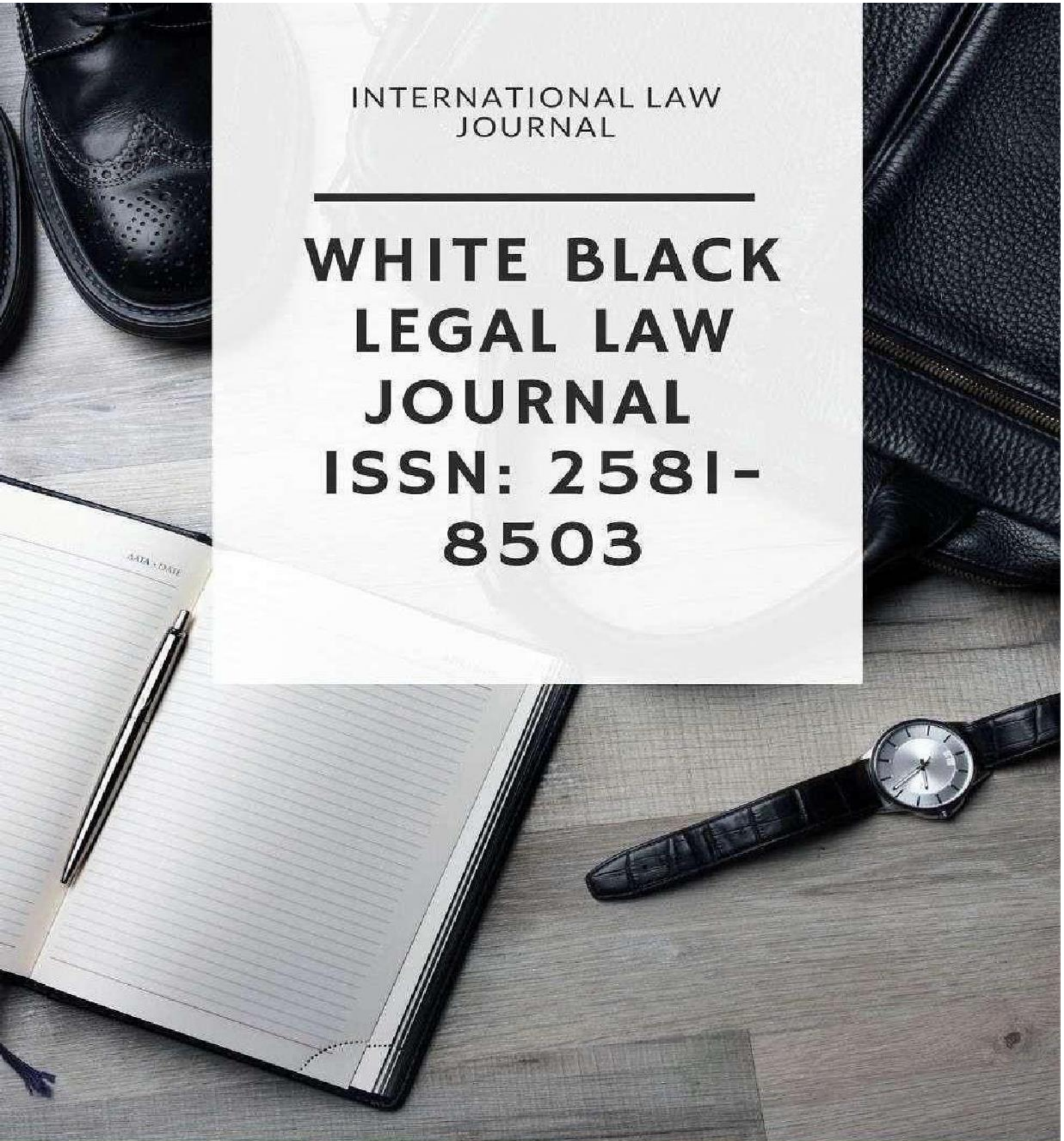




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THE HARDSHIPS MEN FACE DUE TO FAMILY AND SPOUSE IN SOCIETY

AUTHORED BY - P.SELVARASI

B.Sc., LL.B., LL.M

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Abstract

This research article delves into the multifaceted hardships faced by men within the familial and marital contexts in Indian society. While much attention has been directed towards the challenges encountered by women, the adversities experienced by men often remain underexplored. This study aims to illuminate the legal, emotional, financial, and societal difficulties that men endure, contributing to a more comprehensive understanding of gender dynamics in contemporary India.

Legal and Financial Challenges: Indian family laws, while designed to protect individuals, have been critiqued for their gendered application. Men often perceive a bias in legal proceedings, particularly in divorce and custody cases. The financial obligations imposed on men, such as alimony and child support, can be substantial, sometimes exceeding their income, leading to economic strain.

Emotional and Psychological Impact: The societal expectation for men to be stoic providers and protectors can lead to emotional suppression and mental health issues. Men experiencing marital discord or domestic abuse may hesitate to seek help due to fear of stigma and societal judgment.

Societal Expectations and Gender Roles : Traditional gender roles place immense pressure on men to fulfill the role of the primary breadwinner and decision-maker. These expectations can lead to feelings of inadequacy and stress, particularly when men are unable to meet these societal standards. These issues require a nuanced understanding of gender dynamics and a reevaluation of societal norms and legal frameworks. By acknowledging and addressing the challenges men face, society can move towards a more equitable and supportive environment for all individuals, regardless of gender.

Introduction:

The Hardships Men Face Due to Family and Spouse in Indian Society: In contemporary Indian society, the challenges faced by men within the family and marital relationships often remain underexplored. While much attention is given to the struggles of women, men too encounter significant hardships that are frequently overlooked. These challenges encompass legal, emotional, financial, and societal dimensions, reflecting the evolving dynamics of gender roles and expectations.

Legal and Financial Pressures: One of the primary concerns for men in marital disputes is the perceived bias in the legal system. Laws such as Section 498A of the Indian Penal Code,

intended to protect women from dowry harassment, are sometimes viewed as being misused, leading to false accusations and undue legal consequences for men. The financial burden of alimony and child support can be overwhelming, especially when the man is already financially strained. In some cases, men have reported being denied access to their children, leading to emotional distress and a sense of injustice.

Emotional and Mental Health Challenges: Societal expectations often dictate that men should be stoic providers, discouraging them from expressing vulnerability or seeking emotional support. This cultural norm can lead to mental health issues going unaddressed, contributing to higher suicide rates among men compared to women in India. Moreover, the stigma surrounding men's mental health can prevent them from accessing necessary support and treatment, leading to underreporting of mental health concerns and increased vulnerability to stress-related disorders.

Societal Expectations and Gender Roles: Traditional gender roles place immense pressure on men to fulfill the role of the primary breadwinner and decision-maker. These expectations can lead to feelings of inadequacy and stress, particularly when men are unable to meet these societal standards. Additionally, the fear of being perceived as weak or incompetent can discourage men from seeking help or expressing their struggles, further exacerbating their hardships.

Men in family and marriage can face challenges stemming from traditional gender roles, emotional communication, and societal expectations. These can lead to difficulties in work-life balance, financial stress, mental health issues, and strained relationships.¹

OBJECTIVES:

"The Hardships Men Face Due to Problems in Spouse and Family in Society": This research aims to explore and analyze the multifaceted challenges faced by men within the familial and marital contexts in contemporary Indian society. The specific objectives of the study are as follows:

- **To Investigate the Legal and Financial Challenges Faced by Men in Marital Disputes:**
Examine how Indian family laws and legal proceedings impact men, focusing on issues such as alimony, child custody, and perceived biases in the legal system.
- **To Assess the Emotional and Psychological Impact of Marital and Family Problems on Men:**

¹ <https://www.quora.com/why-do-men-suddenly-get-tired-of-playing-family-and-leave-their-women-and-kids>

Analyze the mental health consequences of marital discord, including depression, anxiety, and stress, and how societal expectations influence men's emotional well-being.

- To Examine the Societal Expectations and Gender Roles That Contribute to Men's Hardships:

Investigate how traditional gender roles and societal norms place pressure on men to fulfill specific roles within the family, leading to stress and conflict.

- To Explore the Impact of Marital Problems on Children's Social Upbringing:

Assess how conflicts between spouses affect children's development and social behavior, and the role of fathers in mitigating or exacerbating these effects.

