

GSJ: Volume 13, Issue 3, March 2025, Online: ISSN 2320-9186
www.globalscientificjournal.com



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Assessment on the Knowledge of Domestic Violence in Thimphu Thromde, Bhutan.

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Submitted in partial fulfilment of the requirements of

Master's in Development Practices

28th June, 2022



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CERTIFICATE

DISSERTATION APPROVAL

FOR

MASTER'S IN DEVELOPMENT PRACTICE

Dissertation Title: Assessment on the Knowledge of Domestic Violence in Thimphu Thromde.

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Declaration

I declare that this is an original work and I have not committed, to my knowledge, any academic dishonesty or resorted to plagiarism in writing the dissertation. All the sources information and assistance received during the course of this study are duly acknowledged.

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Acknowledgements

First of all, I would like to express my gratitude to my supervisor and mentor, Mrs. Ugyen Yangchen (Lecturer, CNR), for her immense support, advices, and recommendations. I would like to thank 2021 departmental program leader Mr. Pema Rinzin (Associate Lecturer, CNR) for providing information and guidance. I am also grateful to the Dean of Academic Affairs, and staff of College of Natural Resources, my friends and families who helped me for the data collection and all the individuals who participated in the study. The help, motivation, and the guidance of many individuals have aided me in completing this research. It would be impossible to list them all here, but their contributions to this research's planning, and general support have been significant. In general, I would like to express my heartfelt gratitude to everyone who helped and made this research a reality in every way.



Abstracts

Domestic violence means violating the human rights through verbal or physical means creating gender inequalities in society. Number of domestic violence cases has been increasing in Bhutan, especially during covid-19 pandemic. Various explanations for the causes and prevalence of domestic violence in Bhutan were recognized but domestic violence amongst married couples is less known. This study assessed the knowledge, causes and coping measures of domestic violence among different marital statuses. The data was collected online using google forms. The Sampling size was 385 including key informants, and it was collected with simple random sampling and snowball sampling for victims of domestic violence. The study includes descriptive and inferential statistics under data analysis. As a result married couples have higher knowledge on domestic violence with 59.8% compared to other statuses. Male have higher knowledge on domestic violence with 60.6% compare to female with 48.2%. According to Kruskal-Wallis H test on knowledge and education there is statistically significant difference between education and knowledge on domestic violence. According to Chi-square test, there is strong positive correlation between level of education and knowledge on help line information.

It also shows that overall extramarital relationship is the main causes of domestic violence among married couples with 56.4%. Compare to living together couples with 17.4% it is extramarital relationship and arguing. Similarly, social stigma (man being superior, and women as inferior) is one of the causes for domestic violence with women, with 63%. Under coping measures 'talking to your friends' is most applied measures for both the gender with 66.4% for male and 57.3% for female. Generally, male coping measures against domestic violence is higher in both the active and avoidance approaches compare to female. Similarly, living together couples uses avoidances approaches with 33.8%, and for married couples it is active approaches with 41.8%. Therefore, as a recommendation, educating people about domestic violence from grassroot level is important to reduce domestic violence in the society. There is in need of more effective awareness and programs for male and female separately. Further research is required on the knowledge of domestic violence among married couples from other dzongkhags as well.

Keywords: Attitude, causes, coping measures, domestic violence, help line services, IPVAS, coping measures, active, avoidance.

Abbreviations

| | |
|-------|--|
| BBS | Bhutan Broadcasting Services |
| BLSS | Bhutan Living Standard Survey |
| CEDAW | Convention on the Elimination of All Forms of Discrimination Against Women |
| DV | Domestic Violence |
| GBV | Gender-based Violence |
| GNH | Gross National Happiness |
| IPV | Intimate Partner Violent |
| IPVAS | Intimate Partner Violence Attitude Scale |
| NCWC | National Commission for Women & Children |
| NHS | National Health Survey |
| PHCB | Population and Housing Census of Bhutan |
| RBP | Royal Bhutan Police |
| RENEW | Respect, Educate, Nurture and Empower Women |
| RGoB | Royal Government of Bhutan |
| SDGs | Sustainable Development H |
| SPSS | Statistical Package for Social Science |
| UNO | United Nation Organization |

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CHAPTER ONE

INTRODUCTION

1.1 Background

The Sustainable Development Goals (SDGs) was adopted by the heads of states at a special summit at the United Nations in September 2015. The 17 SDGs is a holistic approach to human well-being that calls on societies to pursue economic, social, and environmental objectives in an integrated manner (World Happiness Report, 2016). Bhutan being the member of United Nation, the government of Bhutan added SDGs goals in the 12th-Five Year Plan (2018-2023). To bring gender equality and equity in the country, on 2019 Bhutan launched the “Violence Against Women Study” and related pilot projects to reduce violence against women, child, and to decrease the Intimate Partner Violence (IPV) cases in Bhutan. According to United Nation (1993) domestic violence is the act of gender-based violence that results in physical, sexual or any threat towards someone’s liberty that occurs in private or in public life.

The concept of GNH was promulgated in the country by his Majesty King Jigme Singye Wangchuck back in the 1970s. One of the four pillars of GNH is Sustainable & Equitable Socio-Economic Development which tries to build an equitable society providing an equal right to all. Bhutan signed CEDAW in 1980 and ratified it in 1981, this limited the gender discrimination on the situation of women. Later number of agencies were established such as RENEW, NCWC, Tarayana, BNF, and SABAH to empower women in Bhutan. As of now, there is no open gender discrimination in Bhutan. Women in Bhutan relatively enjoy more social freedom and equality than the women in South Asia. In addition, the constitution of the kingdom of Bhutan guarantees equal rights to all the gender. Bhutan is committed to fulfil Sustainable Development goal 5 to “Achieve gender equality and empower all girls and women” (Dema, 2017).

Domestic violence can happen to anyone, according to WHO (2020), globally about one to three or 30% of women are subjected to either physical, sexual Intimate Partner Violence (IPV), or non-partner sexual violence in their life. According to some researchers, men are also facing domestic violence in their life with the prevalence rate from 3.4 % to 20.3 % (Kolbe and Büttner, 2020). As per Royal Bhutan Police (2020), most of the victims of domestic violence are women but, about 4% are men. The number for IPV for men is less compared to women due to social stigma and the risk of them losing men’s dignity in the society.

According to World Happiness Report (2016) Bhutan is known as one of the happiest countries in the world (84th), following Gross National Happiness (GNH) as a philosophy for the country's development. Bhutan is not likely to be an exception of Domestic violence. However, data on the prevalence, types, and causes of domestic violence are limited. According to 2012, Bhutan national health survey explored that prevalence rate of domestic violence in Bhutan was 29% and during the Covid-19 pandemic, the rate is expected to get double (Wangmo, 2019). According to RENEW (2007 and 2010) alcohol being the main causes, and neglecting their children and going out without telling their husband were also some of the causes. Despite the fact that domestic abuse appears to be universal, it is difficult to argue for change in local societies and situations without specific data.

1.2 Problem statement

Domestic violence characterizes as one of the major public health concerns not only in Bhutan but also around the world with a prevalence of 1 in 3 (WHO, 2019). Bhutan family system has been patriarchal and women are always considered to be inferior to men (Karan and Norbu, n.d.). As mentioned by Johnson (2020) in a patriarchal model of society, the peoples' perceptions towards domestic violence is seen as gender concern. Where man is more physically able than women, therefore, the man appears to be less vulnerable to domestic violence compared to women. Likewise, due to lack of education Bhutanese thinking were primitive. The public criticize women for being inferior, and consider women to stay at home as a house-wife. Where men are considered as the only source of income.

After novel coronavirus was first confirmed in Bhutan on 5th March 2020, many new cases were confirmed in the country leading to two lock down to avoid local transmission and there was a rise in domestic violence in the country as well. According to RENEW (2019 and 2020), the number of violence cases in Bhutan is at rising from 206 to 231(excluding gender-based violence). Particularly in Thimphu, the capital city, the house has become a dangerous place for everyone to remain during the pandemic (Dolkar, 2020). Thimphu has the highest case with 75 new cases during the 2nd lockdown that was from 19th December 2020 to 7th January 2021, and it is predicted to get double during this pandemic.

Survivors of domestic violence often deals with lifelong consequences; the victims face male related issues which does not end when the wound heal and bruises fade. It is not only the women who are facing violence. It is important to note that most of the violence against men goes

underreported due to cultural and social norms, this research has given importance to both the married couple. According to Johnson (2020) domestic violence does not categorize based on gender, age, socioeconomic status, or religion. Various surveys and research have shown the factors and causes of domestic violence in the country but only a few have measured the knowledge and awareness of domestic violence among people. Also, some authors have suggested further research on the “*causes of abuse and ways to effectively intervene*”. This research can provide data for new ways to control the problem, increased awareness of Domestic Violence, and it will be beneficial to society and the country as a whole.

