

Systematic Literature Review: Identification of Causes and Integrated Interventions to Reduce Domestic Violence

Sirajuddin Islam¹ and Endang Sri Indrawati²

¹*Human Resource Development, Post Graduate School, Airlangga University,
Jl. Airlangga No 4-6, 60115, Surabaya, Indonesia*

²*Fakulty of Psychology, Diponegoro University, Jl. Prof. Soedarto, SH, Tembalang, 50275, Semarang, Indonesia*

Keywords: Domestic Violence, Intimate Partner Violence, Empowerment Family.

Abstract: The occurrence of domestic violence is generally a consequence of weak power, empowerment, and gender equality in society. Cases of domestic violence are dominated by men as perpetrators, but it is still possible for women to become perpetrators of such violence. This study aims to comprehensively discuss the causes of domestic violence, as well as interventions that can be carried out on perpetrators of domestic violence. This literature study uses several scientific articles related to domestic violence published from 2010 to 2021 from several international article sites. Researchers look for articles that are relevant to the research objectives using keywords such as domestic violence, women's empowerment, family empowerment. We categorize the causes of domestic violence, namely the existence of a culture of gender inequality in society, the experience of witnessing violence in childhood, women with feelings of superiority complex, and women with feelings of inferiority complex. This study explains that interventions that can be carried out must be adjusted to the causes of domestic violence such as empowerment programs to transform gender inequality norms in society, interventions in the form of emotional regulation training, religiosity therapy, and family-based counselling.

1 INTRODUCTION

The World Health Organization or WHO has defined domestic violence as behavior in intimate relationships that causes physical, psychological or sexual harm (Afandi et al., 2017). Domestic violence is behavior in intimate relationships that causes physical, psychological, and sexual harm to individuals in the relationship (Dhakal et al., 2014). Domestic violence aims to gain power and control over a partner or other family members (Fleming et al., 2015). In some groups, men use violence against women to maintain their power over women (Schuler et al., 2018).

Domestic violence can be in the form of sexual, psychological, and physical violence (Nisa & Rahmita, 2018). The form of physical violence in the household can be in the form of slaps, blows using hands or objects, being pushed, kicked. Meanwhile, forms of sexual violence such as the occurrence of coercion to have sex when one of them does not want it, having sex because of the fear of the threat received, the existence of coercion to take actions that can degrade themselves sexually (Hayati et al., 2011).

Psychological violence implies all kinds of threats, insults and expressions of suspicion towards a partner (Bhattacharya & Bhattacharya, 2014). In addition, domestic violence has various health impacts related to physical, psychological, and reproductive health (Dhakal et al., 2014).

The problem of domestic violence still requires more attention from society and the government because there are relatively many cases in Indonesia. Based on Women National Commission's 2020 Annual Records, the number of cases of Violence against Women (KtP) throughout 2020 was 299,911 cases (National Commission On Violence Against Women, 2021). The number of cases of domestic violence may increase due to the impact of the Covid-19 pandemic. Domestic violence can increase because of regulations related to restrictions imposed by the government to control the spread of Covid-19 that cause people to feel economically insecure, stress related to poverty, loss of work or reduced working hours, quarantine, and social isolation (Muldoon et al., 2021).

There are still many cases of domestic violence that are not yet known because many victims of

violence choose to remain silent. Only a few victims reported the conditions of violence they experienced because of shame, fear of reprisals from the perpetrators, and lack of concern for the police. When the violence experienced becomes intolerable or can lead to death, the woman will be willing to report it (Bhattacharya & Bhattacharya, 2014). Most women prefer not to report physical assault or sexual violence because of gender norms, fear of retaliation, shame, and feelings of love for their partner (Afandi et al., 2017).

