



Patterns of Domestic Violence among Married Adults in Ilorin Metropolis, Nigeria: Implication for Counselling

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Abstract: Domestic violence is a social menace which poses a lot of threats to the well being of women especially married adults. The rate at which cases of domestic violence is increasing in Nigerian society can be attributed to the traditional beliefs and norms that has made women a subject of violence and domination in marriage. Most times, women are sexually assaulted, emotionally abused and physically violated. This study examines patterns of domestic violence among married adults in Ilorin metropolis, Nigeria and its implication for counselling. Descriptive survey research procedure was adopted for the study. The purposive sampling and simple random sampling techniques were used to draw a sample of 300 married adults in Ilorin Metropolis. The main research instrument used for data collection was a questionnaire tagged "Patterns of Domestic Violence Questionnaire (PADVQ). The instrument was subjected to test re-test reliability technique and a coefficient of 0.68 was obtained. Three research questions were raised and two research hypotheses were tested in the study at 0.05 level of significance. Data collected were analysed using percentages, t-test and Analysis of Variance (ANOVA). Results revealed that the common patterns of domestic violence as perceived by married adults in Ilorin Metropolis are verbal abuse, physical abuse, sexual abuse, emotional neglect, and spiritual abuse among others. The findings also indicated significant differences in the patterns of domestic violence as perceived by respondents on the bases of educational background and length of years in marriage. The implications of this finding included the fact that marriages may be prone to instability if

couples are not sensitized on the need to have change in their value for human dignity and worth, undue expectations in marriage especially from women could also impact negatively on family cohesion. Finally, the findings of this study calls for adequate enlightenment and intervention programmes to be facilitated by marriage counsellors to counsel and campaign against domestic violence. The study also stresses the need for counsellors to provide advocacy services, training in communication skills, organization of family life counselling, support and focused groups to rehabilitate the victims and perpetrators of domestic violence in Ilorin metropolis.

Key word: Domestic Violence, Patterns, Counselling, Married Adults, Ilorin Metropolis.

Introduction

Domestic violence is a universal family problem with far reaching consequences on family building, cohesion and peaceful coexistence. It is a menace that has devastating effects on individual victims, their children, and the community at large. In fact, there is growing evidence that violence within the family influences other social problems such as children deviance substance abuse, juvenile delinquency, marital insatiability, infidelity increased divorce rate, single parenthood, unhealthy parent child relationship among others.

Violence within the family especially against women and children is one of the most prevalent of human right abuses in the world. It is a form of abuse that is deeply rooted in power of discrimination and culturally defined inequality between men and women. Marcus and Braaf (2007) defined domestic violence as a pattern of coercive tactics that can include physical, psychological, sexual, economic, and emotional abuse, perpetrated by one person against an intimate partners, with the goal of establishing and maintaining power

and control. Domestic violence occurs in all kinds of intimate relationships, including among married couples, people who are dating and cohabiting, people with children in common and people who were formerly in a relationship with the person abusing them. Adekeye (2008); Laing and Bobic (2002) stated that domestic violence is control by one partner over another in a dating, marital or live-in relationship in the form of physical, sexual, emotional and economic domination, abuse, threats and isolation.

Domestic violence is also known as domestic abuse, spousal abuse, battering, family violence, and intimate partner violence (IPV) in the literature. It is a pattern of abusive behaviours that are experienced by partners in intimate relationship such as marriage. This pattern of abusive behaviours is exhibited in various ways, including physical abuse or threats (such as hitting, kicking, biting, shoving, restraining, slapping, throwing objects); sexual abuse; emotional abuse; verbal controlling or domineering; intimidation; stalking; passive/covert abuse (e.g. neglect);

and economic deprivation (Siemieniuk, Krentz, Gish & Gill, 2010;). Laing and Bobic (2002) also posited that domestic violence is not limited to physical violence but also involves a range of different forms of abuse which commonly include sexual violence, threats and intimidation, psychological and emotional abuse, and social and economic deprivation; the unequal distribution of power whereby one person has control over the other and uses domestic violence to dominate and maintain that level of control. While most people consider domestic violence to be comprised of physical and sexual assaults, there is evidence that fewer people regard social, psychological and financial abuse as constituting domestic violence (VicHealth, 2009).