To the best of my knowledge, the knowledge of domestic violence, or how much married couples in Bhutan knows about domestic abuse, is still unknown. Therefore, in order to measure the perceptions of domestic violence between married couples in Bhutan, a household survey among the married couples in Thimphu Thromde was carried out.

1.3 Research objectives

- To assess the knowledge and causes of domestic violence among different marital status.
- To assess the different coping measures used by married couples to avoid/reduce situation leading to domestic violence.

1.4 Research questions

- What is domestic violence?
- What are the causes or the factors of domestic violence?
- How many types of domestic violence exist?
- What are the coping measures adopted by the married couples to reduce/avoid domestic violence? How do they handle or manage domestic violence?
- What do they know about institutions (RENEW, NCWC, RBP) who works to control/protect women and children from domestic violence in Bhutan?

1.5 Conceptual framework

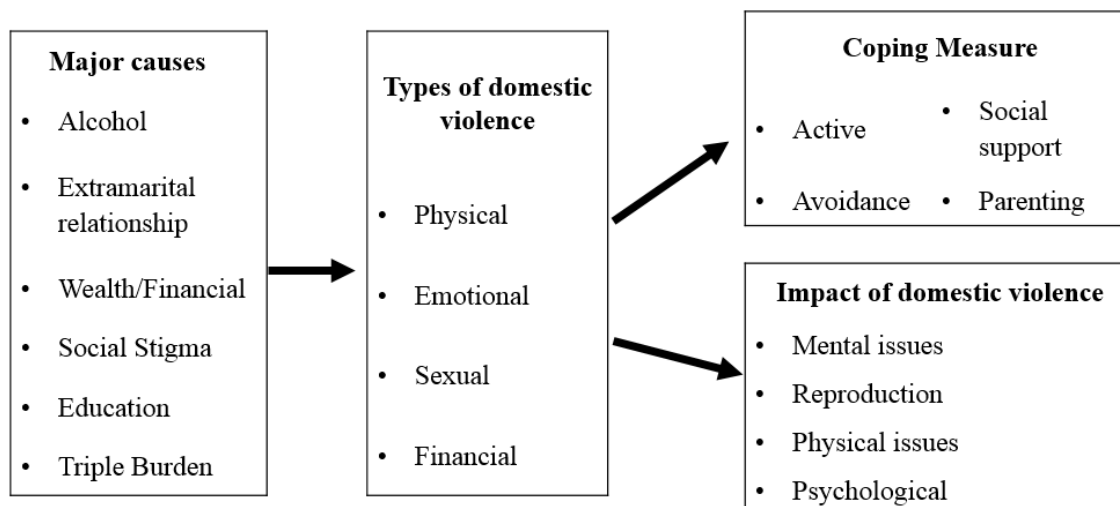


Figure 1.1: Conceptual Framework of the study.

According to Phuntsho (2017), Wangmo (2015), NCWC, RENEW and RBP (2020) domestic violence is caused by various factors like alcohol, extra marital relationship, difference in wealth or financial, social stigma, and education level of the partners (Figure 1.1). Not only that the covid-19 pandemic has made the couples to stay together for longer periods with less/without incomes. Such actions make the situation unsafe for the couples and child, leading to increase in number of domestic violence (118 calls) in 17 days lockdown (Dolkar, 2020; Gyem, 2020).

Due to various causes (Fig 1.1) of domestic violence, there are various kind of domestic violence. The most common types of domestic violence are physical, emotional, sexual and financial abuse. According to Waldrop and Resick (2004) out of numerous copings measure (Fig 1.1) it is divided into two approaches. The two approaches are Active (engagement of victim), and Avoidance (disengagement of the victim). Pan (2006), and Asay (2011) found out other coping measures such as social or community support, parenting classes, cultural strategy (spread of religious teaching about violence), spreading women's rights, making women economically independence and making strict laws on violence. Waldrop and Resick (2004) stated that coping measures is impacted by environment that they live in. The major impacts of domestic violence are mental disorder, affect reproduction system, physical and psychological issues (Wangmo, 2015).

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

Domestic violence has no border and it happens in various forms. On the other hand, the novel coronavirus has affected the world with an increasing number of cases every day. This lockdown and social distancing are affecting different groups of people around the world. As of Bhutan, who follows 'Gross National Happiness' as the holistic approach to measure country development and wellbeing of the people is not able to control the spread of the domestic violence in the country (OPHI, 2008). This pandemic has affected all groups of people around the world and one of the groups who is affected the most is the married couples (MC). During the lockdown, instead of improving their married life, numbers of married couples are facing domestic violence at their home.

According to the Bhutan National Statistics (2012) there is 44% of domestic violence prevalence for the Bhutanese. Thimphu the capital was recorded with highest rate of domestic violence with 26% followed by Phuntsholing with 24%. As per the Bhutan Living Standard Survey (BLSS) of (2017) 53.8% of country population have or had been married which includes married couple, divorced, separated, widow and widower. The marital rate is more than half of the population of the country. Currently the marital rate of Bhutan is 48% with less than 1% couple living together.

2.2 Types of domestic violence

Phuntsho (2017), have differentiated domestic violence into three types; Physical, Sexual, and Psychological violence. His work was based on 2012 National Health Survey (NHS) and as a result they found out that women living in households with more than nine members had reduced the probabilities of physical violence or any Intimate Partner Violence (IPV). Women married to older husbands or partners were less likely to be psychologically abused. Women from poorer wealth quintiles and who married before reaching 18 years of age also had greater chances of any IPV. Whereas NCWC (2017) supported adding economic violence, emotional violence, and controlling behaviour as other type of violence in Bhutan. According to NCWC survey (2017), 35.3% of Bhutanese face controlling behaviour in their life time with 24.3% within twelve months.

Similarly, 15.8% experience emotional violence in their life time, with 8.6% experience within twelve months. As seen in table 2.1, there are four types of domestic violence reported by BBS (2020), where physical violence was the highest (27 cases) during the second lockdown in Thimphu.

According to Kumar and Devi (2019), there is another type of domestic violence called 'Individual based violence'. In this type of violence, they found out that aged women and female child are more vulnerable to domestic violence. As per their research because of society, believes, and family, girl child, married women, and aged women are still precarious, in Indian context. According to Kolbe & Büttner (2020) men also face domestic violence by their partners in terms of psychological, physical and sexual abuse. Men prevalence rate is from 7.3% to 37% for psychological violence, followed by 3.4% to 20.3% for physical violence, and 0.2% to 7% for sexual violence. Not only that they concluded that unhealthy man is more likely to suffer more violence with the prevalence rate of 42.9% for psychological, 31.8% for physical, and 8.8% for sexual violence (Kolbe & Büttner, 2020).

Table 2.1 Total number of domestic violence cases in Thimphu during second lockdown

| Types of domestic violence | No. of cases |
|----------------------------|--------------|
| Physical abuse | 27 |
| Emotional abuse | 11 |
| Sexual abuse | 1 |
| Economic abuse | 2 |

Source: BBS

2.3 Causes of domestic violence

According to BBS (2013) there is increase in cases of domestic violence against women in Bhutan. With statistics from RENEW more than 1,217 domestic violence cases have been reported from 2008 to 2012. The prevalence rate of violence against women is 29%. As per the Bhutan Multiple Indicator Survey 2010, the acceptance rate of violence against women is as high as 68% calling for holistic approach. Some of the causes of domestic violence mentioned was due to neglecting children, going out without telling him, arguing with her husband, refusing sex, and burning food. The most common form of domestic violence in Bhutan was physical abuse or the battery.

In a study conducted by Wangmo (2015), causes of domestic violence is because of 'difference of education status' between the couples in relation with rapid urbanization in the country. They also observed that the inequality income is affecting gender inequalities in the family and it is also one of the causes. Not only that, as per the interviewee husband consuming alcohol is the main cause followed by extramarital affairs of the partner which cannot be denied.

Nevertheless, according to past research women have to confer with their husband for any kind of decision, if not they are experiencing high rate of violence. According to Wangmo, (2015), many IPV cases are not being reported in a pervasive due to "culture of silence", and the overall prevalence of any domestic violence is 44% in Bhutan. The urban women are suffering more emotional violence compare to rural women (Wangmo, 2015).

According to Phuntsho (2017) major causes of domestic violence in Bhutan are poor relationship quality between couple, consumption of alcohol, household size, level of education among couples. The early marriage, poor wealth status, and difference in age are also the causes of domestic violence. In terms of our neighbouring country Nepal, alcohol consumption is one of the main causes which increased the risk of domestic violence (Bhatta, 2021).