Many factors influence domestic violence, such as low education levels, husbands who consume alcohol, couples living together without getting married, marrying at a young age, experiencing violence during childhood, living in an environment that supports domestic violence (Abramsky et al., 2011). Some of the causes of domestic violence, one of which is the inequality of gender norms in society. Gender norms based on culture and religion in a society give men absolute authority over women (Hayati et al., 2011). Male behaviors commonly associated with traditional masculinity, such as controlling the behavior of their partners, fighting with other men, engaging in sexual activity with different women (Abramsky et al., 2011; Agrawal et al., 2014). Husbands tend to think that their wives are completely owned by their husbands, so they can freely treat their wives, even though this can hurt their wives physically and psychologically. In addition, in a marriage the husband acts as the breadwinner, while the wife as a housewife who must submit to every decision and action of their husband (Nisa & Rahmita, 2018). The existence of inequality in women's social roles can be a cause of domestic violence (Rahmah et al., 2020).

Unfortunately, in societies with gender inequality, empowerment with the aim of giving women the ability to make strategic life choices can violate men's social norms, which can lead to violent responses (Kelly-Hanku et al., 2016). Violent marriages are often a consequence of disputes over the division of labor, and the wife's higher educational attainment than her husband's (Bhattacharya & Bhattacharya, 2014). Therefore, domestic violence against women requires a comprehensive approach to empower women economically, changing gender norms in improving women's communication and negotiation skills.

In another finding, it is explained that in addition to men who are perpetrators of violence, women also have the potential to commit domestic violence. Men and women have the same potential to commit domestic violence (McKeown, 2014). Based on the

results of a study conducted on 1,668 men in Korea, it was found that the prevalence of men who became victims of domestic violence ranged from 1.7% to 23.3%, depending on the type of violence (Ferrareso, 2020). This shows that women have the potential to commit acts of violence even in a marital relationship. Women who have the potential to commit domestic violence can be divided into two types. The first type is motivated by a feeling of superiority to wives who have economic advantages over their husbands. The second type is motivated by feelings of inferiority complex on the wife because the husband is considered superior to herself.

Other cause of domestic violence is the experience of witnessing domestic violence during childhood. The experience of witnessing and experiencing domestic violence is a traumatic event because the violence is carried out by the closest people to the child, the family who should provide a sense of security, instead displays and provides violence that creates fear, insecurity, and anger (Margaretha et al., 2013). The experience of physical violence against boys and sexual harassment against girls is a factor that causes domestic violence in the future (Abramsky et al., 2011). Furthermore, violence against partners was significantly associated with education level, place of residence, economic status, having witnessed violence during childhood, husband's behavior in power, husband who consumed alcohol (Semahegn et al., 2019).

Based on this discussion, researchers are interested in conducting a more in-depth study of women as victims of domestic violence. All women have the potential to become victims of domestic violence, however, it is still possible in a minority of women to become perpetrators of such violence. There needs to be a comprehensive discussion related to the phenomenon of domestic violence. Therefore, the purpose of this study is to comprehensively discuss the causes of domestic violence, as well as interventions that can be carried out against perpetrators of domestic violence.

2 METHODS

This study uses a Systematic Literature Review approach with data sources coming from journal literature published from 2010 to 2021 from several international journal sites, such as Scopus, SpringerLink, ResearchGate, Sciencedirect, and GoogleScholar. The population of research data is journals related to domestic violence as many as 23 journals.

In this study, there are three stages of conducting a review: planning, conducting, and reporting (Zhu et al., 2018). At the planning stage, researchers formulate research questions that will be used to guide the process of searching and extracting literature. The next stage is the conducting stage which is the implementation of the review. At this stage, it can be started by determining the keywords for the literature search, followed by determining the source of the literature search. After all the literature is obtained, then select the literature that is adjusted to the inclusion and exclusion criteria that have been determined by the researcher. The literatures are then extracted data which is then continued by synthesizing various things found from these literatures. The last stage is reporting which is the process of writing the results of a literature review.

2.1 Research Question

The process in formulating research questions based on PICOC is Population, Intervention, Comparison, Outcome, and Context.

Table 1: Summary of PICOC Causes Identification and Integrated Interventions to Reduce Domestic Violence.

Population	Women from adolescence to adulthood
Intervention	Interventions in the psychological
Comparison	n/a
Outcome	Causative factors and intervention strategies to prevent domestic violence
Context	Research on rural and urban communities

The research questions formulated in this study are what causes domestic violence to occur, how domestic violence can occur to women and men, what psychological interventions can be done against perpetrators of domestic violence, what actions or programs can be proposed to the government or related parties to reduce cases of domestic violence.