- To Identify Coping Mechanisms and Support Systems Available to Men Facing Family and Marital Issues:

Investigate the resources and strategies men employ to cope with familial and marital problems, and evaluate the effectiveness of existing support systems.²

- To Propose Recommendations for Legal Reforms and Societal Changes to Address Men's Hardships:

Develop suggestions for policy changes, legal reforms, and societal interventions aimed at alleviating the challenges faced by men in family and marital contexts.

RESEARCH HYPOTHESIS:

The hypothesis framed at the commencement of this research was:

“In society, men are increasingly suffering from the oppression of their wives and families, and no legal amendments or developments have been made in this regard.”

REVIEW OF LITERATURE:

The exploration of men's hardships within the familial and marital contexts in India has garnered increasing scholarly attention in recent years. This literature review synthesizes key findings from various studies, highlighting the legal, emotional, financial, and societal challenges faced by men.

Legal and Financial Challenges

Indian family laws, while designed to protect individuals, have been critiqued for their

² A systematic review on dyadic challenges and dyadic coping when one partner has a chronic physical or sensory impairment <https://pmc.ncbi.nlm.nih.gov/articles>

gendered application. Men often perceive a bias in legal proceedings, particularly in divorce and custody cases. The financial obligations imposed on men, such as alimony and child support, can be substantial, sometimes exceeding their income, leading to economic strain. Additionally, the legal system's approach to property division and maintenance is often seen as inequitable, with men bearing a disproportionate financial burden.

Emotional and Psychological Impact

The societal expectation for men to be stoic providers and protectors can lead to emotional suppression and mental health issues. Men experiencing marital discord or domestic abuse may hesitate to seek help due to fear of stigma and societal judgment. This emotional isolation can exacerbate feelings of helplessness and contribute to mental health disorders, including depression and anxiety.

Societal Expectations and Gender Roles

Traditional gender roles place immense pressure on men to fulfill the role of the primary breadwinner and decision-maker. These expectations can lead to feelings of inadequacy and stress, particularly when men are unable to meet these societal standards. The fear of being perceived as weak or incompetent can discourage men from seeking help or expressing their struggles, further exacerbating their hardships.

Cultural Norms and Family Dynamics

In Indian society, the concept of family honor and the role of men as protectors and providers are deeply ingrained. These cultural norms can lead to situations where men feel compelled to maintain a facade of strength and control, even in the face of personal distress. The pressure to uphold family honor can discourage men from addressing issues such as marital discord or emotional turmoil, leading to unresolved conflicts and personal suffering.³

RESEARCH QUESTIONS:

1. What are the domestic violence affects against men in India?
2. How exploration on of Men's in India? and critical analysis of legal protection and gender equality.
3. What are the Prevalence and risk factors of physical violence against husbands?

³ Masculinity and mental illness in and after men's intimate partner relationships in <https://www.sciencedirect.com/science/article/pii/S26673215220000>

RESEARCH METHODOLOGY:

The **NON Doctrinal Method** of legal research has been employed for carrying out this research. Data collected in the google form modes and the limitation is research covered in the area of Villupuram and Puducherry.

CHAPTERISATIONS:

CHAPTER I

DOMESTIC VIOLENCE AFFECTS AGAINST MEN IN INDIA

INTRODUCTION

Violence against men is a less researched and relatively less addressed area of concern. This editorial explores to understand the nature of violence against men and their sociocultural and psychological aspects that impacts men and also looks at men under the lens of victimization and brings to fore the realities of how men also suffer and need support for their well-being.

Patriarchy has been embedded in history at multiple layers across global societies. Although the primal understanding of patriarchy puts men on a one-up and women on a one-down position, no one really benefits from patriarchy. For the word patriarchy reflects "*man-dominance*," it is quite easy to extricate its defeatist impact on men. In addition, when we hear words like "*violence*" or "*abuse*," the immediate presumption is to see women as victims and men as perpetrators. Debunking this stereotype, it is important to bring to light that men are also at the receiving end of violence and abuse. A recent study conducted in 2019 reveals that approximately 52% of men report having experienced violence from the intimate partner/spouse at least once in their lifetime. A pan-India study reported that 98% of the Indian men had suffered domestic violence more than once in their lives. However, factually, almost 95% of men and women experience violence from a male perpetrator.⁴

Violence is an act involving intentional aggression and harm directed toward oneself or others. Speaking of violence in the context of this article, violence refers to domestic violence. The term "*domestic violence*" encompasses a broad range of violent acts committed by one member of a family or household against another. It often refers to the mistreatment of a child or spouse. The key difference is the relationship that the abuser has to victim. Domestic violence entails not only physical harm but also threats, verbal, emotional, psychological, and sexual abuse. Violence against men is often not taken seriously, is reported less and does not have formal legal recognition, in this realm. Unfortunately, this is largely resultant of the social attitudes and

⁴ Indian journal of community medicine, 2019- journals.lww.com https://scholar.google.com/scholar_lookup

perceptions that people have toward the gender of the victim and perpetrator.

Most often, men are colored as the perpetrators although this may be true for a proportion of the perpetrators of violence, it evades the seriousness needed to be directed at male victims of violence. India records the highest prevalence of violence against men as compared to other countries.⁵

Men are also less likely to report violence directed at them, especially when violence is experienced at home and/or by a partner. There are several social and culturally driven norms that support violence (of all forms). Although most of these norms go against women surging the rates and frequency of violence perpetrated against, some of them hold true for their husbands.

violence directed toward men as well, and they are as follows:

1. Intimate partner violence is a taboo subject and reporting abuse is disrespectful
2. Sex and sexuality are taboo subjects
3. Violence is an acceptable way of resolving conflicts
4. Individuals in different social groups within society are not tolerated – e.g., homosexuals
5. Mental health problems are embarrassing and shameful, deterring individuals from seeking help.⁶

Patriarchal standards have laid grounds for several difficulties for men as well and it affects them in some of the following ways:

- ❖ Men have to be the earning member of the house which places the burden of financial responsibility entirely on them
- ❖ Men are not taught to be expressive of what/how they feel because they are only taught how to be “strong” and “not sissy” all the time
- ❖ Emotional vulnerability is never taught to men which compartmentalizes their emotions and affects their mental health
- ❖ One is not man enough if they are not the decision-making authorities in their house
- ❖ Men are looked down upon for being emotional and sensitive because those are feminine qualities⁷

⁵ sociocultural and legal aspects of violence against men <https://journals.sagepub.com/doi/abs>

⁶ gender neutrality in domestic violence laws of India: the neglected male side <https://www.tseld.com/domestic-violence-against-men-india>

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- ❖ Patriarchal teachings have also created distant discrepancies and warped notions about how men treat women
- ❖ Men are never taught how to handle failure or rejection well
- ❖ There is shame associated with homosexual orientation
- ❖ Men are constantly expected to “man up” even if it is at the cost of their and others' well-being
- ❖ One is not man enough if they do not express physical aggression or abuse verbally.

NATURE OF DOMESTIC VIOLENCE AGAINST MEN

Any form of violence, thus, including domestic violence is against humanity and a violation of basic human rights, a punishable offense. Most frequently experienced violence in intimate partner violence and domestic violence is emotional abuse/violence-most often not reported by people. Global reports on domestic violence have recognized it to be a form of violence that affects a person's life in all spheres-physically, mentally, emotionally, and psychologically.

Physical abuse directed at men includes slapping; pushing; hitting by wife/her parents/relatives; or throwing objects such as utensils, cell phones, and crockery at the husband. The most common form of physical abuse identified is slapping which is reported in 98.3% and the least common was being beaten by weapon that accounted for 3.3% of the cases. Only in one-tenth of the cases, men reported that physical assaults were severe.⁸

Psychological and/or emotional abuse against men encompasses criticism being reported against men (85%), were insulted publicly or in front of someone (29.7%) and 3.5% were threatened or hurt. It can also be in the form of mental abuse such as constant threats to the husband and his family. One of the most traumatic experiences that men report is a false allegation of IPC section 498 of dowry and domestic violence.

Sexual abuse has been reported to be experienced by a small proportion of 0.4% of men, which is usually when the man denies having sex.