According to Bhatta (2021) women whose husbands drank alcohol were twice as likely to suffer from domestic violence compare to those whose husband did not drink. Other associated factors are the ethnic culture of Janjati ethnicity and illiteracy of the partners. They also observed that there is higher prevalence of domestic violence against women during their pregnancy period was seen in developing countries with 28% compare to developed country with 13%.

Following, the NCWC (2017) reported that domestic violence is not only caused by alcohol and partner having extra marital affairs, but some cases are also caused by lack of not knowing household chores (triple burden). The study was of two types: one as quantitative and qualitative which consisting of a population-based household survey. In this report, the sample consists of 2200 households from both rural and urban areas of three regions of the East, West, and Central parts of Bhutan. As a result, domestic violence among women is high because they fail to take the responsibility as a housewife in terms of household chores.

Not only that, what triggers their partners for violence is alcohol, jealousy, and extramarital affairs. They also state that women who experience violence have more health issues in terms of reproduction and mental health. This not only affects them but also affects the children who witnessed the violence mentally. As per the report 41.4% of women and girls have experienced

domestic violence but only 27.5% of them have reported and have sought help. This result confirmed that domestic violence is not only caused by alcohol but also due to a lack of responsibility within partners (NCWC, 2017). As seen in table 2.2, the women being victims' cases in Bhutan has increased from 395 in 2017 to 409 in 2018 as per RENEW.

Table 2.2: Total number of women victims of domestic violence reported to RENEW

| Women being victims of domestic violence | Cases reported |
|--|----------------|
| 2017 | 395 |
| 2018 (Until November) | 409 |

Source: RENEW

In connection to extramarital affairs and alcohol, financial problem and social stigma are also playing its role to increase domestic violence in the community. In an article written by Lhaden (2020), during the pandemic, many people lost jobs and spend too much time together at home without income which led to increase in domestic violence.

As per RBP (2020) majority of the victim for domestic violence are women with only 4% were men. It is believed to be more than that but most of them are not reporting the cases as they are afraid to lose their dignity in the society. According to Lhaden (2020), men are not able to report violence case as they considered themselves as head of the family and it will only bring bad luck and they will be belittling by the society. On the other hand, increase in violence by man are mostly because of social stigma of '*man being superior and women as inferior*'. Therefore, this confirms that domestic violence among women is due to social stigma which is being passed down from our ancestors. Another reason is the couple spending too much time together without income could lead to domestic violence and women are the one who experiences most of the violence (Lhaden, 2020).

2.4 Coping measures

According to Waldrop and Resick (2004) coping measures is impacted by the environment that they live in. It is categories in three factors named environmental constraints, personal constraints, and extreme threat. They have examined that there is various type of coping measures based on which constraints has more impact, but it is including in two approaches. These two approaches are active or approach of coping form (where the victim tries to take action against violence/engagement of victim) and avoidance coping (where the victims tries to bury or hide the

violence/ disengagement if victim). Not only that Waldrop and Resick (2004) also find out that “women without a history of violence in the family of origin were more likely to use more active coping strategies as violence increase in severity.” Likewise, “women with a history of violence in their families used more avoidant coping and less active coping effort in response to increasingly severe physical violence” as well.

Moreover, women with more traditional attitude usage less active-behavioural coping when the violence is more severe. Social support is another coping measure mentioned in Waldrop and Resick paper. Social support is a variable that includes both form of coping and a resource contributing to the availability of other form of coping. As there is less or no social support on violence or abuses in the community or society the victim is not able to share the pain with anyone. Based on the level of social support the victim is likely to engage in more avoidant or active coping measures. In contrast, social support increases active coping, as a result the discussion about abuses and violence among society can be encouraged and come up with more coping activities (Waldrop & Resick, 2004).

Fikree et al. (2005) did survey in Pakistan with a total sample size of 176 men above 18 years was surveyed on the information such as demographics, behaviours, and attitudes towards their wife. As per the paper the lifetime prevalence of marital abuses was 49.4%, including slapping hitting, and punching was often reported of 47.7%. From 176 sampling 55% of men were victims of physical violence during childhood and 65 percent have witnessed their mother being beaten during their childhood. Almost half of the subjects (46%) thought that husband has the rights to hit their wives. Common factors for arguments are issues related to child, money, and attitudes toward husband and their relatives (Fikree et al., 2005).

They have also explained that man from violent family, who have viewed violence as normal behaviour in the family will continue the violence behaviour as an adult as well. As a preventive measure they have found out that the society, and the country as a whole need to create an awareness of domestic violence in the context of how importance the women’s right is. They should not mistreat them and provide an assistance to those who show abusive behaviour. Fikree (2005) also mentioned that there is need of an effective solution for domestic violence with the involvement of the “community-based non-government organization”. Domestic violence is one of the practices that is happening in every society, and culture practices and custom that we believe

play a big role. Therefore, positive change in such practices can be done through involvement of community based non-government organization (Fikree et al., 2005).

Pan et al. (2006) conducted survey in three community (Latino, Somali, and Vietnamese) of San Diego. They observed the perspectives of the three communities, to examine generational and gender difference, community attitudes and beliefs related to domestic violence. They interviewed 120 people from three communities, forty sampling from each community. As a result, they find out that following was the effective strategies used by Somali community was that they help women develop economic independence in hand with educating men about laws, giving parenting classes. As per the Vietnamese community best culturally strategy they find out was the spread of Buddhist and Christian teaching about violence in hand with social services by youth. In Latino community they educated women about their rights, provided parenting classes, and help women develop with economic independences (Pan et al. 2006).

Asay (2011) talks about awareness on domestic violence in Romania and Moldova community. As a result, there was a general lack of awareness and accurate information about domestic violence in the community. As they agree that women and sometimes men suffer the oppression of control and violence in their marriage. They found out that man uses violence to hold onto power and control within relationship. For some men uses of violence is to keep women quiet and respect husband with fear. The paper also reported that among many types of violence “emotional abuse” is most common in all the marriages and it is the most hurtful and takes longer period to heal (Asay, 2011).

The participants believes that domestic violence is the large problem not in their community (44%) but also in their country (75%). Most of the participants did not knew that moderately hitting, and slapping is inappropriate behaviour due to their culture believe “*man did not love his wife if he didn’t beat her*”. Other common factors for the violence are alcohol, economic situation and immoral influence of the media. Other sub factor is like lack of love between couple, low self-esteem, and witnessing abuses in their family of origin. In the report married man supported that the government should give the necessary resources, such as enforcing laws, social programs, and education, to control violence in the community and country. Where women favour therapy as the most effective technique for reducing or eliminating violence (Asay, 2011).

CHAPTER THREE

METHODOLOGY

3.1 Study Area

The study area is in Thimphu Thromde. Thimphu has area of 1748.590 sq. km with the altitude of 2,330 meters above sea level. The dzongkhag has 42.9 percent of area covered with forest and it is the capital city of the country. Thimphu Thromde consists of seven Demkhong, namely: Babesa-Semtokha, Changangkha, Kawang, Motithang, Norzin, Olakha-Changzamtok, and Tabadecholing Demkhong. According to Population Housing Census of Bhutan (2017) the total population of Bhutanese in Thimphu dzongkhag is 138,736, where Thimphu Thromde alone has the population of 114,551. Most of the development practices are carried out in Thimphu Thromde. In addition, number of development activities, and important political buildings, offices are located in this area. People of all walks of life as well as belonging to different districts work in Thimphu for their livelihood. According to Dolkar (2020) there is increase cases in domestic violence in Thimphu during covid-19 pandemic. Therefore, it is the suitable study site for the research.