Domestic violence is an age long tradition in Nigeria and as a matter of fact in the world although laws on domestic violence vary by country and culture. For instance in the western world, domestic violence is generally seen as a crime, this is not the case in many developing countries. According to a survey by UNICEF (2000), the percentage of women aged 15–49 who think that a husband is justified in hitting or beating his wife under certain circumstances is, for example: 90% in Afghanistan and Jordan, 87% in Mali, 86% in Guinea and Timor-Leste, 81% in Laos, 80% in Central African Republic. Refusing to submit to a husband's wishes is a common reason given for justification of violence in developing countries: for instance 62.4% of women in Tajikistan

justify wife beating if the wife goes out without telling the husband; 68% if she argues with him; 47.9% if she refuses to have sex with him. 80% of women surveyed in rural Egypt said that beatings were common and often justified, particularly if the woman refused to have sex with her husband (UNFPA, 2005).

In Nigeria, a study carried out by Adebayo & Kolawole, (2013) showed that 65% of the women in the study in Nigeria hold that a man is justified to beat his wife. In parts of the Third World generally and in West Africa in particular, domestic violence is prevalent and reportedly justified and condoned in some cultures. For instance, 56% of Indian women surveyed by an agency justified wife-beating on grounds like – bad cook, disrespect to in-laws, producing more girls, leaving home without informing the husband, among others. Statistics show that 25% of women in Dakar and Kaolag in Senegal are subjected to physical violence from their partners and that very few admit they are beaten while 60% of domestic violence victims turn to a family member, in three-quarter of the cases they are told to keep quiet and endure the beatings. The report also reveals that a law passed in the Senegalese penal code punishing domestic violence with prison sentences and fines is poorly enforced due to religious and cultural resistance. In Ghana, spousal assaults top the list of domestic violence (Adebayo & Kolawole, 2013).

Domestic violence is usually viewed as a minor, private or family matter that no one should interfere with (Hanmer & Itzin, 2000). This is true in Nigeria as most violence in the home hardly get to the police custody and those that manage to get there are referred back to be resolved amicably at home. Thus, many people still believe that domestic violence is a normal phenomenon therefore, do not approve of outside interference. People also feel men are naturally aggressive, and women naturally passive, so abuse is expected due to 'human nature'. Cultures in the Nigerian society, Ilorin in particular, does not approve of a woman making home affairs public, no matter the nature of violence in a marital relationship women are encouraged to persevere for their children's sake. Women are also expected to be totally submissive to their husbands and accept whatever transpires in the marriage in good faith as divorce is seen as a bad omen and label to the family name. Married women who are a major victim of domestic violence suffer physically, emotionally, financially, sexually and psychologically. They are unable to make their own decisions, air their own views or protect themselves and their children for fear of further repercussions. They are deprived of their human rights and have to constantly live with the threat of violence.

Considering the effect of domestic violence several researches have been conducted on related issue within and

outside Nigeria. For instance, Almosaed and Alazab (2015) investigated the reason why women continue to live with an abusive partner in Saudi Arabia. The study examined the relationship between their reasons and number of variables including duration of marriage and found significant differences among wives who are married for less than 5 years and more than 10 years. The wives who had been married for more than 10 years were more likely to adapt to violent marriages than those who had been married for few years.

Burazeri, Roshi, Jewkes, Jordan, Bjegovic and Laaser (2005) analysed the association of partner's educational discrepancy on existence of intimate partner violence among Albanian women and found that women with a higher educational level than their husband were more likely to experience intimate partner violence than women who are equally educated or had lower level of education than their partners. Rapp, Zoch, Khan, Pollman and Kramer (2012) who explored the association between gap in spousal education and domestic violence in India and Bangladesh found that wives with higher education than their husband were less likely to experience less severe and severe domestic violence as compared to equal or low educated spouses. More so, highly educated couples revealed the lowest likelihood of experiencing domestic violence. There is also increase domestic violence among wives with higher education than their husbands. In addition to education,

violence against women occurs in all social and economic classes, but women with low socio-economic status are more likely to experience violence (Adekeye, 2011).

