post – traumatic stress disorder. Appears to be more common in person who were threatened with a weapon and/or extreme physical force, in those raped by strangers, and in cases

where physical injuries were inflicted. Include; self-blame, decompression, Flashback, borderline personality, disorder, sleep disorder, eating disorder, disassociation identity disorder, guilt, distrust of others, anger, feeling of personal powerlessness.   Many individual experiencing chronic mental health conditions may face, in addition to symptom that may be long – lasting or debilitating and are often difficult to deal with, the added challenge of public stigma, which arises in many cases due to misconception about mental health issues.

The long-term consequences associated with the crime called rape and advocate the need for everybody to join hands together and fight it. Rape has server, acute, and chronic psychological, sexual and reproduction impact on the well-being of survivor and this can affect their contribution to national development of the Nigerian society. Observations show that in the immediate aftermath of sexual assault, the survivor report a variety of psychological, emotional and social response which affect the individual psycho-social adjustment.

DOMESTIC VIOLENCE AGAINST WOMEN

The main victims of domestic and family violence are normally children, the elderly and women, but research showed that most victims are women; at the global level, at least one out of every 10 women has been attacked by their spouse or partner (United Nations, 1986c). International statistics indicate that 2% of the victims of acts of violence committed by a spouse or partner are men; 75% are women, and 23% are cases of reciprocal violence (Corsi, 1990). These data point up a number of the phenomenon's peculiar characteristics and underscore the vulnerability of all women, regardless of their age or socio-economic status. Societies exhibit forms of violence that affect the entire spectrum of human relations; consequently, structural (social, political and economic) violence is also reflected in the family and in the gender relations that are routinely established at work and school. Thus, violence against women in the domestic sphere cannot be divorced from its social context, which reinforces and perpetuates sexist concepts and a discriminatory social order based on the historical production and reproduction of the gender system. This type of violence has many causes, including the types of socio-cultural conditions that breed it. The gender-based division of labor, on the one hand, and, on the other, the ideological and cultural attitudes acquired through the differential socialization process and the dayto-day learning process by which stereotyped roles and psychological traits are attributed to men and women and become integrated into their self-identities create conditions that contribute to violence. Aggression and mistreatment, then, are not isolated acts but instead form part of an interactive process driven by values linked to relationships of domination and submission and to inequality between the sexes. Domestic violence calls into question the family as a social institution that provides security, protection and affection, as well as the roles and functions traditionally assigned to each of its members. It also reveals its paradoxical character. Even though, in our countries, the existence of different family structures and forms of cohabitation is recognized and these structures are now being subjected to a critical analysis, families are, for the most part, organized around the power of the male members at all hierarchical levels. It is structured, therefore, on the basis of strong bonds of domination and notably unequal power relations, all of which has an impact on women. The role assigned to women in conjugal life is based on submission, dependence and the acceptance of the indisputable authority of the man and of an array of norms and behavior patterns that limit women's development.

Effective measures to deal with this problem cannot be adopted without taking into account the dominant cultural model and the processes of symbolic reproduction that confer legitimacy on gender-based violence. Because the roots of the problem are structural, it is essential to implement public policies which will modify the mechanisms that lead to the perpetuation and propagation of gender-based violence and will engender an environment that is conducive to equality between men and women and respect for the dignity of human beings.

In view of the differing forms which gender-based violence assumes and its multidimensional nature, a need exists for specific analyses and investigations and for different strategies that take into consideration the types of relationships in which women's rights are violated and the institutions and sectors involved in preventing and dealing with such violations. For example, sexual harassment in the workplace calls for action on the part of management and trade unions, whereas sexual harassment in educational establishments calls for an active response by the authorities, students and parents and teachers associations. Given the complexity of the phenomenon of gender based violence, responses to the problem must necessarily be based on an integrated approach; furthermore, the effectiveness of measures and initiatives will depend on the degree of coherence and coordination associated with their design and implementation. Considered on the basis of these premises, the issue is one that affects a variety of social actors, who can join in the effort to eliminate gender-based violence.