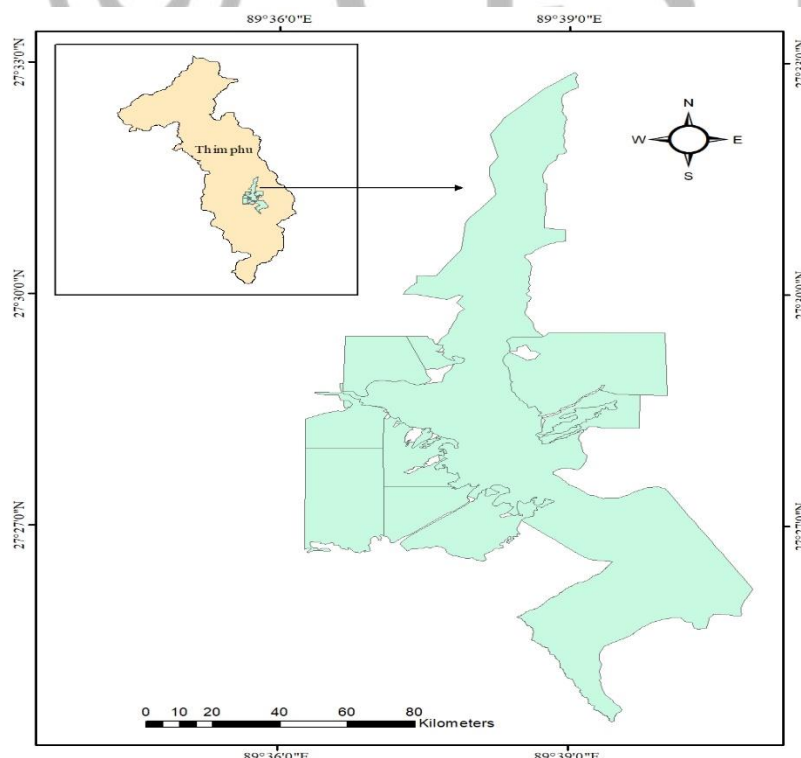


Figure 3.1: Map showing the study sites in Thimphu

3.2 Sampling size

The sample consist of married couples of both the gender, any religion, married/living together, educated/uneducated, working or non-working partners. According to Population Housing Census of Bhutan (2017) the total number of married people in Thimphu Thromde is 49,739. The sample size was derived from online calculator namely “Raosoft” to determine the sample size for the large population. Based on the formula for determination of sample size, 382 was drawn as the sample size (with 95% confident level, 5% margin of error and assuming a response distribution of 50%). This sample size was divided into seven Demkhong of Thimphu Thromde namely: Babesa-Semtokha, Changangkha, Kawang, Motithang, Norzin, Olakha-Changzamtok, and Tabadecholing Demkhong.

$$=382/7$$

$$=55 \text{ respondents from each Demkhong.}$$

Where,

-n is the sample size

-N is the total population

-e is the p value (Level of precision) (e.g. 0.05 for 95% confident level)

For key informant one representative each from NCWC, RENEW and RBP agencies was included. Therefore, the total sample size was $382+3=385$.

3.3 Sampling methods

In terms of sampling methods, the method was simple random sampling among married couple in all districts under Thimphu Thromde to assess their knowledge and causes of domestic violence form different districts. Snowball sampling was used to identify couples who experienced domestic violence.

3.4 Data collection

This research was a self-administrated questionnaire on the understanding of domestic violence among married couples. To assess the knowledge among couples, there are ten questions related to domestic violence. To measure the attitude on domestic violence, the study used Intimate Partner Violence Attitude Scale (IPVAS) which is 17-item questionnaires divided into three main sections: abuse, control, and violence. This scale has been used by many researchers to investigate the perception among intimate partners (Johnson, 2020). To measure the causes and coping

strategies, the questionnaires consists of sixteen causes and thirteen coping strategies (Annex 1). The questionnaire was open and close ended questions based on three main sections (knowledge, causes, and coping strategies) of IPVAS. Due to covid-19 most of the data was collected using online google forms. For some uneducated couples and victims of violence, face to face interview was conducted for better information and clarification. The target population are the married couples who have or have not experienced domestic violence before and during covid-19 pandemic.

For the secondary sources, the Bhutan Statistics Bureau, National Commission for Women and Children, RENEW, Royal Bhutan Police, newsletters, journals, articles, strategies and policy papers and other online sources such as Kuensel and BBS was used.

3.5 Data analysis

The data was coded and entered into a Microsoft Excel Worksheet, then it was imported and analysed in IBM SPSS Statistics 25. Some are descriptive statistics such as mean, frequency (N), and percentage (%) were computed. Kruskal Wallis H test was applied to determine if there is any statistically significant difference among (two or more groups) marital status, education and knowledge on domestic violence. 2x2 contingency chi-square test was also applied to compare two groups with a dichotomous dependent variable, such as male and female on a yes/no responses scale.

3.6 Ethical consideration

Before the interview or survey starts, the researcher will ask permission from relevant agencies and Thimphu Thromde for field work. During survey the interviewer will introduce themselves to create a good relationship with the interviewee. Then interviewer will give a complete explanation on the subject matter of the study to give a clear idea about this research, and request for consent to continue the interview. This consent will be obtaining through verbally for uneducated and written form for educated people. To ensure privacy, the interview will be conducted in the household by self-administrated questionnaire with comprehensive and non-judgmental manner. The interview and survey will work in hand with National Child and Women Centre (NCWC), RENEW, and Royal Bhutan Police (RBP) for any requesting assistance.

CHAPTER FOUR

RESULTS AND DISCUSSION

4.1 Demographics characteristics

Out of 390 surveyed participants 211 were female and 179 were male. The sample was divided almost equally in income, status, religion, age, and education, within seven Demkhong of Thimphu Thromde but due to some technical and external forces only 390 samples which was completed has been used. Out of which more than 70 percent (75.9%) were people following Buddhist, and remaining 24 percent (24.1%) was classified as Non-Buddhist that consists of Hindu and Christian.

From a status perspective, 75.9% of the surveyed participants were married for more than a year. About 24.1% are classified as living together and got separated from certain years of marriage. In terms of address, almost all the seven districts under Thimphu Thromde have more than 50 participants. Around 31.3% of the participants were high school graduates couples who are working in private and doing business. Meanwhile, a significant proportion of the respondents have more than one child (75.1%), where more than half (83.6%) of the respondent's monthly income is less than 30,000.

Table 4.1:Demographic characteristics, (n=390 respondents)

| Characteristics | n (%) |
|---------------------------------|--------------|
| Gender | |
| Male | 179 (45.9) |
| Female | 211 (54.1) |
| Status | |
| Living Together | 84 (21.5) |
| Married | 296 (75.9) |
| Divorced/Separated | 10 (2.6) |
| Education | |
| Uneducated | 104 (26.7) |
| Primary | 33 (8.5) |
| Secondary | 28 (7.2) |
| High | 122 (31.3) |
| Degree | 87 (22.3) |
| Masters | 5 (1.3) |
| Monastery education | 11 (2.8) |
| No. of children | |
| None | 97 (24.9) |
| 1 | 113 (29) |
| 2 | 103 (26.4) |
| >3 | 77 (19.7) |
| Religion | |
| Buddhist | 296 (75.9) |
| Non-Buddhist (Hindu, Christian) | 94 (24.1) |
| Monthly Income | |
| <15000 | 149 (38.2) |
| 16000-30000 | 177 (45.4) |
| 31000-50000 | 58 (14.9) |
| >51000 | 6 (1.5) |

Occupation

| | |
|---|------------|
| Government (RBP, Civil, Hospital workers) | 70 (18) |
| Cooperation | 13 (3.3) |
| Private (Business, Broker Driver, Hotelier, Blacksmith, Carpenter, Dancer, Mason, Painter, Tailoring, and Weaver) | 167 (42.8) |
| Teacher & ECCD facilitator | 45 (11.5) |
| Other (Layman, Farmer, Housewife, Unemployed & Retired) | 95 (24.4) |

4.2 Knowledge on Domestic Violence (KDV)

According to the status living together has high knowledge in domestic violence with 59.88% compare to married couples with 52.60%. When questioned people about their knowledge on domestic violence 83.1% have heard and know about domestic violence. As seen in table 4.2, there is a statistically significant difference between the knowledge on domestic violence and education level, [$H(6) = 126.127, p = .000$], with the mean rank of 270.17 for uneducated, 205.17 for primary, 189.41 for secondary, 154.661 for high, and 159.34 for degree level of education.

Table 4.2: Kruskal Wallis test of knowledge on domestic violence and education.

| | Kruskal-Wallis H | df | Asymp. Sig |
|--------|------------------|----|------------|
| KDV_1 | 126.127 | 6 | .000 |
| KDV_2 | 92.458 | 6 | .000 |
| KDV_3 | 111.245 | 6 | .000 |
| KDV_4 | 66.812 | 6 | .000 |
| KDV_5 | 57.935 | 6 | .000 |
| KDV_6 | 69.882 | 6 | .000 |
| KDV_7 | 55.637 | 6 | .000 |
| KDV_8 | 51.662 | 6 | .000 |
| KDV_9 | 62.729 | 6 | .000 |
| KDV_10 | 52.108 | 6 | .000 |

Kruskal Wallis Test

Grouping Variable: Education

Therefore, there is significant difference between knowledge on domestic violence and the different level of education. As the test was showing significant difference, under post hoc test the

pairwise comparison was conducted between education level and knowledge on domestic violence among couples. As a result, there was statistically significant difference between literate (couples with primary, secondary, high, and degree education) and illiterate couples with the $p < .05$.