In Nigeria, Oyediran and Isiugo (2005) conducted a study on women's perception of wife beating in Nigeria and found that 64.4 per cent and 50.4 per cent of ever married and unmarried women, respectively, expressed consent for domestic violence. This was reaffirmed by the Nigerian Demographic Health Survey (2008) which revealed a surprisingly high number of domestic abuse of various forms in Nigeria. Igbokwe, Michael and Kelechi (2013) carried out a study on domestic violence against women in Enugu State and found that verbal abuse (80.95%) and the physical forms of violence (beating, battering, slapping) (69.05%) constituted the major forms of domestic abuse. The greatest socio-cultural factors that promote domestic violence include failure to give the husband a male child (83.33%) and silence of the women about incidence of domestic violence (70.95%). It was observed that the greatest forms of domestic violence experienced by women in Nsukka LGA are physical and emotional forms of domestic violence. In retrospect, violence against women can be summarily described as one of the crudest and prevalent human right abuses globally and in Nigeria in particular which is deeply rooted in culture of power discrimination and structural inequality between men and women. Documenting the extent of it

existence and associated factors influencing its different patterns is essential to develop counselling intervention to tackle violence against women. Although extensive studies have been carried out on issues relating to domestic violence, most of the cited studies are done outside Ilorin metropolis and to the best knowledge of the researchers, there is paucity of studies on patterns of domestic violence among married adults and its implications for value reorientation. This study seeks to fill this gap. Therefore the purpose of this study is to investigate a.) the patterns of domestic violence among married adults in Ilorin metropolis, Kwara State b.) look into the implication of finding of the study for value reorientation counselling and c.) to find out if variables such as educational qualification and years of marriage would affect the respondents' experience of various patterns of domestic violence.

Research Hypotheses

The following null hypotheses were also formulated to establish empirical evidences on the study.

- H₀₁:** *Educational qualification will not have significant influence on the patterns of domestic violence among married adults in Ilorin metropolis*
- H₀₂:** *Length of years in marriage will not have significant influence on the patterns of domestic violence among married adults in Ilorin metropolis*

Material and Methods

The research design being a quantitative type, adopted descriptive survey method in order to gather relevant information. The population for this study consists of all married adults in Kwara State while the target population comprised of married adults in Ilorin metropolis drawn from Ilorin East, Ilorin West and Ilorin South local government areas of Kwara State. A sample of 385 respondents was selected for the study using the purposive sampling technique. Purposive sampling technique is a sampling procedure in which a researcher purposively selects certain groups as samples because of their relevance to the investigation under consideration (Daramola, 2006). The major instrument used for gathering data from the sample of respondent is a questionnaire titled "Patterns of Domestic Violence among Married Adults Questionnaire (PDVAMAQ). The questionnaire is structured with a close ended items and its responses are patterned on a Four Point Likert-type Rating Scale Format i.e. Strongly Agree (SA), Agree (A), Disagree (D), Strongly Disagree (SD). The questionnaire is divided into two sections (A and B). The first section comprises of the demographic data of the respondents such as gender, age, educational

qualification and years in marriage while the second section comprises of 20 statements on patterns of domestic violence among married adults, which the respondents filled base on their own perception. The research instrument was validated by experts in the Department of Counsellor Education while the reliability of the instrument was ascertained through the test re-test method using the Pearson Product Moment Correlation (PPMC) coefficient formula and a coefficient of 0.69 was obtained. The data obtained from the respondents were analysed using both descriptive and inferential statistics. The results obtained from the demographic data (Section A and B) were analyzed using percentages. The research questions was analysed using mean and rank order while the null hypotheses formulated were tested using t-test and ANOVA at 0.05 alpha level of significance.

Results

The data obtained from the instrument were analysed using percentages and ranking order analysis, t-test and Analysis of Variance (ANOVA) statistical analysis

Descriptive Data Analyses

The distributions based on the characteristics of the respondents are presented in this section.

Table 1: Distribution of Respondents by Gender, Educational Qualification and Years in Marriage

Personal Data	Frequency	Percentage
Gender		
Male	166	43.5

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Female	219	56.9
Total	385	100.0
Educational Qualification	Frequency	Percentage
Primary School Certificate	45	11.7
Secondary school Certificate	118	30.6
NCE/OND	154	40.0
First Degree	50	13.0
Masters/ PhD	18	4.7
Total	385	100.0
Length of Years in Marriage	Frequency	Percentage
Less than 5 years	57	14.8
6-10 years	150	39.0
11 years and above	178	46.2
Total	385	100.0

Table 1 shows the distribution of respondents based on gender, educational qualification and length of years in marriage. The result on the table indicated that 166 (43.1%) of the respondents were males while 219 (56.9%) were females. The table further reveals that 45 (11.7 %) of the respondents were in primary school certificate holder, 118 (30.6 %) were secondary school certificate holders, 154 (40.0%) were NCE/ HND certificate holders, 50 (13.0 %) were

first degree holders while 18 (4.7%) of the respondents were Masters and PhD certificate holders. Also, 57 (14.8%) of the respondents have been married for less than 5 years below, 150 (39.0 %) have been married since 6-10 years ago, while 178 (46.2%) have been married more than 11 years ago.

