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Introduction to Research (BMHP5005_LON)

Assessment Component 1

Systematic Literature Review

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1.0 Introduction

1.1 Introduction

Violence constitutes abusive or bullying behaviour and actions towards another person. The phenomenon of violence within families mainly comprises domestic violence and intimate partner violence that significantly impacts women in the family (Bullinger *et al.*, 2021). Domestic violence comprises serious psychological and social issues that result in adverse consequences and impact on the victims of violent activities. In domestic violence, the perpetrators are predominantly man that uses the advantage of power and authority over the victim (Tsirigotis and Łuczak, 2018). Domestic violence is mainly inflicted by people that are close to the victim, either belonging to the immediate family or extended. Domestic violence incorporates a range of actions undertaken by the perpetrator, such as physical, psychological, or sexual violence. In addition, domestic violence accounts for violence against women, children, and men, with women and children being the primary victims. Victims of domestic violence face a long-term impact on their physical and mental health, which further creates issues in performing daily activities and getting back to their normal life (Bullinger *et al.*, 2021).

Furthermore, domestic violence has been observed to be a result of mental health issues from the oppressor that results in creating issues and problems for the victims. In addition, domestic violence comprises of various underpinning reasons that have increased in the past years resulting in increasing the complaints and cases of domestic violence (Boxall *et al.*, 2015). For this reason, awareness, campaigns, guidelines, helplines, and programs in the UK have been created by the government and organisations (UK Gov, 2021). This has resulted in increasing awareness among the people in determining the signs of domestic abuse and getting necessary help. UK's government, as well as international organisations such as the UN, have significantly participated in assuring that victims and potential victims of domestic abuse are aware of the help and support that is present for them. This has also resulted in capturing and punishing abusers, which further aided in increasing the sense of empowerment and protection among the victims (UN, 2021).

1.2 Background to the problem

Victims of domestic abuse can be anyone irrespective of age, gender, religion, ethnicity, or economic status (Anderberg *et al.*, 2016). Similarly, it is not always physical but can be in different forms such as emotional, economic, threats, coercive control, intimidation, online, gaslighting, or sexual. For this reason, domestic violence is often overlooked, and the signs are not observed by the victims, which results in delaying getting the necessary help and support. In addition, some of the key signs of domestic violence comprise threatening, bullying, taking control of finances, medicines, or the body, isolating, and constant monitoring (UK Gov, 2021). In society, domestic abuse for women has significantly increased, followed by violence against children and men. Irrespective of the programs and awareness for the violence and abusers, the cases are on the rise, along with many victims not realising that they are being abused. In addition, many victims resist getting help for various reasons, such as limited financial resources, family responsibilities, cultural norms, societal beliefs, victimisation, or the fear of being stereotyped (Hine *et al.*, 2020).

Moreover, domestic violence gained its recognition as a significant issue in society in the 1970s. The issue primarily comprised of male abusers and offenders victimising women in order to gain control and dominance. The issue rose in terms of violence on the women, along with increasing cases on children. However, domestic violence on children often goes undetected as children are dependent on their parents and have limited exposure to necessary help (Boxall *et al.*, 2015). In the past domestic violence has mainly been referred to as a physical form of violence that later included emotional violence. The commonly used descriptors led to an increase in domestic violence without awareness among the people and the relevant authorities. In the UK, domestic violence has been one of the significant issues that are increasing regardless of the actions taken by the authorities and punishment for the offence (Walby and Towers, 2018). Due to this, with the passage of time, the emphasis on domestic violence has increased, resulting in an addition or more factors that are considered to be a form of the violence, such as the latest addition; coercive control. In addition, domestic violence combined with the barriers in seeking help and getting support has been one of the reasons that have resulted in a pattern of increase in domestic violence (Chester and Joscelyne, 2018). Furthermore, with the occurrence of the pandemic, stress, anxiety, and panic increased among people. The rise in mental health issues and the financial restraints and regulations such as stay-at-home and work-from-home resulted in increasing violence-related

issues (Bullinger *et al.*, 2021). The increase in issues for mental health has impacted and influencing the pattern and level of domestic violence during covid-19. In addition, during the pandemic, domestic violence (Bradbury-Jones and Isham, 2020)

1.3 Research question

Following are the research questions that will be answered in the research:

- What are demographics more exposed to domestic violence in the UK?
- What initiatives are taken by the related authorities and government for dealing with the issue?