NATURE OF ABUSE AGAINST MEN

There are several scenarios and several types of violence that men are also subjected to. Although sexual abuse/violence/crime against men is often not a common thought and is also less reported, it does not mean that it is nonexistent. More often, men are also subjected to unwilful sexual activities to gain rewards or promotion or avoid slack at work or to be in the

⁸ gender neutrality in domestic violence laws of India:the neglected male side <https://www.tseld.com/domestic-violence-against-men-india>

pleasing books of the wife. Several men have also reported being sexually abused and/or molested as children or young adults by men and women who are either their family members or (molested) in public.

Often, this is not taken seriously and also is attached with being “not man enough” which results in lesser reporting of the same. Men also report being made fun of, ridiculed, and abused by their partners if they are unable to perform. A lot of men also engage in several distressing sexual activities out of the pressure of pleasing and satisfying their partners irrespective of them enjoying the act.

Another crucial and commonly reported phenomenon is that of having performing anxiety and one is not considered machismo should they fail to perform or sustain the act long enough, then such a blame is directly misconstrued on the inability of the man to perform rather than being more sensitive to address various factors among couple.

Another aspect that is challenging for men is that men are always assumed to demand and want sexual interests from their partners. This largely devoid men from the platonic touch that is conducive to building warmer relationships and equally important for their well-being.

In India, several young men with good qualifications and good income are abducted and forced to marry without their consent. Oft encountered are also allegation of complaints of false rape and other charges such as false molestation, dowry, and domestic violence. This is seen resulting due to the prejudiced worldview of the law and society that always traditionally favor females as the weaker sex. Apart from that, several female spouses also indulge in extramarital affairs, compromising their existing marital relationship.⁹

Considering the emotional angle of abuse, men's emotional well-being and psychological sanity are conveniently ignored by their partners and sometimes by the family at large as well. Should the mere expectation of financial stability not be met, it leads to hurling accusations of incapability toward men. There are few women who would stand up to support men in such situations and have an understanding approach about the same. Very often, the emotional stress that men have due to their work, of running the house, paying bills, and loans is left unaddressed and the stress gets further added with complaints of not being available for the family.

It also becomes a ground for divorce in some situations. It must be kept in mind that apart from the social conditioning of patriarchy that keeps men at bay from being expressive, they are also hardwired to be socially relatively less engaged. However, this can be changed. Spouses often expect men to read in-between the lines but many of them may not have the ability to do so.

⁹ domestic violence against men in India <https://www.researchgate.net>

Many a times, aggression has been an issue in women as well. Their aggressive nature disrupts the inter-spousal relationship and some men fail to express their discomfort with the same. Often the frustration that working women face at the workplace and of handling the home situations is vented on husbands and is expected to be normative.

Often, in such situations, men are expected to understand and let go of it-what gets overlooked is that the relationship suffers in the long run. In some instances, women are dominating as persons as well which suppresses men to freely express their needs and wants from that relationship.

On a familial level, a man is not a good husband or a good father if he has not been able to give them luxurious happiness, vacations, dinners, and outings. This may be an unrealistic and difficult expectation for many men. Often what men prefer an idea of holidaying or relaxing remains concealed. The expectation from a man is to constantly be that "good" husband/son/father.¹⁰

PSYCHOLOGICAL IMPACT OF VIOLENCE ON MEN

Although there are physical impacts of violence against men in the form of injuries, severe assaultive injuries, and lethality in rare situations,¹¹ the psychological impacts are greater. Studies have revealed a myriad of psychological effects of violence against men. Some of them include where men report feeling anger, revengeful, shameful, fear, emotionally hurt, unloved, and helpless.

The higher the level of violence experienced, the greater the chance of experiencing the severity of depression, stress, and psychosomatic complaints. Some studies have also found that when compared to men who have not experienced violence, psychological distress, and depression were found to be higher in men who were at the receiving end of violence. These internalized feelings should be read, while not forgetting that these are also experienced by women almost 2–3 folds higher in the overall population. It may also increase the risk of suicide.

PSYCHOLOGICAL INTERVENTION AND STIGMA IN MEN THAT FACE VIOLENCE

Men who have faced violence and abuse rarely seek psychological help for their problems. One of the main reasons is that men regard it as being shameful to seek help as being men, and it is

¹⁰ domestic violence against men in India <https://www.researchgate.net>

¹¹ the open psychology journal <https://openpsychologyjournal.com>

very demeaning for them to be abused at the hands of woman. The stigma of not being a man and standing up to the abuse as well as not being able to manage the abuse on his own are other reasons why the man feels shame.

The fear of being laughed at and ridiculed at is another factor. Furthermore, most organizations in India that work with domestic violence are women centric and have more women staff, female psychologists, and female counselors. Many such organizations may also have staff who are trained but have been victims of women.

The approach to handling domestic violence against men may differ as to the person who has been abused also differs from women. The fear of being ridiculed by the police and law also thwarts them from seeking help from that pathway. There is a need for sensitization of organizations toward violence against men and making them understand that this is a problem that genuinely exists.¹²

CONCLUSIONS

In a system that largely remains patriarchal, it is necessary to understand that although men are often perpetrators of the patriarchal wreck, there are some men who are victimized by the violence as well. What is most important to understand is that the reason why men and women are different is to strike a balance and fill the void in relationships-one must not have an expectation from men to be like women or women to be like men.¹³

Qualities that are lack in men and women can be learned with practice and time. Equality is about accepting, celebrating, and balancing differences. There is a need to break the shackles of patriarchal hold to benefit society at large. There is a need for us to also cater to the needs of mental well-being of men and outgrow the water-tight definition of masculinity.¹⁴

CHAPTER II

THE EXPLORATION ON OF MEN'S IN INDIA AND ANALYSIS OF LEGAL PROTECTION & GENDER EQUALITY

Introduction

In the pursuit of gender equality, the Indian legal system has largely focused on protecting

¹² south India journal of social science <https://journal.sijss.com>

¹³ gender neutrality in domestic violence laws of India:the neglected male side <https://www.tseld.com/domestic-violence-against-men-india>

¹⁴ domestic violence against men in India <https://www.researchgate.net>

women's rights, often overlooking the struggles and concerns of men.¹⁵ Despite being an integral part of society, men face various challenges, including custody battles, mental health stigma, gender-based violence, and sexual harassment¹⁶. 'Sexual harassment', the term is by default synonymous with the 'sexual harassment of women'.

The sexual harassment of men largely remains a hush affair in our country. But just because society refuses to acknowledge it, doesn't mean that it does not happen. "It doesn't happen as often as sexual harassment of women by men but sexual harassment of males in work places is also very common," according to Pavan Choudary, author of 'How A Good Person Can Really Win' and an expert on workplace ethics.

The issue is so entirely neglected in men that even our legal system is obsolete of laws protecting men from sexual harassment. The sexual assault laws of our country have been devised such as that they clearly state their existence exclusively for women.¹⁷ The sections 354, 509, and 376 of the Indian Penal Code which deal with sexual assault, namely, outraging the modesty of a woman, eve teasing and committing rape of a woman, all assume that men cannot be subjected to these crimes. The existing legal framework, though well-intentioned, has inadvertently perpetuated gender bias, leaving men without adequate legal recourse.

This study aims to explore the neglected aspect of men's rights in India, examining the legal protections, gender roles, and societal stigma that contribute to the denial of their fundamental rights. By analyzing the existing legal framework, case laws, and academic literature, this research seeks to identify gaps and challenges, ultimately providing recommendations for a more inclusive and responsive legal system that addresses the concerns of all individuals, regardless of gender.

Legal Landscape for Men's Rights in India

The provisions in India that address men's rights, including sexual harassment, are scattered across various statutes and court decisions. While there are some provisions that specifically address men's rights, they are often inadequate, and their effectiveness in providing protection and recourse is limited.¹⁸

¹⁵ Rajesh Kumar v. State of Uttar Pradesh, (2020) 10 SCC 747, 753 (India) (highlighting the need for gender-neutral laws to address domestic violence).

¹⁶ Men's Rights in India: A Critical Analysis, 12 J. Indian L. Inst. 1, 5 (2020) (discussing the lack of legal recourse for men facing gender-based violence).

¹⁷ Sexual harassment of male a reality, but remains a taboo, Indian Express Journalism <https://indianexpress.com/article/india/sexual-harassment-of-male-a-reality-but-remains-a-taboo/> (Visited on 21 may 2025)

¹⁸ Romit Chowdhury, Conditions of Emergence: The Formation of Men's Rights Groups in Contemporary India, Indian Journal of Gender Studies, 23-45, 2014.