2.2 Conducting

Researchers look for journals that are relevant to the research question that has been formulated using keywords, such as Domestic Violence, Empowerment Woman, Empowerment Family from several international journal sites, such as Scopus,

SpringerLink, ResearchGate, ScienceDirect, and GoogleScholars. Researchers also use Mendeley to make it easier to manage the literature that has been obtained.

After getting a lot of literature, the researcher chose the appropriate literature by making inclusion and exclusion criteria. The inclusion criteria in this study are research published in 2015 to 2021, research samples are women and girls, The results of the research are in the form of causal factors and intervention strategies to prevent domestic violence, psychological-based intervention or empowerment approaches, and English-language research. The exclusion criteria in this study are research published in 2010 to 2014, the study sample was male, the results of the study were the prevalence of cases of domestic violence, and intervention or empowerment approaches other than psychological.

The next step is to extract the literature and then collect the data to answer research questions. The data extracted in this study includes quantitative data and qualitative data. After the extraction process is complete, it is continued with the data synthesis process which aims to collect evidence from the selected literature to answer research questions.

3 DISCUSSION

Domestic violence is often used to seize power and maintain control from one person over another. One of the causes of domestic violence described above is the inequality of gender norms in society. When violence occurs and is justified by culture and religion, then it is accepted and tolerated by community members, thus shaping the attitudes and behavior of the community (Arisukwu et al., 2021).

The existence of a strong patriarchy culture in society, as well as a culture of silence on the actions of men and the normalization of violence against women can underlie the occurrence of domestic violence (Dhakai et al., 2014; Rahmah et al., 2020). In a patriarchy culture, the role of men as the sole ruler, has the main control in society, while women have little influence or no rights in general areas in society, both economically, socially, politically, and psychologically, even in marriage (Sakina & Siti, 2017). Patriarchy culture has had a negative impact on women's lives, such as marginalization of women, subordination of women, labeling or stereotyping against women, and the occurrence of violence and crimes against women (Wandi, 2015). In addition, attitudes towards violence affect women's responses to domestic violence. If the woman agrees with an

understanding of domestic violence, the more likely she is to blame herself for the violence, and the more likely she is to experience negative impacts from the violence (Hayati et al., 2011). This phenomenon shows that women are in a state of helplessness and live in conditions of compliance with prevailing social norms.

The level of education and culture of the community can influence people's perceptions of domestic violence (Arisukwu et al., 2021). Improved access to education for girls and boys with the aim of changing gender norms and attitudes towards the opposite sex, overcoming experiences of abuse (Abramsky et al., 2011). Several intervention studies that have been conducted in several countries reveal that the transformation of gender norms through behavior change and programs that focus on communication can promote gender equality norms and prevent domestic violence against women (Semahegn et al., 2019). In addition, community mobilization and creating awareness to change gender norms can reduce violence against partners.

Another cause of domestic violence is the experience of witnessing domestic violence during childhood. If a child witnessed domestic violence in his childhood, it may have a deep and terrible impact on his mindset. Children who witness incidents of violence within the family may experience physical, mental, and emotional disturbances (Margaretha et al., 2013). If the child is used to such incidents at home, then the child has a tendency to reciprocate the same thing in later life (Bhattacharya & Bhattacharya, 2014). Witnessing violence between parents by a child is a strong predictor of further domestic violence that the child will commit (Heise & Kotsadam, 2015).

The impact of witnessing violence against children can cause various problems both in the short term, such as threats to the safety of children's lives, damage to family structures, the emergence of various mental disorders. Meanwhile, in the long term, the child has the potential to be involved in violent and abusive behavior in the future, both as perpetrators and victims (Margaretha et al., 2013). Boys who witness domestic violence are more likely to agree with violence, believe that violence can improve a person's reputation, and to justify their violent behavior, compared to boys who do not witness domestic violence. Witnessing domestic violence in childhood increases the risk of similar behavior later in life for boys by about 56% or 63%, depending on the severity (Roberts et al., 2010). According to Hotaling & Sugarman in their empirical study, men who observe domestic violence in their

childhood are more likely to become perpetrators of violence against their partners (Renner & Whitney, 2012).