According to Johnson (2020) women have high knowledge and awareness on domestic violence than man. Compare to this study based on gender, male responds have high knowledge with 60.61% than female with 48.15%, due to more numbers of illiterate and unemployed women respondents, with monthly income below 15000. As women have less knowledge on domestic violence, 41.4% of women and girls have experienced domestic violence but only 27.5% of them have reported and sought help from NCWC (NCWC, 2017). Out of 179 male participants, 92.7% of the male respondents know that beating your partner is domestic violence still than they commit violence against women to hold onto power and control within relationship (Asay, 2011). Fikree (2005) found out that 46% thought that husbands has the rights to hit his wives, it might be because they want to keep women quiet and respect husband with fear (Asay, 2011)

The study shows 45.9% agrees that forcing your partner to have sex, forcing them to stay home 44.6%, and controlling their partners property 44.1% is a domestic violence. About 80.5% agree that beating your partners and 64% responded agrees that throwing objects on your partners is also domestic violence. Similarly, Wangmo (2015), out of 40 respondents 39 respondents with 13.3% have agreed that forcing your partner for sex and using physical force to have sex is one form of violence. About 27.7% of the respondents agreed that hitting your partner, beating your partners, and throwing objects on your partner is domestic violence. These types of violence are faced mostly by married women. According to Asay (2011) 'emotional abuse' is most common in all the marriages but in this study less than half (43.1%) of the married/living together couples have knowledge on emotional abuse. Overall, the study showed that almost all the couples have heard and think that they know domestic violence. There is increase in knowledge on domestic violence due to more educated respondents in this study.

4.3 Attitude on Domestic Violence (ADV)

Table 4.3 shows that 98.2% agrees that they are concern about domestic violence, and 92.1% have also experienced domestic violence in and around them. Whereas, 55.4% have not interfered between married couple while fighting. Nevertheless, more than two third (67.2%) of the respondents have agrees that domestic violence in neighbourhood will affect their life. Similarly,

66.9% thinks and agrees that there is something they can do to improve society and prevent domestic violence.

Under attitude towards domestic violence female attitudes are higher with 44.43% than male with 39.28%. The study concludes that couples have some knowledge and distinguish domestic violence. However, many of them lack information about types of domestic violence such as making your partner ashamed is also emotional types of violence. Intermis of attitude towards domestic violence female attitudes are higher with 44.43% than male with 39.28%, it because most of the domestic violence victims are women (Gyem, 2013). The urban women are suffering more emotional violence compare to rural women (Wangmo, 2015). Therefore, the necessary CSOs, NGOs and the government need to sanitized people with the mind set of helping each other and reduce domestic violence in the society.

Table 4.3: Percentage of male and female who responded "Yes" on ADV

| Do you personally agree or disagree with the following? | Total Yes (%) | Male Yes (%) | Female Yes (%) |
|--|--------------------------|-------------------------|---------------------------|
| Your concern about Domestic violence | 383 (98.2) | 176 (45.1) | 208 (53.3) |
| Domestic violence in neighbourhood will not affect me | 128 (32.8) | 56 (14.3) | 73 (18.7) |
| Controlling domestic violence is government responsibility | 356 (91.3) | 166 (42.5) | 191 (49.0) |
| Preventing domestic violence is NGO's responsibility | 361 (92.6) | 168 (43) | 193 (49.5) |
| Helping domestic violence victim is my responsibility | 365 (93.6) | 168 (43) | 197 (50.5) |
| Preventing domestic violence is Society's responsibility | 364 (93.3) | 170 (43.5) | 194 (49.7) |
| Relevant authorities are taking action against domestic violence | 379 (97.2) | 175 (44.8) | 204 (52.3) |

The Figure 4.1 shows that attitude of married couples towards domestic violence. Where both the gender has somehow faced or witnessed violence in and around them with 49.7% for female and 42.3% for male. According to WHO (2020) about 30% of women are subjected to Intimate-Partner Violence (IPV) or non-partner sexual violence in their life. Whereas, Kolbe & Büttner (2020) mentioned men are also facing domestic violence in their life with prevalence rate from 3.4% to 20.3%. To assess their concern on domestic violence, 18.7% of female think that there is nothing they can do to prevent domestic violence, compare to male with 14.1%. Whereas, 24.8% of male participants have tried or have interfered between married couples while having fights which is high compare to female with 19.5%.

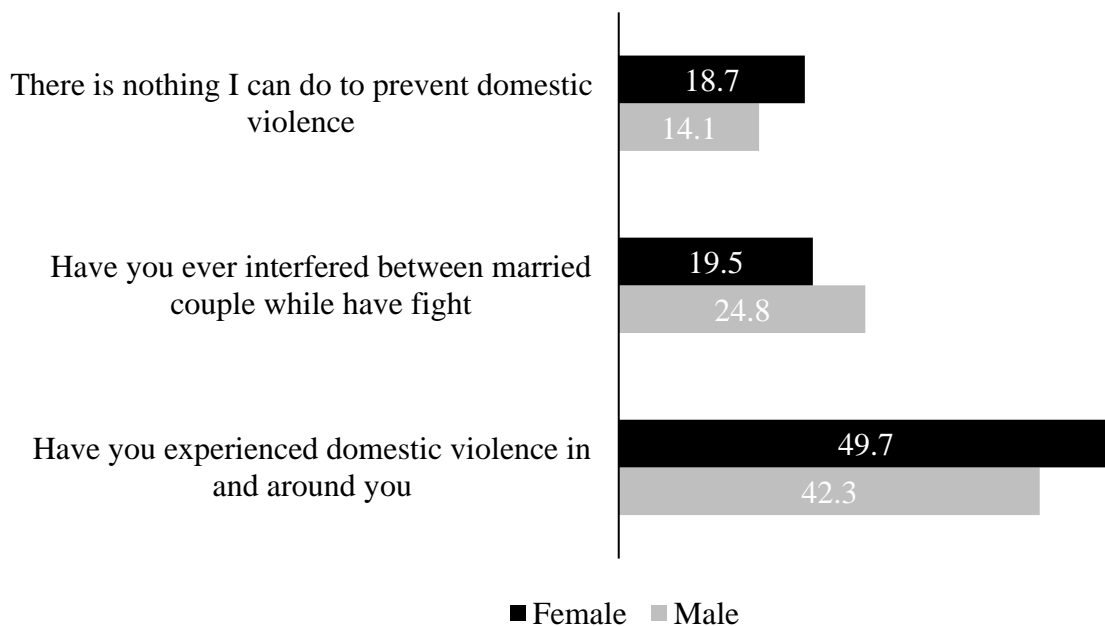


Figure 4.1:Total percent of male and female on ADV

4.4 Intimate Partner Violence Attitude Scale (IPVAS)

The IPVAS is a scale use to measure attitude of married couples on domestic violence (Thompson et al., 2005, & Johnson, 2020). It is divided into three section: 4.1- their attitude on abuse, 4.2- their attitude on violence, and 4.3- their attitude on how to control domestic violence in and around them.

Table 4.4 is showing a statistically significant difference in the attitude of couples with different marital status, $H(2) = (6.039 - 9.880)$, $p = (.021 - .034)$, with the mean rank of (171.15 - 218.36) for living together, (188.31 - 203.10) for married, and (152.4 - 218.8) for separated or

divorced. The study also concludes that variables IPVAS_4.1.1, IPVAS_4.1.2, IPVAS_4.1.9, and IPVAS_4.1.10, has statistically significant differences with different marital status with $p < .05$. Then rest of the variables which have $p > .05$, showing there is no statistically significant difference.

Table 4.4: Kruskal-Wallis H test between status and IPVAS_1

| | IPVAS_4.1.1 | IPVAS_4.1.2 | IPVAS_4.1.9 | IPVAS_4.1.10 |
|------------------|-------------|-------------|-------------|--------------|
| Kruskal-Wallis H | 6.417 | 9.880 | 6.240 | 6.039 |
| df | 2 | 2 | 2 | 2 |
| Asymp. Sig. | .040 | .007 | .044 | .049 |

a. Kruskal Wallis Test

b. Grouping Variable: Status

As there is significant difference, the pairwise comparison was run to compare among different marital status with IPVAScale. As a result, between living together-divorced/separated, and divorced/separated-married couples there is no statistically significant differences with $p = 1$, but the comparison between living together-married couples has statistically significant difference with IPVAScale with $p = .042$.