The Protection of Women from Domestic Violence Act, 2005 (PWDVA) is a landmark legislation that provides protection to women from domestic violence. However, there is no equivalent legislation that specifically protects men from domestic violence. In *Rajesh Kumar v. State of Uttar Pradesh*¹⁹, the Supreme Court held that the PWDVA is gender-neutral and can be invoked by men as well. However, this ruling has been criticized for its limited scope and lack of clarity.

The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 (POSH Act) is another important legislation that addresses sexual harassment at the workplace. However, the POSH Act only protects women from sexual harassment and does not provide any recourse for men who face sexual harassment.

In *Vishaka v. State of Rajasthan*,²⁰ the Supreme Court laid down guidelines for preventing sexual harassment at the workplace, but these guidelines are not legally binding and have limited scope. The Indian Penal Code, 1860 (IPC) does not adequately address men's rights in cases of sexual harassment and assault. In *Sakshi v. Union of India*,²¹ the Supreme Court held that sexual harassment is a violation of human rights, but this ruling has not been effectively implemented. Additionally, the IPC does not provide adequate protection for men who are victims of domestic violence. In *Vijay Kumar v. State of Haryana*²², the Supreme Court held that men can also be victims of domestic violence, but this ruling has not been widely recognized.

The Code of Criminal Procedure, 1973 (CrPC) also has some provisions that relate to men's rights. In *Amit Kumar v. State of Bihar*, the Supreme Court held that child support is a right of the child, not the parent, but this ruling has not been consistently applied. Furthermore, the CrPC does not provide adequate protection for men who are victims of false cases of dowry harassment. In *Suresh Kumar v. State of Haryana*²³, the Supreme Court held that false cases of dowry harassment are a serious concern, but this ruling has not been effectively implemented. In addition to these legal provisions, there are also some case laws that have addressed men's rights in India. In the case of *Ramesh v. State of Maharashtra*²⁴, the Bombay High Court held that a man can also be a victim of domestic violence and can seek relief under the PWDVA.

¹⁹ C. E. Corry, M. S. Fiebert, & E. Pizzey, Controlling Domestic Violence Against Men, *Journal of Family Violence*, 1-12, 2002

²⁰ AIR 1997 SCC 241, 255

²¹ AIR 2004 SCC 518, 523

²² AIR 2011 SCC 646, 653

²³ AIR 2019 SCC 001, 005

²⁴ AIR 2018) Bom CR (Cri) 333, 335

Similarly, in the case of *Narayan v. State of Karnataka*²⁵, the Karnataka High Court held that a man can also be a victim of sexual harassment and can seek relief under the POSH Act. However, despite these legal provisions and case laws, men's rights in India remain largely unprotected. The legal system in India is often biased against men, and men are often denied justice in cases of domestic violence, sexual harassment, and false cases of dowry harassment. Furthermore, the social and cultural attitudes in India also perpetuate gender stereotypes and biases against men.²⁶

In many cases, men are expected to be strong and stoic, and are discouraged from expressing emotions or seeking help. This can make it difficult for men to seek legal recourse or report incidents of domestic violence or sexual harassment. In addition, the media in India often perpetuates negative stereotypes about men and reinforces harmful gender biases. This can contribute to a culture of misogyny and gender-based violence and can make it difficult for men to seek justice or report incidents of domestic violence or sexual harassment. In conclusion, legal provisions in India that address men's rights are inadequate and ineffective.

There is a need for comprehensive legislation that specifically addresses men's rights, including sexual harassment, domestic violence, and false cases of dowry harassment. Additionally, there is a need for social and cultural attitudes to change, and for the media to stop perpetuating negative stereotypes about men. Only then can men in India receive the justice and protection they deserve.

Gender Role and Social ²⁷Stigma

Gender roles and societal stigma significantly impact the denial of men's rights in India, particularly in cases of custody battles, mental health concerns, and sexual harassment.²⁸

Traditional gender roles often portray men as strong and stoic, while women are seen as vulnerable and nurturing. This societal construct leads to a bias against men, making it challenging for them to seek help and assert their rights.

In custody battles, men are often relegated to secondary parenting roles, with courts favoring mothers as primary caregivers. This bias is rooted in gender stereotypes, assuming women are naturally more nurturing. However, this ignores the emotional and financial sacrifices men make as parents. Research has shown that joint custody arrangements are beneficial for children's

²⁵ AIR 2020 Kar LJ 001,005

²⁶ N. Sharma, "Sexual Harassment: Why Men Are Also Victims," The Hindu Business Line, 2019.

²⁷ R. Das, "Toxic Masculinity and the Silencing of Men," The Quint, 2020.

²⁸ N. Kumar, "Gender-Neutral Sexual Harassment Laws: A Need of the Hour," Journal of Gender Studies, 2020

development, but Indian courts rarely consider this option.

Regarding mental health concerns, men are often expected to hide their emotions and struggles, fearing societal ridicule and judgment. This stigma prevents men from seeking professional help, exacerbating their mental health issues. The National Mental Health Survey of India (2016) reported that 1 in 5 men experienced mental health issues, but only a fraction sought treatment.

In cases of sexual harassment, men are often viewed as perpetrators rather than victims. This bias can lead to false accusations and the denial of justice for male victims. The MeToo movement has highlighted the importance of believing survivors, but men's experiences are often overlooked.²⁹

Societal stigma also perpetuates victim-blaming, where men are shamed for being vulnerable or emotional. This culture of toxic masculinity silences men and denies them their rights. Research has shown that traditional gender roles are harmful to both men and women, limiting their potential and perpetuating gender-based violence.³⁰ To address these issues, it's essential to challenge traditional gender roles and promote gender-neutral policies. Courts must prioritize the best interests of the child in custody battles, rather than relying on gender bias.

Mental health support systems must be made accessible and stigma-free for men. Sexual harassment laws must be gender-neutral, acknowledging male victims and holding perpetrators accountable. Furthermore, education and awareness campaigns can help dispel gender stereotypes and promote empathy. Men's rights organizations can provide support and resources for men facing custody battles, mental health issues, and sexual harassment. Policy reforms can ensure gender-neutral language and practices in legal and social services. In conclusion, gender roles and societal stigma significantly impact the denial of men's rights in India.

Challenging these biases and promoting gender equality is crucial for a just and inclusive society. By acknowledging men's experiences and advocating for their rights, we can create a more equitable world for all. Education and awareness campaigns can play a crucial role in challenging traditional gender roles and promoting gender-neutral policies.

By engaging with schools, colleges, and communities, we can encourage empathy and understanding, breaking down harmful gender stereotypes. Men's rights organizations can

²⁹ The Custody Conundrum: Judicial Bias Against Fathers in India." Indian Journal of Family Law, 12(2), Pg.145-160).

³⁰ Patel, V., et al. (2019). "Mental health in India: Addressing the unmet needs of the population." Indian Journal of Psychiatry, 61(2), Pg. 104-113).

provide vital support and resources for men facing custody battles, mental health issues, and sexual harassment. These organizations can offer counselling, legal aid, and a safe space for men to share their experiences. Policy reforms are also essential to ensure gender-neutral language and practices in legal and social services³¹.

This can include revising laws and policies to recognize men as victims of sexual harassment and domestic violence and providing equal access to mental health services. Furthermore, media representation plays a significant role in shaping public opinion and challenging gender stereotypes. By promoting positive and diverse representations of men and women, we can encourage a more nuanced understanding of gender roles and rights. In conclusion, the denial of men's rights in India is a complex issue, rooted in traditional gender roles and societal stigma.³²

By challenging these biases, promoting gender-neutral policies, and advocating for men's rights, we can create a more just and inclusive society. It is essential to recognize that gender equality is not a zero-sum game, where one gender's gains must come at the expense of the other. Rather, we must work towards a future where all individuals can enjoy equal rights, respect, and dignity.

Legal Framework and Judicial Practices: -

The Hindu Minority and Guardianship Act, 1956, and the Guardian and Wards Act, 1890, guide custody decisions in India. These laws, while ostensibly neutral, are applied in a manner that frequently favors mothers over fathers. The "best interest of the child" standard, often interpreted through a maternal lens, leads to a presumption that mothers are more fit to be custodians. In the landmark case of *Githa Hariharan v. Reserve Bank of India*³³, the Supreme Court of India ruled that both parents have equal rights to custody under the Hindu Minority and Guardianship Act. However, in practice, mothers continue to receive preferential treatment in custody disputes.