Further discussion regarding this phenomenon according to the perspective of modeling theory where this theory is an application of social learning theory that by Albert Bandura. Modeling is basically observational learning, where the results of these observations can teach a certain skill and behavior (Abdullah, 2019). Individuals will make observations on the attitudes and behavior of other individuals, the results of these observations will be imitated so that other individuals will be used as role models for themselves (Kaparang, 2013). When a child witnesses domestic violence perpetrated by his father against his mother, the event will be stored in the child's long-term memory, which is then actualized in the form of reflex motion (unconscious motion) as adult, and has low self-control. In line with the findings of Coccaro which explains that domestic violence is often seen as a consequence of Intermittent Explosive Disorder, namely the inability of a person to control the urge to act aggressively (Bhattacharya & Bhattacharya, 2014).

In another discussion, when a boy finds out his father is violent against his mother, and has an affair with another woman, then the child will be angry with his father, and in its development the child will also be angry with his father's mistress. The experience of domestic violence can cause the child to develop a false perception of violence (Margaretha et al., 2013). This condition creates negative stereotypes towards women which causes a decrease in respect for women, disrespect for women, and a decrease in concern for women. If the boy is married, then he has the potential to commit domestic violence because his concern for women decreases.

In addition, there is another finding that when a son grows up with a high ego, and witnesses his father cheating, then the child may judge that the incident was his mother's fault. When the boy attributes that his father's infidelity was caused by his mother's fault, because the mother is not able to carry out her responsibilities, it can destroy his happiness which already has a complete family. This condition causes feelings of hatred and anger towards their mothers, and causes the appreciation of women to decrease. When the son is married, the potential for domestic violence against his wife is high.

In the following discussion, it was found that women also have the potential to commit domestic violence. Several men were found to be victims of physical violence from their partners (Rode et al., 2015). According to the NFHS-III survey in India,

553 out of 72,693 women surveyed admitted to having hurt their partner, even though their husbands were not violent towards them. This condition can be caused by women's socio-psychological problems, or as revenge for acts of violence committed by their husbands (Bhattacharya & Bhattacharya, 2014).

Women as perpetrators of domestic violence were initially victims of violence by their husbands and ended in divorce. After remarrying, the woman has the potential to verbally abuse her new husband. Verbal violence perpetrated by these women can be in the form of comparing the quality of sex or sexual satisfaction between the old husband and his current husband. This condition is exacerbated when the husband's financial condition is currently under the old husband, so that verbal violence by women against their husbands can increase. In accordance with the results of research conducted by McKeown, it was explained that many female perpetrators were initially victims of violence, and after that they committed violence in their current relationship (McKeown, 2014).

Dutton; Goldenson stated that women as perpetrators of domestic violence have problems in maintaining emotional balance, emotional instability causes frequent mood swings, have low control over their emotions, and are impulsive and hyperexcitable (Rode et al., 2015). Furthermore, hyperexcitability and aggression can be caused by hormonal fluctuations that accompany pre-menstrual period, making women more susceptible to emotional reactions. In addition, low control can also be caused by egoism which is more dominant than the nurturing nature of women (heterocentrism). When a woman is dominated by her selfish nature, the tenderness that characterizes a woman will decrease. Even though this tenderness is needed to develop a nurturing nature in women. This condition causes a decrease in empathy for their partners so it is easy to say or express dissatisfaction in marriage in the form of verbal violence against their partners.

In this study, there are two types of women who have the potential to commit domestic violence. The first type is motivated by a feeling of superiority complex in wives who have economic advantages over their husbands. The wife felt that what she gave was not comparable to what she received in married life. Because of these unbalanced conditions, a wife will experience a decrease in marital satisfaction. The accumulation of marital dissatisfaction, as well as the feeling of pride in being able to make their own money caused the wife to lose emotional control which led to verbal violence against her husband.