If we assess the IPVAS, all most all the threats are fine among the couples which could be risky. According to UN Women (2015), the prevalence rate of physical or Sexual Intimate Partner Violence rate is 15.1% in life time. Therefore, their attitudes towards violence is not acceptable, as more than half of the participants supports that it's not appropriate to use violence against each other. This could be because of Buddhist religion believes (use of violence is believed to bring bad karma). In terms of control of domestic violence by the respondents it is not strict. The partners do not agree being aggressive towards their partners but some couples want to control their partners, as Bhatta (2021) stated one in four women reported that their husband used a controlling behaviour on them.

4.5 Causes of Domestic Violence

As seen in table 4.5, out of these many causes extra marital relationship is the highest factor with 75.9% agreeing to this cause. Followed by arguing (73.6%) and alcohol (72.6%) as other factors of domestic violence in Thimphu Thromde. According to both the gender, age difference is the least cause of domestic violence with 32.6%. As per male respondents' triple burden is considered

as least cause, whereas female supports that different in education status is the least cause of the domestic violence with 18.2%.

The data support an ill-fated hidden fact of men experiencing domestic violence but not able to report it due to social stigma (Kolbe, 2020). According to the interviewee husband consuming alcohol is the main cause followed by extramarital affairs of the partner which cannot be denied. Bhatta (2021) stated 66% of domestic violence cases reported in Nepal is due to husband's drinking behaviour. Next cause is arguing, due to lockdown couples were made to spent more time together with less or no income. According to Phuntsho (2017) major causes of domestic violence in Bhutan are poor relationship quality between couple, consumption of alcohol, household size, education difference between couples. Following, the NCWC (2017) reported that domestic violence is not only caused by alcohol and partner having extra marital affairs, but some cases are also caused by lack of not knowing household chores (triple burden). Nevertheless, many respondents are not aware of Triple burden.

Table 4.5: Percentage of total male and female who responded "Yes" to the causes of DV.

| Causes of Domestic violence (n=390) | Total Yes (%) | Male Yes (%) | Female Yes (%) |
|-------------------------------------|---------------|--------------|----------------|
| Alcohol | 283 (72.6) | 139 (35.6) | 144 (36.9) |
| Extra marital relationship | 296 (75.9) | 142 (36.4) | 154 (39.4) |
| Neglecting children | 170 (43.6) | 81 (20.7) | 89 (22.8) |
| Going out without informing | 249 (63.8) | 118 (30.2) | 131 (33.5) |
| Arguing | 287 (73.6) | 131 (33.5) | 156 (40) |
| Refusing sex | 188 (48.2) | 94 (24.1) | 94 (24.1) |
| Burning food | 145 (37.2) | 54 (13.8) | 91 (23.3) |
| Difference in education status | 132 (33.8) | 61 (15.6) | 71 (18.2) |
| Inequality income | 138 (35.4) | 61 (15.6) | 77 (19.7) |
| Large household size | 157 (40.3) | 72 (18.46) | 85 (21.79) |
| Early marriages | 135 (34.6) | 59 (15.1) | 76 (19.48) |
| Financial issue | 221 (56.7) | 96 (24.6) | 125 (32.1) |
| Age difference | 127 (32.6) | 55 (14.1) | 72 (18.46) |
| Triple burden | 145 (37.2) | 53 (13.58) | 92 (23.58) |
| Jealousy | 258 (66.2) | 128 (32.8) | 130 (33.3) |
| Social Stigma | 211 (54.1) | 78 (20) | 133 (34.1) |

4.6 Coping Strategies of Domestic Violence

4.6.1 Statistic Description on Coping Strategies of DV

The Figure 4.2 shows that coping strategies 5.8- talking to a friend is most used and effective methods to cope domestic violence especially among married couples with 191 responds. Followed by living together couples with 44 respondents agreeing as well. It could be because of the potential relationship support provided by his/her friend (Resick, 2004).

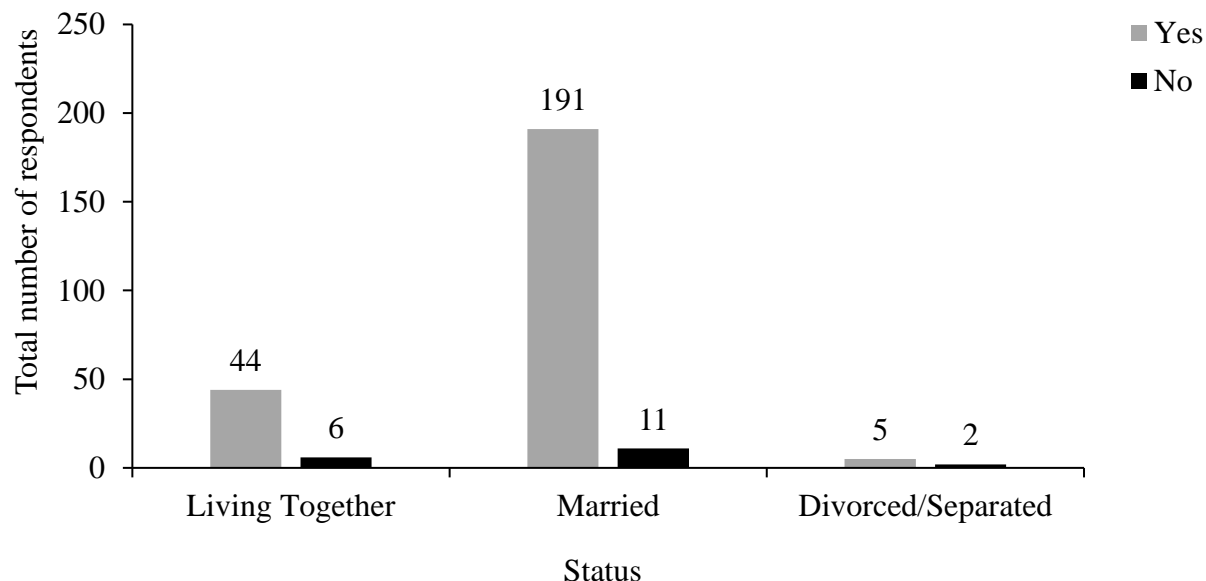


Figure 4.2: Couples responding to Coping Strategies 5.8 (Talking to a friend)

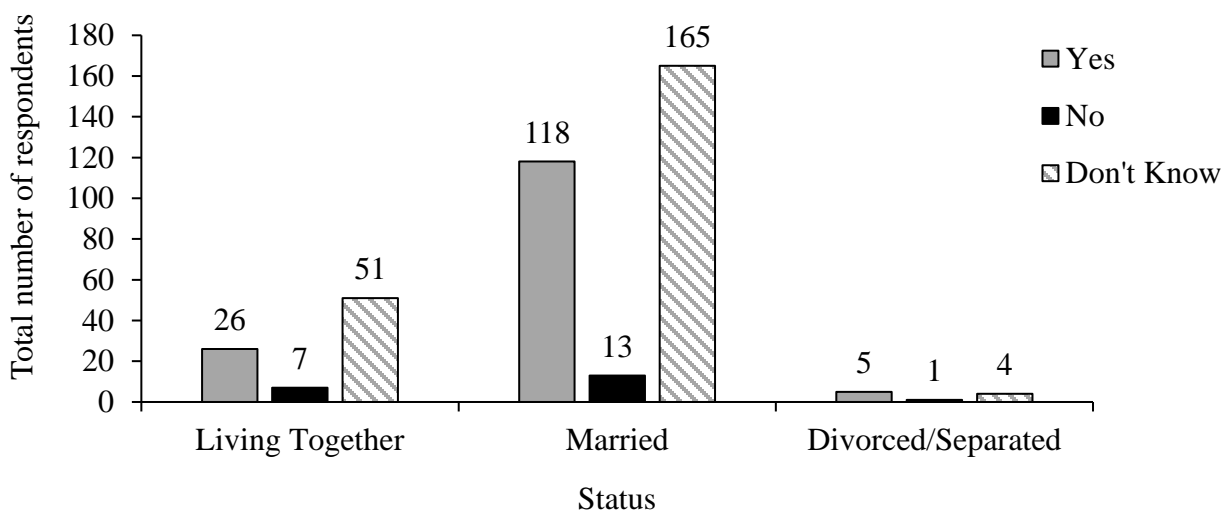


Figure 4.3: Couples responds to Coping Strategies 5.9 (Talking to the family)

The Figure 4.3 shows that 165 of the participants don't know whether talking to the family member could be one of the coping strategies. This could be because of social stigma or lack of family support.

The Figure 4.4 shows that the living together couples don't agree with getting adapted to the situation with 33 responds. Hence, for married couples 123 participants thinks It is a one way of coping strategies at the same time 13 of the participants is saying No. The study also finds out that, these differences is because of the number of years they have been in the marriages. More than 15 years of marriages couples agrees and less than 15 years of marriages disagrees on this coping strategies.