Societal norms further reinforce these legal biases. Men are traditionally viewed as breadwinners rather than nurturers, leading to an inherent disadvantage in custody battles. Studies show that fathers are awarded custody in less than 10% of cases, indicating a significant gender bias. Mental health is another area where gender roles and societal stigma significantly impact men's rights. Traditional masculinity norms discourage men from seeking help for

³¹ Ational Crime Records Bureau, "Crime in India," 2020.

³² Amita Dhanda, *Gender and the Law* 12 (2017).

³³ AIR 1999 SCC 228).

mental health issues, leading to underreporting and lack of support.³⁴

Societal Stigma and Cultural Expectations

In Indian society, men are often expected to be stoic and self-reliant, traits that are incompatible with seeking help for mental health issues. This stigma is reflected in the low number of men seeking mental health services. A study published in the Indian Journal of Psychiatry found that men are less likely to seek help for mental health problems due to fear of being perceived as weak.

Availability and Accessibility of Mental Health Services

The Mental Healthcare Act, 2017, aims to provide comprehensive mental health care to all citizens. However, the implementation of this law is hindered by societal attitudes and lack of awareness. Men, in particular, face barriers to accessing these services due to societal expectations of masculinity.³⁵

Case Studies and Media Representation

Cases of sexual harassment against men rarely gain media attention, perpetuating the myth that men cannot be victims. For example, the case of Vijay Sethi v. State of Punjab where a male employee faced harassment from a female supervisor, received minimal media coverage and highlighted the gaps in legal protection for male victims.

Challenges in Reporting and Seeking Justice

Men who experience sexual harassment often face ridicule and disbelief when they come forward. This societal stigma, combined with the lack of legal protection, discourages many men from reporting their experiences. According to a survey by the National Crime Records Bureau, less than 2% of reported sexual harassment cases involve male victims.³⁶

Reforms to ensure gender equality:

Reforms are necessary to address gender equality, men's rights, and sexual harassment in India. The legal system must become more inclusive and responsive to men's concerns.

³⁴ The Custody Conundrum: Judicial Bias Against Fathers in India." Indian Journal of Family Law, 12(2), Pg.145-160).

³⁵ Mental Healthcare Act, 2017, No. 10, Acts of Parliament, 2017 (India).

³⁶ National Crime Records Bureau, "Crime in India," 2020.

In India, gender-based violence, discrimination, and marginalization continue to be significant challenges. While women's rights have been a primary focus of gender-related legislation, it is essential to recognize that gender-based issues affect individuals of all genders.

The need to amend laws to make them gender-neutral has become increasingly evident in recent years. Amita Dhanda, in her book "Gender and the Law" 2017, notes that women's rights have been the primary focus of gender-related legislation, but it is essential to recognize that gender-based violence, discrimination, and marginalization can affect individuals of any gender. This highlights the need for gender-neutral laws that can provide protections for all individuals, regardless of gender. In India, the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, has been criticized for its limited scope, which only protects women from sexual harassment. It is observed that this limited scope fails to provide protections for men and LGBTQ+ individuals who also face sexual harassment. This highlights the need for gender-neutral laws that can provide protections for all individuals, regardless of gender. Ruchira Baruah, in "The Law Against Sexual Harassment" (2018), notes that gender-neutral laws can help to challenge harmful gender stereotypes and promote gender equality.³⁷

Men's Rights and Support

Establishing support centers and helplines for men facing domestic violence, mental health issues, and custody battles is essential for promoting gender equality and addressing the specific challenges faced by men.³⁸

As noted by S. Eshwar in "Law Relating To Sexual Harassment In India" (2019), men can also be victims of domestic violence, and it is essential to provide them with support and protection. Similarly, Ruchira Baruah in "The Law Against Sexual Harassment" (2018) notes that men can face mental health issues, such as depression and anxiety, and require support and counselling. In India, the Protection of Women from Domestic Violence Act, 2005, provides protections for women facing domestic violence, but there is no corresponding legislation for men. As noted by the Supreme Court of India in *Kumar v. State of Kerala*, men can also be victims of domestic violence, and it is essential to provide them with legal recourse. Support centres and helplines can provide men with counselling, legal aid, and other forms of support. The Men's Helpline Org, a non-profit organization, provides a dedicated helpline for men facing domestic violence and legal assistance.

³⁷ Navtej Singh Johar v. Union of India, W.P. (Crl.) No. 76 of 2016 (Supreme Court of India 2018)

³⁸ "Gender-Neutral Laws Essential for Equality," The Hindu,

The Men Welfare Trust also has a helpline that receives thousands of calls each month from men across India and overseas who are battered, abused, and harassed. In conclusion, establishing support centres and helplines for men facing domestic violence, mental health issues, and custody battles is essential for promoting gender equality and addressing the specific challenges faced by men.

Legal System Reforms

Sensitizing legal professionals and law enforcement about men's rights and concerns is essential to ensure that they are aware of the issues men face and can provide appropriate support. This sensitization is critical in promoting gender equality and challenging gender stereotypes.

Importance of Sensitization

Sensitization is crucial as legal professionals and law enforcement play a vital role in shaping the legal system's response to gender-based violence and discrimination. They are responsible for investigating crimes, prosecuting offenders, and providing support to victims. However, if they are not sensitized to men's rights and concerns, they may perpetuate gender biases and stereotypes, leading to inadequate support for male victims.

Methods of Sensitization

Sensitization can be achieved through various methods, including:

- Training programs: Conduct training programs for legal professionals and law enforcement on men's rights and concerns, gender-based violence, and gender-neutral language.
- Workshops and seminars: Organize workshops and seminars to raise awareness about men's issues and promote gender equality.
- Resource materials: Provide resource materials, such as books, articles, and online resources, to educate legal professionals and law enforcement about men's rights and concerns.

Conclusion

The exploration of men's rights in India reveals a complex and multifaceted issue. While men face various challenges and biases, the legal framework and societal attitudes often perpetuate gender stereotypes and discrimination. The analysis highlights the need for gender-neutral

language and laws, effective reporting mechanisms, and sensitization of legal professionals and law enforcement.³⁹

The paper emphasizes the importance of addressing gender biases and stereotypes, promoting gender equality in all aspects of life, and providing equal protection and rights to both men and women. The suggestions made, including gender-neutral language and laws, effective reporting mechanisms, sensitization programs, and awareness campaigns, aim to promote gender equality and challenge gender stereotypes.⁴⁰ The limitations of this paper highlight the need for further research, including primary research and exploration of other aspects of men's rights, such as social and cultural attitudes.⁴¹

The intersectionality of gender with other social categories, like race, class, and sexuality, also requires further examination to provide a more nuanced understanding of men's rights in India. Ultimately, promoting gender equality and men's rights requires a multifaceted approach that involves legal, social, and cultural changes. By working together to challenge gender stereotypes and biases, we can create a more inclusive and equitable society that values and supports all individuals, regardless of gender.

The conclusions and suggestions made in this paper aim to contribute to this effort and spark further discussion and action on men's rights in India. In final thoughts, the exploration of men's rights in India emphasizes the need for a gender-neutral approach that addresses the challenges and biases faced by both men and women.

Here are some suggestions provided which might be helpful for reduce the triggered challenge to men's

1. By promoting gender equality and challenging gender stereotypes, we can create a more just and equitable society that values and supports all individuals. The journey towards gender equality requires a collective effort, and this paper hopes to contribute to this endeavor by shedding light on the complex issues surrounding men's rights in India.
2. Amendment to Section 85 & 86 of the Bharatiya Nyaya Sanhita, 2023 (BNS)
 - Make the provision gender-neutral to include men as victims of domestic violence and dowry harassment.
 - Introduce a penalty for false accusations, to curb the misuse of the law.