1.4 Aims and objectives

The core aim of the research will be to explore the problem of domestic violence in the UK in order to offer recommendations to deal with the issue. In addition, the following are the research objectives that will be achieved by the research:

- To gain understanding related to the issue of domestic violence.
- To identify the main victims of domestic violence in the UK.
- To explore the factors of domestic violence in the UK.
- To assess the laws and regulations in tackling domestic violence in the UK.
- To offer recommendations to minimising domestic violence in the UK.

2.0 Research Methodology

2.1 Search terms

The following tables' showcases the strategy to search and finding literature related to the research topic. The first table comprises search terms on Google scholar, while the second table includes search terms on the Emerald database that is related to the research.

Google Scholar	
Keywords	Results
“domestic violence”	2,980,000
"domestic violence" "factors"	983,000
"domestic violence" "factors" "mental health"	489,000
"domestic violence" "factors" "mental health" "united kingdom"	34,500
"domestic violence" "factors" "mental health" "united kingdom" "legislations"	984
"domestic violence" "factors" "mental health" "united kingdom" "legislations" "government initiatives"	32
"domestic violence" "factors" "mental health" "united kingdom" "legislations" "government initiatives" "covid-19"	1

Emerald	
Keywords	Results
"domestic violence"	8000
"domestic violence" "factors"	2000
"domestic violence" "factors" "mental health"	1000
"domestic violence" "factors" "mental health" "society"	819
"domestic violence" "factors" "mental health" "society" "united kingdom"	138
"domestic violence" "factors" "mental health" "society" "united kingdom" "covid-19"	10
"domestic violence" "factors" "mental health" "society" "united kingdom" "covid-19" "government"	9
"domestic violence" "factors" "mental health" "society" "united kingdom" "covid-19" "government" "regulations"	1

2.2 Data sources

Data sources for researches refer to the platforms through which data will be gathered. Data sources also include multiple options such as reports, online articles, databases, social media platforms, journal articles, books, and more (Hagg *et al.*, 2018). Hence, for the collection of data, online platforms and databases provide reliable, appropriate, and necessary information. Hence, for the research, data will be obtained from different sources such as Google Scholar and Emerald. Data gathered from the online databases will be focused on having related information to the topic and have data collected in the past. In addition, data sources will include reports, online articles, books, journal articles that are present in the databases.

2.3 Data collection methods

The data collection method refers to the process through which data is obtained for the research, such as primary or secondary (Johnston, 2017). For the current research, secondary data will be gathered and analysed. In addition, as per Kruse *et al.* (2018), there are multiple methods for secondary data collection such as records, observations, documents, or published information that is present on online platforms. Thus, the research will focus on gaining published information from external secondary data research platforms.

2.4 Inclusion and exclusion criteria

Following is the inclusion and exclusion criteria set for selecting relevant literature that includes information related to the research topic. Each inclusion and exclusion criteria comprises of various factors that have been determined while selecting literature, as well as the criteria will be undertaken for incorporation of more literature throughout the research.

Inclusion	Exclusion
Articles and reports published during 2013 and after	Articles and reports before 2013

Articles in the English language	Articles in other languages
Fully accessible information	Non-accessible information
Includes information on domestic violence in the UK	Does not discuss domestic violence in the UK

Therefore, the conditions that guided the choice of literature emphasise having the set inclusion criteria. In inclusion criteria, the key factor was the time of the articles being published during 2013 and after. Thus, any articles or reports that have been published before 2013 will not be added to the research. In addition, the articles that are in the English language and are fully accessible will be incorporated. In contrast, information that is not in English or does not have complete information available will not be incorporated in the research. Moreover, the research will be guided through adding literature that includes information on domestic violence generally and in the UK. In addition, articles that address various societal and economic factors leading to domestic violence in the UK are included in the choice of literature. Similarly, articles that involve mental health elements impacting domestic violence in the UK, as well as entails domestic violence impact on people and society, will be considered in the research. Thus, literature that does not include any societal and economic factor, mental health element, or impact on people and society in the context of domestic violence falls under the exclusion criteria.