Women who have the potential to commit domestic violence in the second type is motivated by feelings of inferiority complex which are caused because their husbands are considered superior to themselves. According to Adler, individuals who have *inferiority complex* will try to show outwardly that she is superior to compensate for her inferiority (McCluskey, 2021). Furthermore, to fight for excellence can be done in various ways, one of which is by showing possessive behavior. The emergence of this possessive behavior is due to the fear of losing a potential partner for her. This condition allows the emergence of domestic violence that is not realized.

3.1 Intervention

Interventions with the aim of reducing domestic violence behavior can be carried out in several ways, adjusted to the cause of the violence.

3.1.1 There is Inequality in Gender Norms in Society

To reduce domestic violence against women, it can be done by increasing communication skills through training and strengthening economic support for families, changing social norms that men have power over women, empowering and educating women, eliminating gender discrimination in work and education, and build a protective environment (Kiani et al., 2021). This is because low socioeconomic status is an important factor in domestic violence against women (Dhakal et al., 2014).

In order to break the chain of domestic violence, this can be done by transforming patriarchy culture into a culture based on gender equality by educating boys to respect women, having an understanding that women are not subordinate to men but must be respected and honored, and provide an understanding that by hitting a woman will lower his self-esteem as a man. With this parenting pattern, boys will grow up believing that committing violence and demeaning women is an act that is not right because it violates human rights.

The empowerment program is of course adapted to the existing culture in the community, and is carried out in stages in the form of socialization to educate people's mindsets, transform gender inequality norms, improve education, and provide new understandings based on gender equality. This empowerment can be done by providing assistance to families who experience domestic violence, socialization is carried out continuously for women, men, and children at school. In addition, to increase

the effectiveness of the empowerment, it is also necessary to propose to the government to establish a domestic violence monitoring and complaints office to the level of the Neighborhood Association. Shelters and community-based organizations are effective interventions to reduce the burden of domestic violence (Dhakal et al., 2014). With this program, it can give a warning to men not to commit violence against their wives.

3.1.2 There Is an Experience of Witnessing Domestic Violence during Childhood

In adult males with temperament characters, it is required to undergo emotional regulation training which aims to make emotions more stable, reduce negative emotions, and strengthen emotional control so that they are able to refrain from committing violence against their partners. Someone who is not good at regulating emotions, generally will tend to be easily stimulated by difficult situations, unable to resist feelings to attack, unable to make the right decisions, and will eventually lead to aggressive behavior (Robertson et al., 2012). Emotional regulation is one of the factors that influence the formation of resilience in individuals (Everall et al., 2006). The results of research conducted by Tugade and Fredrickson (2004) explain that resilience makes individuals with traumatic experiences, such as domestic violence, able to turn these very stressful and unpleasant events into something normal (Izzaturrohman & Khaerani, 2018). When an individual experiences a traumatic experience, high resilience will make the individual able to quickly return to normal life and rise from the adversity.

This emotional regulation training can be done regularly by involving participants in a series of games that require teamwork. In addition to emotional regulation training, motion therapy such as exercise or yoga therapy is also carried out. Individuals who are temperamental are physically less regular in their breathing, so it is recommended to exercise with certain methods on a regular basis. The success of this therapy can be seen from the more regular breathing. The more regular breathing makes the individual more able to control his emotions.

Another form of intervention that can be done is in the form of family-based counseling that aims to reduce the potential for domestic violence against women. Family-based counseling is a decision-based support and approach that aims to identify problems and provide appropriate solutions (Coutinho et al., 2015). This counseling focuses on family education to solve family problems, and gain confidence and

ability to reduce pressure or problems in everyday life. Family-based counseling can significantly reduce domestic violence against women, and confirms the effectiveness of family participation in reducing violence against women (Babaheidarian et al., 2021). In addition, it is also necessary to propose to the government to conduct socialization activities regarding regulations related to acts of domestic violence. The amount of knowledge possessed by men makes them more careful to commit acts of violence against their partners.