³⁹ Agarwal, R., Sensitization of Legal Professionals and Law Enforcement: A Critical Step towards Gender Equality (2020)

⁴⁰ Baxi, P., Gender-Neutral Language in Legal Documents and Proceedings (2019)

⁴¹ Id

3. Enactment of a Men's Protection Act
 - a. Provide legal recourse for men facing domestic violence, emotional abuse, and economic exploitation.
 - b. Establish a national commission for men's welfare to address their grievances.
4. Amendments to the Hindu Marriage Act, 1955 (HMA, 1955)
 - a. Introduce a provision for the protection of men's rights in marriage, including equal rights to matrimonial property and custody of children.
 - b. Make the provision for restitution of conjugal rights (Section 24, HMA, 1955) gender neutral.
5. Establishment of a National Fatherhood Commission
 - a. Address issues related to child custody, visitation rights, and child support.
 - b. Provide a platform for fathers to voice their concerns and seek legal recourse.
6. Review of the Dowry Prohibition Act
 - a. Make the law more effective by introducing stringent penalties for demanding or giving dowry.
 - b. Ensure that the law is not misused by introducing a penalty for false accusations.
7. Creation of a Gender-Neutral Domestic Violence Act
 - a. Replace the Protection of Women from Domestic Violence Act (PWDVA) with a gender-neutral law that protects all individuals from domestic violence.
 - b. Ensure that the law provides equal protection and relief to both men and women.
8. Introduction of a Witness Protection Program
 - a. Protect witnesses and complainants in cases of gender-based violence and discrimination.
 - b. Ensure their safety and security to encourage them to testify without fear of retaliation⁴².
9. Sensitization and Training for Law Enforcement
 - a. Provide regular training and sensitization programs for police officers and judges to handle gender-based cases.
 - b. Ensure that they are aware of the laws and policies protecting men's rights.

⁴² Agarwal, R., Sensitization of Legal Professionals and Law Enforcement: A Critical Step towards Gender Equality

CHAPTER III

PREVALENCE AND RISK FACTORS OF PHYSICAL VIOLENCE AGAINST HUSBANDS.

INTRODUCTION:

Violence against a partner can be physical, sexual, emotional, and financial. Any form of partner violence could result in ill health. Spousal violence is considered a severe social issue with serious health and economic implications on victims, families, and communities. Victims of spousal violence, irrespective of their gender identity, can lead to risky behavior, such as increased smoking and drug abuse. Spousal violence victims often have mental illness and suicidal thinking.

Spousal violence against women has received considerable attention from policymakers, researchers, international organisations, and government and non-governmental sectors (WHO, 2018b). However, spousal violence against men has been less explored for lower prevalence. Available limited evidence shows that men have also been victims of spousal violence perpetrated by wives worldwide. A recent systematic review reveals prevalence rates of 3.4% to 20.3% for domestic violence against men worldwide. National Coalition Against Spousal Violence has reported that one in four men have been physically abused (slapped, pushed, and shoved), and one in seven men have been severely physically abused. Around 48.8% of men have experienced at least one psychologically aggressive behaviour by spouse at some point in their lifetime in the US. National Intimate Partner and Sexual Violence Survey (NISVS) estimated across the United States⁴³ that nearly a quarter of men reported some form of contact with sexual violence in their lifetime. Several studies in African countries indicated violence against men by spouse. Studies in South Asian regions reported that under-reporting of spousal violence against men is evident. Owing to gender norms and culture of men's superiority in the communities, men often hide the victimhood of violence. National report of Ireland (2005) shows that one man in 25 has experienced severe physical abuse, one in 90 has experienced sexual abuse in a relationship, and one in 37 has experienced severe emotional abuse (Watson and Parsons). In India, spousal violence against women has received remarkable attention. Substantial studies reveal prevalence, risk factors, and health consequences of spousal violence against women in India in both rural and urban areas (Verma *et al.*). Social scientists, feminist, and academic researchers have employed robust methodologies to understand various

⁴³ Exploring the Low Rates of Reporting Domestic Violence in Bihar, India: Crown Family School of Social Work, Policy, and Practice. <https://crownschool.uchicago.edu/student-life/advocates-forum/exploring-low-rates-reporting-domestic-violence-bihar-india>

dimensions of spousal violence against women, its varied consequences on victims, families, and communities community trials to provide varying aspects of spousal violence against women.

However, in contrast, the scientists did not explore spousal violence against men and its consequences despite a series of health consequences men experience due to such acts. After the Cairo conference 1994 (ICPD, 1994), researchers worldwide have emphasised men's involvement in preventing and ending spousal violence against women. Substantial intervention studies undertaken to engage men in ending spousal violence against women showed that men's involvement is the critical strategy. However, in the whole process of engaging men to improve women's condition, spousal violence against men and its aftermath have not received much attention.⁴⁴⁴⁵

Available limited literature in India indicates that the prevalence of spousal violence against men exists and a considerable proportion of men experience spousal violence. The study conducted in rural Haryana found that 52.4% of men experienced spousal violence at least once in their lifetime and 10.5% in the last 12 months. All types of spousal violence (except sexual spousal violence) were significantly more common in rural areas than the urban areas. The prevalence of male partner violence in India was found to be higher than USA, Canada, and the UK (19.3%), based on Partner Abuse State of Knowledge project (PASK). Less income, education up to middle class, nuclear family setup, and the influence of alcohol were risk factors for spousal violence against men. Series of newspaper reports based on small-scale studies or NFHS reports and international news depict that spousal violence against men is not uncommon in India and many developed countries.

Spousal violence against women is more frequent and more severe across the globe. Domestic violence was recognised as a criminal offense in India in 1983. The offence chargeable under section 498-A of the Indian Penal Code that relates to domestic violence is any act of cruelty by a husband (or his family) towards his wife (IIPS & ICF, [2007](#), [2017](#)). But this law does not provide much space for men experiencing violent at domestic sphere. Any form of spousal violence is condemnable and deserves legal protection, irrespective of gender. A recent petition in India stated that around 33.2% men ended their lives because of family problems and 4.8% due to marriage related issues in the year 2021.

In 2022, total 1,18,979 men have committed suicides which are about 72% and for women the

⁴⁴ <https://www.ijfcm.org>

⁴⁵ Sciencedirect.com

<https://www.sciencedirect.com>

same figure is just 27%. However, the Supreme Court of India has rejected the petition stating that it is a one-sided picture. Prevalence of external causes of death due to accidents, violence, homicide, suicide, poisoning is always higher for adult male over female. The prevalence of mental morbidity in men is over 6% higher than that in women. According to the National Mental Health Survey 2015–2016, the overall prevalence of mental morbidity in men is 13.9%, while that in females is 7.5% (NDTV, [2023](#)).⁴⁶

The reasons for such high prevalence of external deaths or mental health issues are the complex gender dynamics, especially stereotypes thinking of men being strong, life-related stress and social pressure. A well-known national daily, Times of India survey reveals that 52% people feel that men get most affected by financial matters followed by work and relationship issues, while health occupies just 5% as a cause of mental problems. Though marriage acts as a boost to mental health especially for men, changing social norms, expectations, aspirations are altering fast with modernisation, leading to relationship stress

In spite of having clear sustainable development goal that focused on promoting well-being and ensuring healthy lives for all, the issue of men in context of violence is less researched. To the best of our knowledge, no research work at national level or qualitative scientific studies have been published till date in India to explore spousal violence against men. In this context, the current study aims to provide the nationwide prevalence of spousal violence against men perpetrated by the wife over time and the risk factors of such violence. The study used National Family Health Survey (NFHS 4) data, the only large-scale well known and scientific survey in India (Demographic Health Survey of India) representing domestic violence and estimating state-level prevalence and determinants⁴⁷. NFHS asked ever-married women whether they had ever hit, slapped, kicked, or done anything else to physically hurt their husband at any time when he was not already beating or physically hurting them. This information allows an estimate of violence initiated by women against their husbands because literature reveals clear age gradient of domestic violence against women.⁴⁸

It is also conjectured that those women who justifies violence also indulge into such act, as women who do believe in violence as justified, experience more violence We further hypothesised that the chances of spousal violence against men is more in rural areas and the effects of usual development-related factors like education and wealth in determining spousal violence on men are strong, i.e. with increase in education and wealth, violence reduces. Given

⁴⁶ hational institution of health <https://pmc.ncbi.nlm.nih.gov>

⁴⁷ hational institution of health <https://pmc.ncbi.nlm.nih.gov>

⁴⁸ international institution for population <https://www.iipsindia.ac.in>

no national-level studies available on spousal violence against men in India, this study fulfils the research gap and provides the current situation of spousal violence against men to policymakers to develop evidence-based interventions.