However, in the proposals which are outlined below, we shall concentrate on government action at all levels. The origins of gender-based violence can be traced to a variety of socio-cultural factors, namely: hierarchical relationship between women and men; the differentiated socialization of boys and girls; the political, economic and legal discrimination faced by women; the use of violent means to resolve interpersonal conflicts; and unequal 40 symbolizations and valuations of women's and men's bodies and sexuality. As a consequence, it is vital to promote women's access to decision-making processes and to the exercise of power in its different dimensions, since strengthening their participation in these processes will surely contribute to the elimination of the violence women face and to an egalitarian distribution of the rights and responsibilities of all citizens, whether male or female.

Meaning of Divorce
Divorce is a legal dissolution of marriage by court or other competent body. It can also be defined as
annulment of official separation in marriage.
History of divorce: The 1975 matrimonial act allowed ordinary people to divorce. The big change occurred in 1969. The divorce reform act we passed allowing couple to divorce after they had been separated for two years (or five years if only one of them wanted a divorce).The critical history of divorce as an object of sociological study described the many direction of current research in France on the subject. Sensitive to the political context in which it developed, the sociology of divorce was for many years influence by ideological consideration, as evidence by Durkheim's opposition to the re-introduction of divorce by mutual consent. The sociological study of divorce came into its own with the reform of the code the late 1960s, an interdisciplinary research team was formed under jean car bonnier to advance knowledge of divorce in France. At that stage, the main research focus was quantities demography. In the 1980s, with the divorce becoming common place in France society, along with consensual union and separation without divorce, the sociology of couple took a new theoretical, methodological

and epistemological direction. Since then it has focused almost exclusively on life after divorce, leaving aside the question of the cause and process of marital breakdown a belief interaction comparison shelves that the casual and statistical analysis of divorce is still very much on the agenda in other countries.

Causes of Divorce

1. *Domestic Violence*: is violence or abuse by one person against another in domestic setting, it occurs in marriage when husband and wife abuse each other.

2**.** *Infertility*: According to (RuthHouson). Extra-marital affair are responsible for the breakdown of most marriage that end in divorce. This is one of the most common causes of divorce. The reason why cheat aren't as cut and dry as our anger may lead us to believe. Anger and resentment are common underlying reason for cheating along with different sexual appetite and lack of emotional intimacy. Infidelity, start as an emotional affair which later becomes as physical affair .

3. *Money***:** Emmet Burns said money makes people funny, so the saying goes, and its true, everything from different spending habit and financial goal to one spouse making considerably more money than other, causing a power struggle can strain a marriage to be breaking point. "Money really touches everything it impact people lives.

4**.** *Lack of Communication***:** communication is crucial in marriage and not lying. The ability to communication effectively leads to resentment and frustration for both, impacting all aspect of marriage. On the other hand, good communication is the foundation of a strong marriage.

5. *Constant Argument* **:** from bickering about chores to arguing about kid; incessant arguing kills, many find it hard to see the other person point of view, which lead to a lot of argument without ever coming to a resolution.

6. *Lack of Intimacy***:** not feeling connected with your partner can quickly rain a marriage because if two leaves couple feeling as though they are living with stranger or more like roommate than spouses. This can be from lack of physical or emotional intimacy and isn't always about sex, making your relationship intimate and special is the responsibility of both partners.

7**.** **Addiction:** addiction is repeat involvement with substance or activity, despite the substance harm cause. This is when the husband.

Effect of Divorce

Some of the effect of divorce associated with divorce includes academic behaviour and psychological problems; though this may not always be true. Studies suggest that children from divorce families are more likely to exhibit such behaviour issues than those from non- divorce families. The relationship between parent and children may suffer due to lack of attention toward the children as well as minimal parental supervision. According to Nicholas Wail, former president of family division of the English high court, "people think that post-separation

parenting is easy. In fact, it is exceeding difficult and as rules of thrum, my experience is that the more intelligent the parent, the more intractable the dispute. There is nothing worst for children to experience their parent denigrate each other.