Research question: what are the patterns of domestic violence among married adult in Ilorin metropolis?

Table 2: Mean and Rank Order Analysis of Patterns of Domestic Violence among Married Adults Ilorin Metropolis

S/N	Factors	MEAN	RANK
1	Verbal Abuse	10.25	1 st
2	Physical Abuse	10.04	2 nd
3	Sexual Abuse	9.90	3 rd
4	Emotional Abuse	9.63	4 th
5	Spiritual Abuse	9.55	5 th
6	Economic/Financial Abuse	9.37	6 th

Table 2 shows the mean and rank order analysis of patterns of domestic

violence among married adults in Ilorin metropolis. The result on the

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table revealed that verbal pattern of abuse ranked is the most common pattern with mean score of 10.25, followed by physical pattern of abuse with a mean score of abuse 10.04. Sexual pattern of abuse ranked third with a mean score of 9.90. Emotional pattern of abuse ranked 4th with a mean score of 9.63, spiritual pattern of abuse ranked 5th with a mean score of 9.55 and economic and financial pattern of abuse ranked 6th with a mean score of 9.37.

Hypotheses Testing

In this study, two (2) null hypotheses were formulated and tested using t-test and analysis of variance (ANOVA) statistical procedure. Significant differences were determined at 0.05 alpha level of significance.

Hypothesis 1: There is no significant difference in the patterns of domestic violence among married adults in Ilorin metropolis based on age

Table 3: Analysis of Variance (ANOVA) Showing Respondents' view on Patterns of Domestic Violence among Married Adults in Ilorin Metropolis on the basis of Educational Background.

Sources of Variance	Sums of Squares	Df	Mean Squares	Calculated F-value	Critical F-value	p-value
Between Groups	403.10	4	100.77	2.56	2.37	.03
Within Groups	14923.77	380	39.27			
Total	15326.87	384				

Table 3 presents data on the Analysis of Variance (ANOVA) showing respondents' view on patterns of domestic violence based on based on age. The table showed that the calculated f-ratio of 2.56 is greater than the critical f- ratio of 2.37 (p value 0.03 <0.05 at 0.05 level of significance). On this basis, the null

hypothesis which states that there is no significant difference in the patterns of domestic violence among married adult in Ilorin metropolis based on age was rejected. This means that based on educational qualification, married adults in Ilorin metropolis differed significantly in their views on patterns of domestic violence.

Table 4: DMRT Showing the Magnitude of Differences in the Patterns of Domestic Violence among Married adults in Ilorin Metropolis based on Educational Qualification

	Mean	N	Group	Duncan's Grouping
Masters/PhD	66.17	18	1	A
First Degree	67.05	154	1	A
NCE/OND	68.30	50	2	B
SSCE	68.83	118	2	B
Pry Certificate	69.62	45	2	B

Table 4 shows the Patterns of Domestic Violence among Married adults in Ilorin Metropolis based on Educational Qualification. The information on the table revealed that group 1 who are respondents that are Masters/PhD and First Degree Certificate holders with mean scores of 66.17 and 67.05 respectively significantly differed from respondents in group 2 (i.e. NCE/OND, SSCE and Primary Certificate) who have lesser

certificates with mean scores of 68.30, 68.83 and 69.62 respectively. It can thus be concluded that both respondents Masters/PhD and First Degree Certificate holders contributed to the differences noted in the ANOVA table 3.

Hypothesis 2: There is no significant difference in the patterns of domestic violence among married adults in Ilorin metropolis based on length of years of marriage

Table 5: Analysis of Variance (ANOVA) Results Showing Respondents' view on Patterns of Domestic Violence among Married Adults in Ilorin Metropolis on the basis of Length of Years Marriage.