2.5 Data summary table of journal articles

Journal Articles	Summary
Douglas <i>et al.</i> (2019)	The article summarised that technology-facilitated domestic and family violence towards women is increasing. Technology such as cameras, smartphones, and internet-connected devices has

	facilitated domestic violence, due to which it requires more attention from the government and authorities.
Wilcox <i>et al.</i> (2021)	The research indicates that gender inequality present leads to domestic violence towards women. In addition, the research emphasis that organisation plays a vital role in minimising domestic violence by embedding their social responsibility.
Chester <i>et al.</i> (2018)	The article found that adolescents that have experienced domestic violence faced various impacts such as PTSD, nightmares, and flashbacks of their experiences. The research used Grych and Fincham's model, showcasing that adolescents tend to have self-blaming to justify domestic violence.
Carr <i>et al.</i> (2020)	The research indicated that domestic violence that includes child abuse, victimisation, and neglect leads to adverse outcomes in adulthood and behavioural problems. Domestic violence on children also leads to malnutrition and drug use.
Bradbury-Jones <i>et al.</i> (2020)	The researchers summarised that the pandemic had resulted significantly in domestic violence with a 25% increase in UK Domestic Violence Helpline reports. It also discussed that victims and survivors are often under-represented and overlooked in policies and political spheres of the country.
Showalter <i>et al.</i> (2016)	The article stated that there is a significant relationship between employment stability and domestic violence. In addition, domestic violence impacts the employment of women victims and reduces working hours, performance, and financial compensation.

Pallitto <i>et al.</i> (2013)	The study signified that domestic violence is found to be between 15% and 71% of women. The primary women victims of the violence aged between 15-49 years.
Hine <i>et al.</i> , (2020).	The study summaries that in the UK, reports on male domestic violence victims are increasing. The study also emphasised that male members of the society face stereotyping and more barriers in getting support than female victims.
Gregory <i>et al.</i> (2021)	The study focused on the domestic violence shelters that impact the recovery and empowerment of the victims. The study found that victims expect to gain the freedom that is often not provided in the shelters, resulting in increasing the sense of disempowerment.
Rawat <i>et al.</i> (2021)	The study demonstrated that women that are married for five years and more face more domestic violence than women that are married for a year or less. It also demonstrated that social factors such as dowry or perceived women responsibility lead to domestic violence.

3.0 Literature Review

3.1 Existing literature on the topic

Domestic violence is considered an act of violence that happens between people who were or currently are engaged in intimate relationships. There is no single definition that can explain it entirely as well as the limits of this are also messy, which are expanded vastly from the behaviour of threatening to sexual, emotional, physical, and psychological abuse. According to the research of Douglas *et al.* (2019), the excessive use of technology includes a variety of things like computers, cameras, smartphones, and internet-connected devices that have access to social media platforms that is a significant part of the everyday life of everyone. Such technology has been

employed well for facilitating family and domestic violence. As the number of users has accelerated in recent times globally, they are using Facebook more often, which is bringing many benefits and several challenges like security, wellbeing, and domestic violence to them.

Domestic violence is considered a global pandemic that has gendered violence and perpetuates women's inequality. There is a much higher rate of domestic violence among women than men. There are different organizations that highlight this issue; it is the relationship between organizations and domestic violence that makes it much more visible. It also regards gender inequality, and attention is brought to it identically. There are increased ratios of women being killed by men on an everyday basis. The violence against women is epidemic, and women are being killed in this regard in a high proportion. It is one of the things that have been affecting the employees and the organizations in an effective manner (Wilcox et al., 2021).

There are such experiences of adolescents that have witnessed violence between their guardians and parents. Domestic violence tends to be exposed much to activities that include hearing, viewing, being involved, or experiencing physical violence present between the intimate partners. The children experience domestic violence as being present in the absence of the thought that what is the reason behind it or why does it occur. It is also associated with isolation, family secrecy, a sense of being controlled or managing unresolved impactful feelings. In situations like this, children start to blame themselves or feel guilty or consider themselves the reason behind being their victimized parents (Chester et al., 2018). Carr et al. (2020) explain that there is malnutrition that has victimized children, which has one of the reasons for domestic violence. Domestic violence also includes child neglect, child abuse, and intimate partner violence that have more significant economic and social implications. The children get mistreated, have poor mental and physical health, worse economic outcomes in adulthood, and experience behavioural problems.

Moreover, Bradbury-Jones et al. (2020) explain that domestic abuse or violence is one of the kinds of violations in human rights which tends towards damaging the health and wellbeing of the families and survivors. As there were such measures that had imposed the restriction towards the physical connection of people outside of their houses, the lockdown had caged all the family members inside the houses, which forced them to interact with family members and stay home longer. The situation in which the people had to stay socially isolated made it worse, resulting in

increased conflicts, fights, and an altercation between the couples, which made it a social problem. The outcomes have been much clear related to the problem that can be exacerbated multiple times, concluding that there is a definite increase of this problem during the quarantine.