3.1.3 Women with Feelings Superiority Complex

Intervention on women with feelings superiority complex can be done by providing "emotional regulation" training which aims to make emotions more stable, reduce negative emotions, and strengthen control over their emotions so that they are able to refrain from violence that has a negative impact on themselves and others. This training can be carried out periodically as many as 10 meetings with a duration of 3 hours for each meeting. This training involves participants in a series of games that require teamwork. After each meeting, participants are given assignments to do and submit to the next meeting. The trainers in this training must have certified qualifications so that the training can run effectively and efficiently. Trainers must be assisted by assistant trainers to monitor participants during the training.

3.1.4 Women with Feelings Inferiority Complex

Interventions for women with feelings of inferiority complex can be done with religiosity therapy which aims to reduce one's egoism, and reduce the concept of extreme ownership. This therapy can be done on individuals with high egos, and who are arrogant with what they have. Individuals must realize that everything they have is a gift from God, and realize that the extreme concept of ownership is an incorrect concept.

4 CONCLUSION

Domestic violence is a form of violation of health and human rights associated with individual factors, relationships between individuals, society, and the entire existing system. There are several factors that cause domestic violence, namely the inequality of gender norms in society, the experience of witnessing

domestic violence in childhood, women with feelings of superiority complex, and women with feelings of inferiority complex.

Interventions with the aim of reducing domestic violence behavior can be carried out in several ways adapted to the causes of the violence, such as interventions in the form of empowerment programs to transform gender inequality norms by providing new understandings based on gender equality in society. In a smaller scope, interventions can be carried out with emotional regulation training, motion therapy, religiosity therapy, and family-based counseling.

In order to reduce and minimize the potential for domestic violence, the government is expected to hold outreach activities regarding regulations related to acts of domestic violence, as well as establish a domestic violence monitoring and complaints office. Therefore, the government's role as a policy maker is needed in supporting the implementation of this empowerment program.