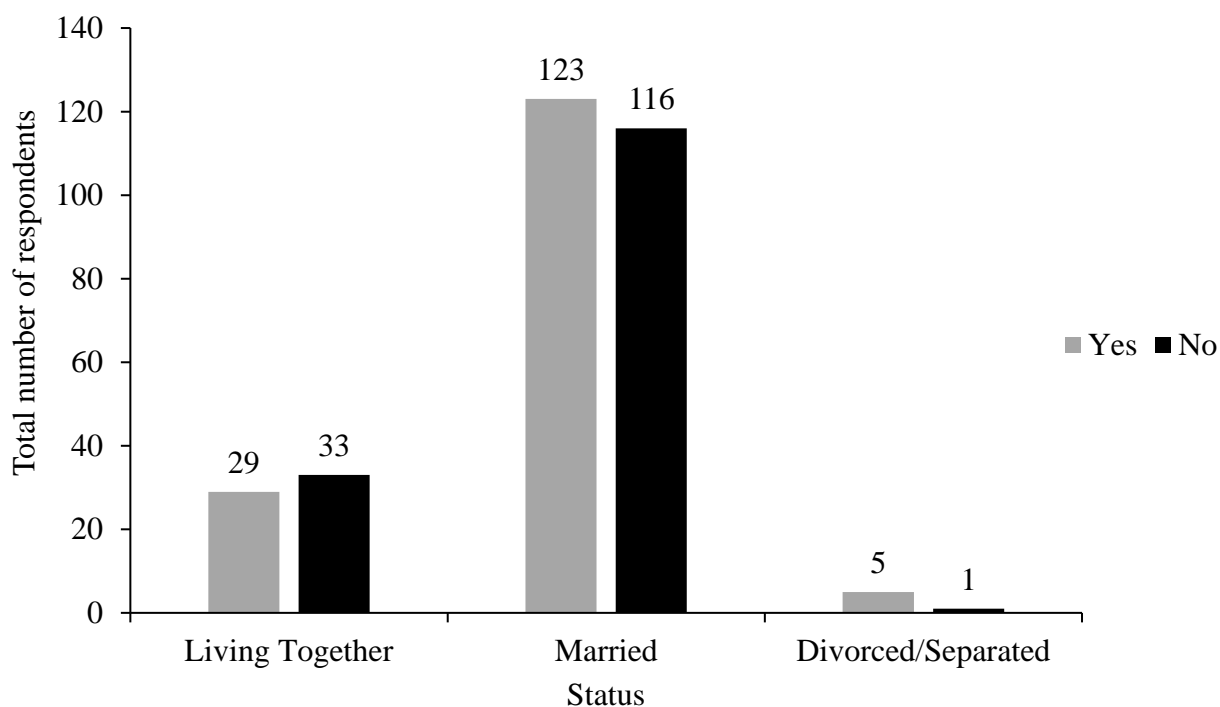


Figure 4.4: Couples responds to Coping Strategies 5.10 (Getting adapted to the situation)

4.6.2 Chi-square test on Coping Strategies

A chi-square test was performed to assess the relationship between gender and other coping measures variables of the participants. The overall, the relationship among the gender and coping measures of domestic violence variables were association with high significant p -values. However, table 4.6, shows that there is significant different between gender and talking to a friend (coping measure_5.8). There was a significant relationship between the two variables, $\chi^2(2, 390) = [6.22]$, $p = 0.04$.

Table 4.6: Chi-square test between Talking to a friend as a coping measures and gender

| | Male (%) | Female (%) | df | χ^2 | <i>p</i> -value |
|-----------------------|----------|------------|----|----------|-----------------|
| Talking to a friend | 30.5 | 31 | 2 | 6.22 | 0.04 |
| Number of valid cases | 390 | | | | |

As per the result, overall talking to your friend is the most used coping measures with 61.5%, and using systematic relaxation procedures is the least used coping strategies by couples with 23.3%. According to Resick (2004) woman who is using avoidance coping (avoiding violence knowingly) may have distanced herself from others. Therefore, the supports provided by other such as reassessment of the violence and concrete assistant, could subsidise to whether the women feel trapped in the violence relationship or not.

4.7 Help Services

The table 4.7, is showing that compare to NCWC, respondents have heard more about RENEW with 78.2% than 69.5%. Likewise, which seeking for help, participants have sought less help from NCWC with 11%, where 8.46% were female and male with 2.56%. Intermis of seeking help from RENEW it is 15.4% with 10.7% are female and 4.6% of male. As per RBP (2020) majority of the victim for domestic violence are women with only 4% were men. It is believed to be more than that but most of them are not reporting the cases as they are afraid to lose their dignity in the society.

Table 4.7: Percentage of couples responding "Yes" to the Help Line Services.

| Help Line Information (HLI) | Total Yes (%) | Male Yes (%) | Female Yes (%) |
|--|--------------------------|-------------------------|---------------------------|
| Do you know what is RENEW? | 305 (78.2) | 159 (40.76) | 146 (37.4) |
| Do you know what RENEW does? | 290 (74.4) | 146 (37.4) | 144 (36.92) |
| Have you ever sought help from RENEW? | 60 (15.4) | 18 (4.6) | 42 (10.7) |
| Do you know what is NCWC? | 271 (69.5) | 138 (35.38) | 133 (34.1) |
| Do you know what NCWC does? | 253 (64.9) | 126 (32.3) | 127 (32.56) |
| Have you ever sought help from NCWC? | 43 (11) | 10 (2.56) | 33 (8.46) |
| Have you ever sought help from local police station? Or RBP? | 61 (15.6) | 17 (4.35) | 44 (11.2) |
| Do you know the toll-free number for help? (1098/1010/113) | 246 (63.1) | 129 (33.1) | 117 (30) |

The table 4.8, show the knowledge of couples from different marital status on the help line services for victims of domestic violence within the country. A 2x2 contingency chi-square was run to compare gender and knowledge on help line services which is available within the country with yes/no response scale.

Table 4.8: 2x2 contingency chi-square between gender and HLI_8

| | Value | df | Asymptotic Significance (2-sided) |
|------------------------------------|---------------------|-----------|--|
| Pearson Chi-Square | 11.481 ^a | 1 | .001 |
| Continuity Correction ^b | 10.779 | 1 | .001 |
| N of Valid Cases | 390 | | |

In table 4.9 a chi-square test was performed to examine relationship between the knowledge on toll-free number and gender. The relation between these variables was significant, χ^2 (1, N =

390) = 11.481, $p = .001$. The phi coefficient, $\phi = .227$, suggest a weak positive correlation between knowledge and gender.

Interms of help line information and education, the relation between these variables was significant, $\chi^2 (6, N = 390) = 113.284, p = .000$. The phi coefficient, $\phi = .539$, suggesting a strong positive correlation between knowledge on help line information and level education.

Generally, couples lack knowledge on toll-free numbers, but gender wise male were more likely than female to have more knowledge on help line information due to a greater number of literate male respondents.

According to Norbu and Zam (2021) the policymakers in the health sector and other government officials demonstrated high levels of understanding about public health importance of Gender-based violence (GBV) and its burden on the health system. Likewise, domestic violence is also very dangerous and it is like health issue in the country. Although the government of Bhutan, CSOs, NGOs are trying to create awareness on domestic violence through all forms of media but still most of the participant do not know the toll-free number for RENEW and NCWC. It is very concerning; thus, more effective awareness is needed to make people more aware about domestic violence.

CHAPTER FIVE

CONCLUSION AND RECOMMENDATION

5.1 Conclusion

This study shows more than half (56%) of couples have knowledge on domestic violence. Not leaving unfortunate man who also faces domestic violence but are not able to report due to social stigma. According to the study almost all the married couples have some knowledge on domestic violence but does not have clear information on different types of domestic violence. Their attitudes towards violence is not acceptable, as more than half of the participants supports that it's not appropriate to use violence against each other. Alcohol, and extra marital relationship is the some of the major causes of domestic violence among married couples in Thimphu. Mostly because of social media and pandemic this issue is rising. With potential support given by his/her friend, talking to your friends is one of the most used coping measures by all gender.

Domestic violence exists in and around all of us, study have also found out that all of us will somehow experience some form of violence in our life time. We cannot change everything at once but we can reduce occurrence of domestic violence through educating people and giving people more awareness to increase their knowledge on domestic violence.

5.2 Limitations

- These finding cannot be used to generalized any individual or any dzongkhag.
- Given the situation of Covid-19 pandemic in the country, the data was collected through online.
- As topic is sensitive, male participation is less compared to female.
- There was lack of other secondary data and information on this related topic.