The empowerment of women for financial outlets makes them live an abuse-free life that experiences domestic violence. There is a relationship that exists between employment stability and domestic violence that can have outcomes in disruptions of the workplace which uses abusive men towards their employment of partner when it is explored. There is a decline in employees' performance and productivity when they are undergoing domestic violence (Showalter et al., 2016). There have been studies that provide such evidence that there are experiences of male victims of domestic violence and abuse. There are also challenges related to such challenges that provide support for the men to be in an abusive relationship as well as barriers to be effective in the service engagement that have experience by men and practitioners. Much of domestic violence and abuse can result in desiring to control and dominate the socially constructed values that can facilitate male privilege. The domestic violence against women have been shown to exceed between 15% to 71% in which the age of women is 15-49 that had faced or experience sexual or violence by their partners once in their lifetime.

Moreover, domestic violence can also be associated with unwanted pregnancy as well as abortion that have higher proportions in middle-income countries. Violence is an increasing problem that is seen to be increased throughout the world, but it also draws attention to the development of strategies for the prevention of violence and supports women living with it (Pallitto et al., 2013). There has been domestic violence against women is considered one of the most pervasive abuses of human rights in the world. The violence which happens during the pregnancy can leads to acute or long-term challenges for wellbeing and health. The violence has been identified in women in married that are for more than five years (47.36%) as well as women that are married for only one year also faces it (34.28%) (Hine et al., 2020).

Moreover, the study of Gregory et al. (2021) has explained that domestic violence has been needing shelter, which is required for the ones who have been through this phase as the survivors need the residential space, which can also help in achieving future employment, housing, healthcare, child care as well as legal services. Domestic violence shelters are much expected to

get operated by the empowerment of such philosophies that have an understanding regarding self-determination and identification of needs which can work for the achievement of it. Also, it is indicated that there are many shelters that can be used to create rules that need to be followed for retaining free housing and the feelings of survivors related to disempowerment (Rawat et al., 2021).

3.2 Gaps in the literature

The literature has focused on domestic violence, its factors, its impact, and varying reasons. However, with the occurrence of the pandemic, domestic violence has increased to increase in distress and mental health issues. However, there is insufficient evidence related to domestic violence in the UK. In addition, although literature presents an adequate emphasis on the factors, there is limited information in which multiple factors are considered. Thus, the current research focuses on various factors that influence domestic violence, along with its impact and tackling regulation by the UK government.

3.3 Limitations of the research

Following are the limitations of the research:

- The research only focuses on secondary data
- The research incorporates information that is related to domestic violence in the UK.
- The research is conducted during a limited time period, making the research time-constrained.
- Since the research is secondary, the sample used to generate findings and conclusions can be insufficient.

4.0 Secondary Data Analysis

4.1 Findings: Thematic analysis

Thematic analysis is considered to be a qualitative data analysis method that comprises of gaining and observing information, along with determining patterns in the data. Through the identification

of patterns, themes are created from the dataset, which enables analysing the data based on key elements (Braun and Clarke, 2019). Thus, the secondary data obtained from prior researches will be analysed through thematic analysis. Similarly, for the current research, themes will be created, such as factors of domestic violence, the impact of domestic violence, or government regulation.

4.2 Synthesis of the findings to the research questions, aim, and objectives

Synthesis refers to a combination of different elements of the research, such as findings, research questions, aim, and objectives (Doody and Bailey, 2016). Thus, research objectives have been created based on the research questions. In addition, for the current research, findings will be unionised with the research question, aim, and objectives by creating a thematic analysis. Themes will be created in the form to answer the research questions and accomplish the aims and objectives of the research.

5.0 Conclusion

Domestic violence against women is considered to be one of the pervasive abuses in human rights around the world. With the wide array of signs and form of the violence, it creates a long-term impact on the victims physically and mentally. In addition, there has been a gap identified in the prior researches which lack in delivering a combined analysis of domestic violence factors and impacts. Hence, the current research will be conducted focusing on answering the research questions and accomplishing the aim and objectives. Secondary data will be collected and analysed, while the data will be gathered from online databases.

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