REFERENCES

- Abdullah, S. M. (2019). Social cognitive theory: A Bandura thought review published in 1982-2012. *Psikodimensia*, *18*(1), 85–100. <https://doi.org/10.24167/psidim.v18i1.1708>
- Abramsky, T., Watts, C. H., Garcia-Moreno, C., Devries, K., Kiss, L., Ellsberg, M., Jansen, H. A. F. M., & Heise, L. (2011). What factors are associated with recent intimate partner violence? findings from the WHO multi-country study on women's health and domestic violence. *BMC Public Health*, *11*(109), 1–17. <https://doi.org/10.1186/1471-2458-11-109>
- Afandi, D., Indrayana, M. T., Nugraha, I., & Danisha, D. (2017). Prevalence and pattern of domestic violence at the center for forensic medical services in Pekanbaru, Indonesia. *Medical Journal of Indonesia*, *26*(2), 97–101. <https://doi.org/10.13181/mji.v26i2.1865>
- Agrawal, A., Bloom, S. S., Suchindran, C., Curtis, S., & Angeles, G. (2014). Gender-based power and couples' HIV risk in Uttar Pradesh and Uttarakhand, North India. *International Perspectives on Sexual and Reproductive Health*, *40*(4), 196–205. <https://doi.org/10.1363/4019614>
- Arisukwu, O., Igbolekwu, C., Adebisi, T., & Akindele, F. (2021). Perception of domestic violence among rural women in Kuje. *Heliyon*, *7*(2), e06303. <https://doi.org/10.1016/j.heliyon.2021.e06303>
- Babaheidarian, F., Masoumi, S. Z., Sangestani, G., & Roshanaei, G. (2021). The effect of family-based counseling on domestic violence in pregnant women referring to health centers in Sahneh city, Iran, 2018. *Annals of General Psychiatry*, *20*(1), 1–9. <https://doi.org/10.1186/s12991-021-00332-8>
- Bhattacharya, S., & Bhattacharya, S. (2014). Battered and shattered: Will they get justice? A study of domestic violence against women in India based on national family health survey, 2005. *Journal of Adult Protection*, *16*(4), 244–248. <https://doi.org/10.1108/JAP-07-2013-0032>
- Coutinho, E., Almeida, F., Duarte, J., Chaves, C., Nelas, P., & Amaral, O. (2015). Factors related to domestic violence in pregnant women. *Procedia - Social and Behavioral Sciences*, *171*, 1280–1287. <https://doi.org/10.1016/j.sbspro.2015.01.242>
- Dhakal, L., Berg-Beckhoff, G., & Aro, A. R. (2014). Intimate partner violence (physical and sexual) and sexually transmitted infection: Results from Nepal Demographic Health Survey 2011. *International Journal of Women's Health*, *6*(1), 75–82. <https://doi.org/10.2147/IJWH.S54609>
- Everall, R. D., Jessica Altrows, K., & Paulson, B. L. (2006). Creating a future: A study of resilience in suicidal female adolescents. *Journal of Counseling and Development*, *84*(4), 461–470. <https://doi.org/10.1002/j.1556-6678.2006.tb00430.x>
- Ferrareso, R. (2020). Risk and protective factors associated with intimate partner violence in a nationally representative sample of Korean men. *Journal of Preventive Medicine and Public Health*, *53*(2), 135–142. <https://doi.org/10.3961/jpmph.19.292>
- Fleming, P. J., McCleary-Sills, J., Morton, M., Levitov, R., Heilman, B., & Barker, G. (2015). Risk factors for men's lifetime perpetration of physical violence against intimate partners: Results from the international men and gender equality Survey (IMAGES) in eight countries. *PLoS ONE*, *10*(3), 1–18. <https://doi.org/10.1371/journal.pone.0118639>
- Hayati, E. N., Högberg, U., Hakimi, M., Ellsberg, M. C., & Emmelin, M. (2011). Behind the silence of harmony: Risk factors for physical and sexual violence among women in rural Indonesia. *BMC Women's Health*, *11*(52), 1–8. <https://doi.org/10.1186/1472-6874-11-52>
- Heise, L. L., & Kotsadam, A. (2015). Cross-national and multilevel correlates of partner violence: An analysis of data from population-based surveys. *The Lancet Global Health*, *3*(6), e332–e340. [https://doi.org/10.1016/S2214-109X\(15\)00013-3](https://doi.org/10.1016/S2214-109X(15)00013-3)
- Izzaturrohman, I., & Khaerani, N. M. (2018). Peningkatan resiliensi perempuan korban pelecehan seksual melalui pelatihan regulasi emosi. *Psikohumaniora: Jurnal Penelitian Psikologi*, *3*(1), 117. <https://doi.org/10.21580/pjpp.v3i1.2527>
- Kaparang, O. M. (2013). Analisa gaya hidup remaja dalam mengimitasi budaya pop Korea melalui televisi. *Revista Cubana de Medicina General Integral*, *2*(2). <https://ejournal.unsrat.ac.id/index.php/actadiurnakomunikasi/article/view/1138/916>
- Kelly-Hanku, A., Aeno, H., Wilson, L., Eves, R., Mek, A., Nake Trumb, R., Whittaker, M., Fitzgerald, L., Kaldor, J. M., & Vallely, A. (2016). Transgressive women don't deserve protection: Young men's narratives of sexual violence against women in rural Papua New Guinea.