Prevalence of spousal violence against husband in India and States

That about 29 per 1000 currently married women were perpetrating spousal violence in the form of physical assault against their husband when he was not already beating or physically hurting them. Such spousal violence increased from 7 per 1000. The proportion of currently married women doing spousal violence against their husband varied from 2/1000 in Sikkim to 90/1000 in Tamil Nadu.

It was observed that the prevalence of spousal violence against husband increased rapidly in majority of the states except Sikkim, Goa, and Mizoram, during 2005–2006 to 2015–2016. For instance, in Tamil Nadu, spousal violence against husbands perpetuated by women increased from 14/1000 to 90/1000; in Andhra Pradesh, it increased from 10/1000 to 62/1000. However, in Sikkim, women perpetuating the spousal violence decreased rapidly per 1000 currently married women aged 15–49 years.

The bivariate association of violence and selected characteristics. Results revealed that all the predictors at individual level were significantly associated with the prevalence of spousal violence against husband. As the age of women increased, prevalence of perpetuating the spousal violence against husbands significantly increased, from 24/1000 in 15–24 to 32/1000 in 45–49 years. Similarly, as the women's education and their husband's education increased, the prevalence of such violence significantly decreased from 'no education' to 'higher education'⁴⁹.

It was found that the prevalence of such violence was higher among the SC/ST (37/1000) than the OBC (29/1000) and Other caste (19/1000). Similarly, 31 per 1000 currently married women belonging to 'Other religion' (Christian, Buddha, Sikh, etc.) were perpetuating more spousal violence against their husband than the Hindus and Muslims. The prevalence of violence against husband was higher in nuclear family (34/1000) compared to non-nuclear family (28/1000); higher among those who lived into poorest household; who were exposed to TV (31.4/1000) or working and getting paid in cash (43/1000) than those who were not working. Behavioural characteristics indicate strong association with spousal violence. The prevalence of violence against husband was higher among those women whose husbands consumed alcohol

⁴⁹ domestic violence against men-prevalence and risk factors <https://pmc.ncbi.nlm.nih.gov>

(56.1/1000), when women were afraid of husband (31.4/1000), and who had childhood exposure of parental violence (66.9/1000), increasing marital control behaviour displayed by husband. About 41/1000 currently married women who believed in wife beating justification were perpetuating the domestic violence against their husband than those who did not believe so (18/1000)

Regional factors determining violence:

A region-wise logistic regression analysis indicates that behavioural characteristics in all six regions have a significant and similar effect on spousal violence against men. Women whose husband consumed alcohol, who has childhood exposure of violence by parents, who were currently under marital control, and those who justified wife beating were significantly more likely to perpetuate spousal violence than their counterparts in all the six geographical regions of India.⁵⁰

However, some contrasting results emerge when non-behavioural factors are looked into. The likelihood of domestic violence against husband significantly declined with increasing women's education in the West and South region of India, while no such evidence is observed for the Northern and Northeastern parts of India region. In rural areas, women were significantly more likely to perpetuate spousal violence in West region, whereas in contrast, staying in rural parts indicated less likelihood of violence in Southern region. Caste differences were found to be important in southern region, where women from OBC and other caste were less likely to perpetuate violence than SC/ST caste. Women residing in non-nuclear family were less likely to perpetuate violence in East and West region, not in other parts of India where no difference is found among these two-family structures.

Furthermore, women who were working and paid in cash were more likely to inflict violence than those who were not working in West and Central region, while rest of the regions did not reveal that association.

Conclusion

Spousal violence is culture specific, influenced by behavioural practices and history of childhood experience of parental violence. Hence, the perpetrator can be of either sex.. Further, behavioural learning of gender egalitarianism is essential from childhood through adulthood to address violence and thus school education system can play a key role to address this menace.

⁵⁰ <https://link.springer.com>

It is extremely important to make interventions region specific due to the fact that development per say may not guarantee reduction of spousal violence across space.⁵¹

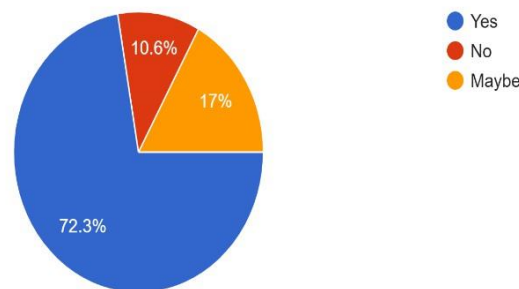
Qualitative inquiry into the empowerment issues in context of interparental violence is important. More research on the issue of violence against men is needed in India to redefine masculinity.⁵² Unlike violence on women that reduces with age, men experience more violence with age, contrary to what women experience in India. Thus, programmes must not emphasise only on women to protect them and neglect men who are suffering from violence. Improvement of mindsets is essential in matters like ease of access to resources that addresses spousal violence.

CHAPTER IV

ANALYSE THE SURVEY CONDUCTED

GRAPH 1

Do men experience some hardships/ struggles in the family like womens?
47 responses



From the above observation it can incurred that, 72.3% yes

10.6% no

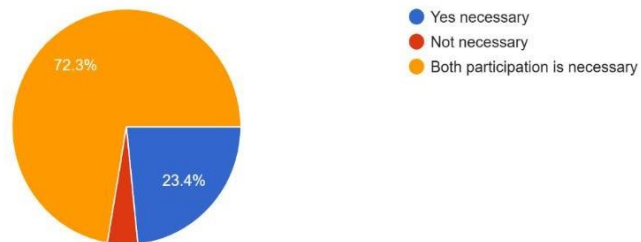
17% maybe

⁵¹ <https://www.ijfcm.org>

⁵² Prevalence and associated factors of domestic violence <https://journals.lww.com>

GRAPH 2

Is the role of men alone important in family care or is the role of the wife also necessary?
47 responses



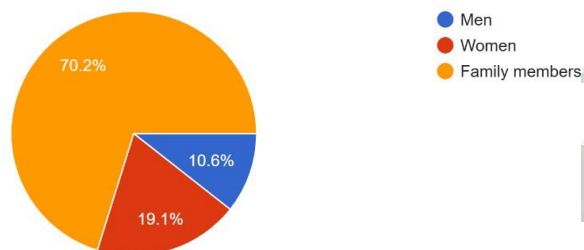
From the above observation it can be concluded that, 72.3% both participation is necessary

10.4% not necessary

23.4% yes necessary

GRAPH 3

Who is responsible for the high rate of divorce ?
47 responses



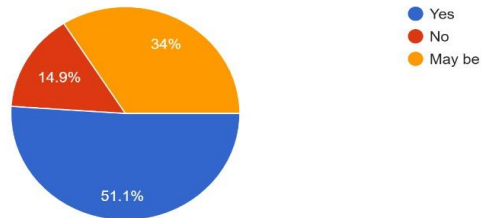
From the above observation it can be concluded that, 10.6% men

19.1% women

70.2% family members

GRAPH 4

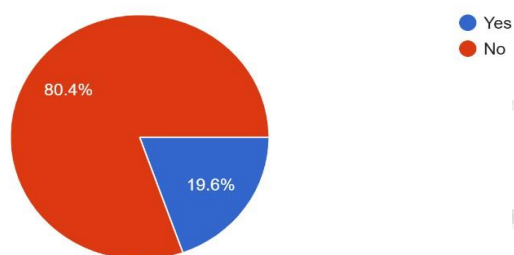
Are some of the unspeakable problems of men causing problems in their family life
47 responses



From the above observation it can incurred that, 51.1% yes
14.9% no
34% may be

GRAPH 5

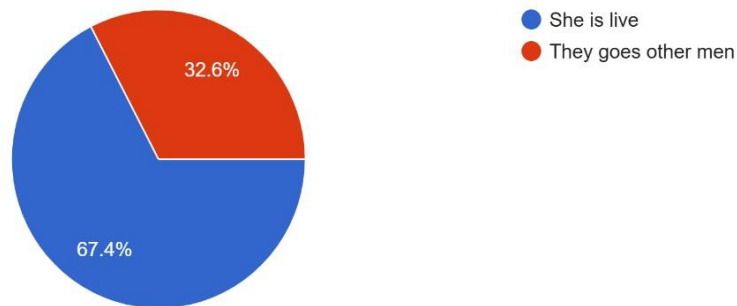
Is wife a reason why men become addicted to alcohol ?
46 responses