Parents simply do not realize the damage they are giving to their children by the battle they wage over them. Separating parent rarely behave reasonably, although they always behave that they are doing so that other partly is behaving unreasonably." The children from broken homes do not feed well in their homes, they may become criminal when they experience hardship, they may have a different mindset, and the children from broken homes may join in the failure to do what the law of duty requires.

Conclusion

In the interests of attending to victims promptly, links between the health sector and the institutions responsible for forensic medicine need to be established since it is obvious that, for example, training and sensitizing forensic specialists plays an important role in facilitating the reporting of violent acts by female victims. Government bodies responsible for improving the status of women must work together and coordinate their activities with other institutions, including ministries, local governments and non-governmental organizations; they should also contribute to the 42 creation of social support networks for the victims of gender-based violence, since the whole of society is responsible for eliminating such violence, and community participation is vital if the impunity of aggressors is to end.

In addition, links need to be established to promote coordination and cooperation between the organizations which monitor the observance of human rights and the organizations which work for women's advancement; this step will require greater openness in terms of theory, practice and policy stances on the part of both sectors. There is a strong connection between gender-based violence against women and a lack of equity in the economic, socio-cultural and political spheres; as a consequence, initiatives in this field must be of an integrated nature, should include complementary income-generation, housing and vocational training programmed for women, and should be accompanied by the adoption of policy measures concerning health, recreation and social and political participation. Government should make an effort to implement a higher degree for granting divorce to couple and the government should set- up marriage counselling center to ensure that couple accommodate each other. However, divorce figure continue to climb and couple split while taking wrong step in solving the maternal problem.

Recommendation

The recommendations presented in this document are not exhaustive. This is, above all, because achieving the goals of preventing the violation of women's human rights and eliminating gender-based violence in the countries of the region will require, at all levels and in all spheres where the problem is manifested, the political will of Governments and a commitment on the part of the entire population; these are essential if we are to create a more just and equitable society.

References

Alder, Christine (1992), "Violence, gender and social change", International Social Science Journal, No. 132, Southampton, England, Blackwell Publishers/United Nations Educational, Scientific and Cultural Organization (UNESCO), May.

Amnesty International (1991), Mujeres en primera línea, EDAI, Madrid

Amorós, Celia (1990), "Violencia contra las mujeres y pactos patriarcales", Violencia y socie.

Bank, Amy and Ana Criquillion (1993), "La rebelión de las maquiladoras", Mujer/Fempress, No. 144, Santiago, Chile, October.

Bassey, E.E., Florence U.A., Elizabeth G.A.(2021) Dynamic of poverty and implication on the Education of the Girl Child in Nigeria, Journal of popular education in Africa 5(7) 89-98.

Bedregal, Ximena (ed.) (1993), Mujer, violencia y derechos humanos (Reflexiones, desafíos y utopías), Mexico City, Centro de Investigación y Capacitación de la Mujer A.C.

Chiarotti, Susana (1993), "Maltratos a la mujer en las relaciones de pareja: estrategias legales en América Latina", Vigiladas y castigadas, Roxana Vásquez (ed.), Lima, Latin American Committee in Defence of Women's Rights (CLADEM).

CLADEM (Committee in Defence of Women's Rights) (1993), Vientos del sur. Huellas de las mujeres en la Conferencia de Viena, Lima.

Effiom, B. E. , Lucy O.A. , Elizabeth G. A. Otu, C.K.(2022) Child Abuse and Student's Academic Performance in Boki Local Government Area of Cross River State, International Journal of Creative Research Thought 10(3) 387-397.

Effiom, B. E., Abuo,C. B., & Akpan, B. (2020). Counselling the stigmatized for social integration in Calabar South , Cross River State, Nigeria. International Journal of Innovative Psychology and Social Development 8(3) 118-127.

Orji, E.I., Effiom, B.E., Florence, A.U., Odo-Simon K.(2022) Rape as a Rising Traumatic Norm in Nigeria Society : Need for Value Re-orientation toward nation Building. Saudi Journal of Humanities and Social Science 7(4) 143-148.