5.3 Recommendations

The following recommendations were made based on the results of the study:

- The future studies could be done in other dzongkhags for in-depth information and data generation to create effective measures to prevent and reduce domestic violence in the society.

- In support with UNO (2022), I would like to recomedate educating students from school about domestic violence under value education could prevent and reduce domestic violence.
- Meanwhile, the data strongly suggest for effective programs and awareness to be given for male and female separately.

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Appendix I: Questionnaires for participants

Title of the study: Assessment on the knowledge of domestic violence in Thimphu Thromde.

My name is Karma Choki, and I am pursuing Master's in Development Practices (7th Batch) in College of Natural Resources (CNR). The objectives of this study are to assess the knowledge and causes of domestic violence among married couple. It will also assess the different types of coping measures used by married couple.

Declaration: "The information gathered herein will be used solely for the purpose of research. The confidentiality of the respondents will be maintained at all times."

1. Personal Detail

| | | |
|---------------------|--|-----------------|
| Name: | Present address: | |
| Age: | Gender: M | F |
| Number of children: | Status: Married | Living together |
| Level of education: | Occupation: | |
| Religion: | Income: <15000 16000-30000 31000-50000 >51000 | |

(Please tick on the option) [Yes-Y/No-N/Don't Know-DK]

| 2 Knowledge | Y | N | DK |
|---|---|---|----|
| 2.1 Have you heard about Domestic violence | | | |
| 2.2 Domestic violence means beating your partner | | | |
| 2.3 Domestic violence means throwing objects on you | | | |
| 2.4 Domestic violence means forcing you to have sex | | | |
| 2.5 Domestic violence means stalking you or your partner | | | |
| 2.6 Domestic violence means forcefully making you stay home | | | |
| 2.7 Domestic violence means taking control over your property | | | |
| 2.8 Domestic violence means making you feel guilty | | | |
| 2.9 Domestic violence mean making you feel embarrass or shame | | | |
| 2.10 Domestic violence means restricting use of financial resources | | | |
| Others (Specify) | | | |

(Please tick on the option)

| 3 Attitude | Yes | No |
|--|-----|----|
| 3.1 Your concern about Domestic violence | | |
| 3.2 Have you experienced domestic violence in and around you | | |
| 3.3 Have you ever interfered between married couple while have fight | | |

| | | |
|---|--|--|
| 3.4 Domestic violence in neighbourhood will not affect me | | |
| 3.5 There is nothing I can do to prevent domestic violence | | |
| 3.6 Controlling domestic violence is government responsibility | | |
| 3.7 Preventing domestic violence is NGO's responsibility | | |
| 3.8 Helping domestic violence victim is my responsibility | | |
| 3.9 Preventing domestic violence is Society's responsibility | | |
| 3.10 Relevant authorities are taking action against domestic violence | | |
| Others (Specify) | | |

(Please tick on the option) [Yes-Y/No-N/Don't Know-DK]

| 4 IPVA Scale | Y | N | DK |
|--|----------|----------|-----------|
| 4.1 Abuse | | | |
| 4.1.1 As long as my partner doesn't hurt me, "threats" are excused | | | |
| 4.1.2 During a heated argument, it is okay for me to bring up something from my partner's past to hurt him or her. | | | |
| 4.1.3 I think it helps our relationship for me to make my partner jealous. | | | |
| 4.1.4 I don't mind my partner doing something just to make me jealous. | | | |
| 4.1.5 During a heated argument, it is okay for me to say something just to hurt my partner on purpose. | | | |
| 4.1.6 It is no big deal if my partner insults me in front of others. | | | |
| 4.1.7 It is okay for me to accept blame for my partner doing bad things. | | | |
| 4.1.8 It is okay for me to blame my partner when I do bad things. | | | |
| 4.1.9 It is not appropriate to insult my partner in front of others. | | | |
| 4.1.10 It is not acceptable for my partner to bring up something from the past to hurt me. | | | |
| Others (Specify) | | | |
| 4.2 Violence | | | |
| 4.2.1 It would never be appropriate to hit or try to hit one's partner with an object. | | | |
| 4.2.2 It would not be appropriate to ever kick, bite, or hit a partner with one's fist. | | | |
| 4.2.3 Threatening a partner with a knife or gun is never appropriate. | | | |
| 4.2.4 I think it is wrong to ever damage anything that belongs to a partner. | | | |
| Others (Specify) | | | |
| 4.3 Control | | | |
| 4.3.1 I would never try to keep my partner from doing things with other people. | | | |
| 4.3.2 I would be flattered if my partner told me not to talk to someone of the other sex. | | | |
| 4.3.3 I would not stay with a partner who tried to keep me from doing things with other people. | | | |

| | | | |
|--|--|--|--|
| 4.3.4 It is okay for me to tell my partner not to talk to someone of the opposite sex. | | | |
| 4.3.5 I would not like for my partner to ask me what I did every minute of the day. | | | |
| 4.3.6 I think my partner should give me a detailed account of what he or she did during the day. | | | |
| 4.4 Causes of Domestic violence | | | |
| 4.4.1 Alcohol | | | |
| 4.4.2 Extra marital relationship | | | |
| 4.4.3 Neglecting children | | | |
| 4.4.4 Going out without informing | | | |
| 4.4.5 Arguing | | | |
| 4.4.6 Refusing sex | | | |
| 4.4.7 Burning food | | | |
| 4.4.8 Difference in education status | | | |
| 4.4.9 Inequality Income | | | |
| 4.4.10 Large household size | | | |
| 4.4.11 Early marriage | | | |
| 4.4.12 Financial Issue | | | |
| 4.4.13 Age difference | | | |
| 4.4.14 Triple Burden | | | |
| 4.4.15 Jealousy | | | |
| 4.4.16 Social Stigma | | | |

(Please tick on the option) [Yes-Y/No-N/Don't Know-DK]

| 5 Coping Strategies | Y | N | DK |
|--|----------|----------|-----------|
| 5.1 Releasing pent-up emotions | | | |
| 5.2 Distracting oneself | | | |
| 5.3 Managing victims' feelings | | | |
| 5.4 Meditating | | | |
| 5.5 Mindfulness practices | | | |
| 5.6 Using systematic relaxation procedures | | | |
| 5.7 Avoiding the situation | | | |

| | | | |
|--------------------------------------|--|--|--|
| 5.8 Talking to a friend | | | |
| 5.9 Talking to the family members | | | |
| 5.10 Get adapted to the situation | | | |
| 5.11 Following religion | | | |
| 5.12 Change in attitude and believes | | | |
| 5.13 Counselling | | | |
| Others (Specify) | | | |

| 6. Help line information (Yes-Y/ No-N) | Y | N |
|---|----------|----------|
| 6.1 Do you know what is RENEW? | | |
| 6.2 Do you know what RENEW does? | | |
| 6.3 Have you ever seek help from RENEW? | | |
| 6.4 Do you know what is NCWC? | | |
| 6.5 Do you know what NCWC does? | | |
| 6.6 Have you ever seek help from NCWC? | | |
| 6.7 Have you ever seek help from local police station? Or RBP? | | |
| 6.8 Do you know the toll-free number for help? (NCWC-1098/1010/113) | | |

Thank you for your time.

Appendix II: Questionnaires for key informants

Title of the study: Assessment on the knowledge of domestic violence in Thimphu Thromde.

My name is Karma Choki, and I am pursuing Master's in Development Practices (7th Batch) in College of Natural Resources (CNR). The objectives of this study are to assess the knowledge and causes of domestic violence among married couple. It will also assess the different types of coping measures used by married couple.

Declaration: "The information gathered herein will be used solely for the purpose of research. The confidentiality of the respondents will be maintained at all times."

1. Personal Detail

| | | |
|---------------------|------------------|-----------------|
| Name: | Present address: | |
| Age: | Gender: M | F |
| Level of education: | Status: Married | Living together |
| Religion: | Occupation: | |

2. Short question answers

- 2.1 What is domestic violence?
- 2.2 Do you think married couples are aware of domestic violence? Why or why not?
- 2.3 How many types of violence are there?
- 2.4 How is victims' attitude when the agency provides the services?
- 2.5 How is victims' partners' attitude when the agency provides the support?
- 2.6 What are the most common factors of domestic violence among intimate partners?
- 2.7 Why do you think the cases for domestic violence among intimate partners are increasing during lock down?
- 2.8 What are the services the agencies provide to the victim of domestic violence?
- 2.9 How do you think victims of domestic violence are coping with their partner?
- 2.10 What are some of the activities the agencies provide to create awareness on domestic violence?
- 2.11 How do you think you can improve awareness on domestic violence among people?
- 2.12 Is there anything you would like to add on?