From the above observation it can incurred that, 19.6% yes
80.4% no

GRAPH 6

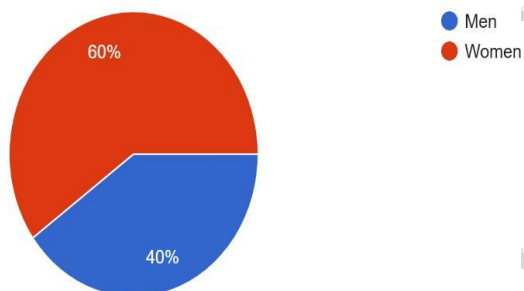
Do women live with economically backward men or do they go off with other men ?
46 responses



From the above observation it can incurred that, 32.6% they goes other men
67.4% she is live

GRAPH 7

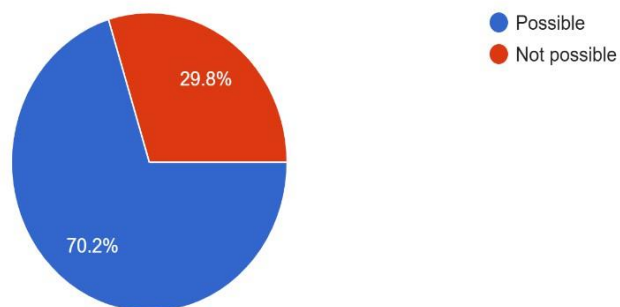
Who is the first to cause problems in the family ?
45 responses



From the above observation it can incurred that, 60% women
40% men

GRAPH 8

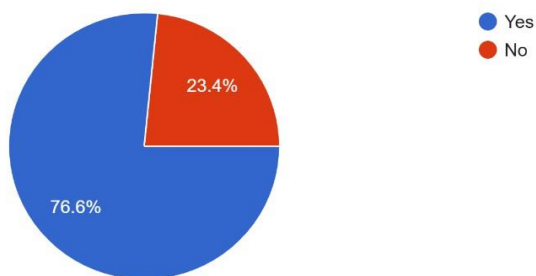
Is it possible for men to take equal care of their parents and spouse after marriage?
47 responses



From the above observation it can be inferred that, 70.2% possible
29.8% not possible

GRAPH 9

Should there be separate laws for men just as there are safety laws for women?
47 responses

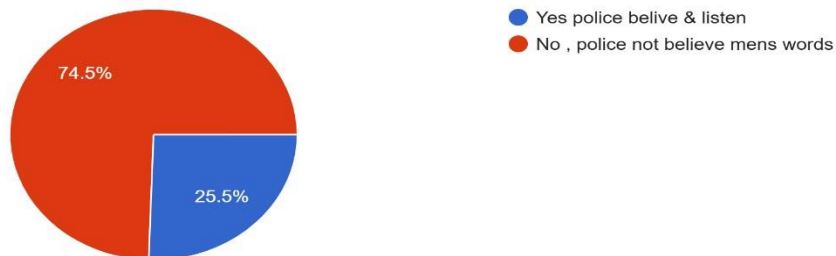


From the above observation it can be inferred that, 76.6% yes
23.4% no

GRAPH 10

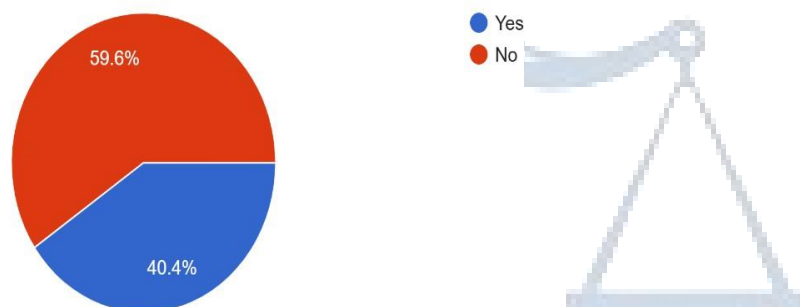
He went to the police station to file a complaint about family problems. Do they believe what men say or listen ?

47 responses



Courts treat both men and women equally in family cases ?

47 responses

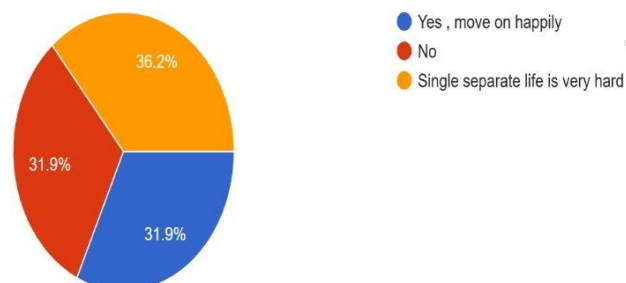


From the above observation it can be inferred that, 59.6% no
40.4% yes

GRAPH 12

Single men's life move on happily

47 responses

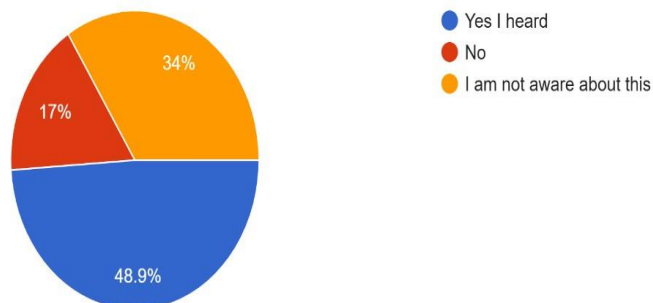


From the above observation it can be inferred that, 31.9% yes, move on happily
31.9% no
36.2% single separate life is very hard

GRAPH 13

Have you heard of men dying or committing suicide due to family problems or wife abuse ?

47 responses



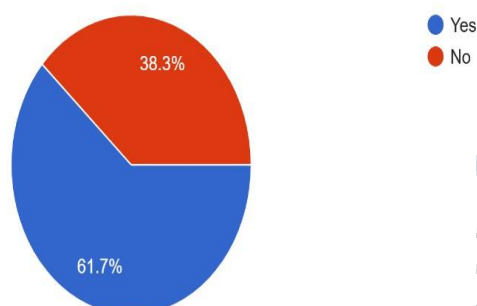
From the above observation it can be inferred that, 48.9% yes

17% no

34% not aware about this GRAPH 14

Does a man's friendship circle get affected by his wife ?

47 responses



From the above observation it can be inferred that, 61.7% yes

38.3% no

CONCLUSION AND SUGGESTION:

Conclusion:

Men, like women, face unique emotional, psychological, and social challenges in family life, often underrepresented in societal discourse. Research reveals that men frequently experience: Emotional neglect and lack of support, especially in traditional societies that discourage emotional expression. Unrealistic expectations to be sole providers, leading to stress, burnout,

and identity crises. Parental alienation in divorce or custody battles, often with limited legal recourse. Domestic abuse and false accusations, which are underreported due to stigma and lack of institutional support. Pressure to conform to rigid gender roles that marginalize their mental health needs. These issues are exacerbated by limited platforms for men to express vulnerability and by legal systems that may unintentionally marginalize fathers or male partners.

Suggestions:

Promote Gender-Inclusive Support Services: Expand access to counseling, legal aid, and shelters for men, especially in cases of domestic abuse or emotional trauma.

Reform Family Laws: Ensure fairness in custody, divorce settlements, and protection from false allegations through gender-neutral laws and policies.

Awareness Campaigns: Launch educational initiatives that challenge stereotypes and encourage emotional openness in men from a young age.

Encourage Shared Responsibilities: Normalize shared parenting and financial responsibilities to reduce pressure on men as sole providers. **Mental Health Advocacy:** Integrate male-focused mental health programs in workplaces and communities, removing stigma around seeking help.

Inclusive Media Representation: Promote balanced narratives about men's roles in families, portraying both strengths and struggles.

REFERENCES:

1. <https://www.un.org/esa/socdev/family/docs/men-in-families> provides a comprehensive look at men in families, including discussions of social expectations and challenges.
2. National Institutes of Health (NIH) (.gov) discusses the link between economic resources and family well-being.
3. National Institutes of Health (NIH) (.gov) explores men's experiences with their partners' postpartum psychiatric disorders.
4. ScienceDirect.com examines the link between marital stressors and men's suicidality.
5. <https://www.ijfcm.org>
6. Prevalence and associated factors of domestic violence <https://journals.lww.com>