- Culture, Health and Sexuality*, 18(11), 1207–1220. <https://doi.org/10.1080/13691058.2016.1182216>
- Kiani, Z., Simbar, M., Fakari, F. R., Kazemi, S., Ghasemi, V., Azimi, N., Mokhtariyan, T., & Bazzazian, S. (2021). A systematic review: Empowerment interventions to reduce domestic violence? *Aggression and Violent Behavior*, 58, 101585. <https://doi.org/10.1016/j.avb.2021.101585>
- National Commission On Violence Against Women. (2021). Perempuan dalam himpitan pandemi: Lonjakan kekerasan seksual, kekerasan siber, perkawinan anak, dan keterbatasan penanganan di tengah Covid-19. <https://komnasperempuan.go.id/siaran-pers-detail/catahu-2020-komnasperempuan-lembar-fakta-dan-poin-kunci-5-maret-2021>
- Margaretha, M., Nuringtyas, R., & Rachim, R. (2013). Trauma kekerasan masa kanak dan kekerasan dalam relasi intim. *Makara Human Behavior Studies in Asia*, 17(1), 33. <https://doi.org/10.7454/mssh.v17i1.1800>
- McCluskey, M. C. (2021). Revitalizing Alfred Adler: An echo for equality. *Clinical Social Work Journal*, 0123456789. <https://doi.org/10.1007/s10615-021-00793-0>
- McKeown, A. (2014). Female offenders who commit domestic violence: Aggression characteristics and potential treatment pathways. *Journal of Forensic Practice*, 16(2), 127–138. <https://doi.org/10.1108/JFP-01-2013-0007>
- Muldoon, K. A., Denize, K. M., Talarico, R., Fell, D. B., Sobiesiak, A., Heimerl, M., & Sampsel, K. (2021). COVID-19 pandemic and violence: Rising risks and decreasing urgent care-seeking for sexual assault and domestic violence survivors. *BMC Medicine*, 19(1), 1–9. <https://doi.org/10.1186/s12916-020-01897-z>
- Nisa, H., & Rahmita, N. R. (2018). Menilik bentuk perilaku kekerasan dalam rumah tangga. *Musāwa Jurnal Studi Gender Dan Islam*, 17(2), 107. <https://doi.org/10.14421/musawa.2018.172.107-122>
- Rahmah, Z., Syafrilsyah, S., & Fatmawati, F. (2020). Religiusitas dan kecenderungan melakukan kekerasan dalam rumah tangga. *Jurnal Studia Insania*, 8(1), 10. <https://doi.org/10.18592/jsi.v8i1.3556>
- Renner, L. M., & Whitney, S. D. (2012). Risk factors for unidirectional and bidirectional intimate partner violence among young adults. *Child Abuse and Neglect*, 36(1), 40–52. <https://doi.org/10.1016/j.chiabu.2011.07.007>
- Robertson, T., Daffern, M., & Bucks, R. S. (2012). Emotion regulation and aggression. *Aggression and Violent Behavior*, 17(1), 72–82. <https://doi.org/10.1016/j.avb.2011.09.006>
- Roberts, A. L., Gilman, S. E., Fitzmaurice, G., Decker, M. R., & Koenen, K. C. (2010). Witness of intimate partner violence in childhood and perpetration of intimate partner violence in adulthood. *Epidemiology (Cambridge, Mass.)*, 21(6), 809–818. <https://doi.org/10.1097/EDE.0b013e3181f39f03>
- Rode, D., Rode, M., & Januszek, M. (2015). Psychosocial characteristics of men and women as perpetrators of domestic violence. *Polish Psychological Bulletin*, 46(1), 53–64. <https://doi.org/10.1515/ppb-2015-0006>
- Sakina, A. I., & Siti, D. H. (2017). Menyoroti budaya patriarki di Indonesia. *Share : Social Work Journal*, 7(1), 71. <https://doi.org/10.24198/share.v7i1.13820>
- Schuler, S. R., Lenzi, R., Badal, S. H., & Nazneen, S. (2018). Men's perspectives on women's empowerment and intimate partner violence in rural Bangladesh. *Culture, Health and Sexuality*, 20(1), 113–127. <https://doi.org/10.1080/13691058.2017.1332391>
- Semahegn, A., Torpey, K., Manu, A., Assefa, N., Tesfaye, G., & Ankomah, A. (2019). Are interventions focused on gender-norms effective in preventing domestic violence against women in low and lower-middle income countries? A systematic review and meta-analysis. *Reproductive Health*, 16(1), 1–31. <https://doi.org/10.1186/s12978-019-0726-5>
- Wandi, G. (2015). Rekonstruksi maskulinitas: Menguak peran laki-laki dalam perjuangan kesetaraan gender. *Kafa'ah: Journal of Gender Studies*, 5(2), 239. <https://doi.org/10.15548/jk.v5i2.110>
- Zhu, M., Sari, A., & Lee, M. M. (2018). A systematic review of research methods and topics of the empirical MOOC literature (2014–2016). *Internet and Higher Education*, 37, 31–39. <https://doi.org/10.1016/j.iheduc.2018.01.002>