Sources of Variance	Sums of Squares	Df	Mean Squares	Calculated F- value	Critical F-value	p-value
Between Groups	300.92	2	150.46	3.82	3.00	.002
Within Groups	15025.94	382	39.33			
Total	15326.87	384				

Table 5 presents data on the Analysis of Variance (ANOVA) showing respondents' view on pattern of

domestic violence based on based on length of years of marriage. The table showed that the calculated F-ratio of

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3.82 is greater than the critical F- ratio of 3.00 (p value $0.02 < 0.05$ at 0.05 level of significance). On this basis, the null hypothesis which states that there is no significant difference in the patterns of domestic violence among married adult in Ilorin metropolis based on length of years in marriage was rejected. This means that based on

length of years in marriage, married adults in Ilorin metropolis differed significantly in their views on patterns of domestic violence. A further examination of the group differences was carried out through Post hoc test using the Duncan's Multiple Range Test (DMRT).

Table 6: DMRT Showing the Magnitude of Differences in the Patterns of Domestic Violence among Married adults in Ilorin Metropolis based on Length of Years in Marriage

Length of Years in Marriage	Mean	N	Group	Duncan's Grouping
11 Years and Above	67.07	178	1	A
6-10 Years	68.73	150	2	B
Less than 5 years	69.09	57	2	B

Table 6 shows the Patterns of Domestic Violence among Married adults in Ilorin Metropolis based on length of years in marriage. The information on the table revealed that group 2 which are respondents between 11 years and above with a mean score of 67.07 differed significantly from group 2 i.e. respondents between 6- 10 years and less than 5 years with mean scores of 68.73 and 69.09 respectively. It can thus be concluded that both respondents between 11 years and above contributed to the differences noted in the ANOVA table 5.

Discussion of Findings

The result of this study revealed that patterns of domestic violence in Ilorin metropolis include verbal pattern of abuse, physical pattern of abuse, sexual pattern of abuse, emotional

pattern of abuse, spiritual pattern of abuse and economic and financial pattern of abuse. The study is in line with findings of Laing and Bobic (2002) who posited that domestic violence is not limited to physical violence but also involves a range of different forms of abuse. According to the authors domestic violence commonly include the presence of abuse between intimate partners; different forms of abuse including physical and sexual violence, threats and intimidation, psychological and emotional abuse, and social and economic deprivation among others. The study is also corroborates the findings of Obi and Ozumba (2007) found that 83% of respondents in their study reported physical abuse such as hitting, slapping, punching, choking, pushing, burning and other types of

contact that result in physical injury to the victim. Also, Aihie (2009) reported that there is high prevalence of domestic violence in Nigeria and discussed the different forms of abuse which may occur in the home such as physical abuse; sexual abuse; neglect; economic abuse; emotional abuse among others and the devastating consequences on the individuals involved and the society at large. There it can be concluded that domestic violence is a major phenomenon in Nigeria which is having a serious implication on family building and cohesion.

The study also revealed a significant difference in the patterns of domestic violence among married adult based on educational qualification. This means that educational qualification of married adults have significant influence on their view of the pattern of domestic violence experienced. This study corroborate the findings Rapp, Zoch, Khan, Pollman and Kramer (2012) who worked association between gap in spousal education and domestic violence in India and Bangladesh and found that wives with higher education than their husband were less likely to experience less severe and severe domestic violence as compared to equal or low educated spouses. More so, highly educated couples revealed the lowest likelihood of experiencing domestic violence. There is also increase domestic violence among wives with higher education than their husbands. Thus the result pointed at a decreased severe violence with an increase in

education level among spouses. The findings of the study is also consistent with a study by Burazeri *et al.*, (2005) who analysed the association of partner's educational discrepancy on existence of intimate partner violence among Albanian women and found that women with a higher educational level than their husband were more likely to experience intimate partner violence than women who are equally educated or lower educated than their partners. This is evident in the result obtained from the post hoc conducted which showed that respondents with lower educational qualification show more experience of domestic violence than those with higher educational qualification. The result of this finding could be because married adult with lower educational qualification may not have much exposure about spousal abuse and assertive skills of handling abuse by partner as well as how to ask for their right without been rude and intimidated compared to those with higher educational qualification. More so, married adult with lower educational status tends to be tolerant to abuse of partner who are economically buoyant and of those who are more educated than them. The traditional value system in Nigerian society which mandated the total submissiveness of the wife to her husband could be a factor playing significant role in the way through which women of lower or higher educational status than their husband tolerate different patterns of domestic violence experienced by married adult in Nigeria.

The study further revealed a significant influence of in the patterns of domestic violence among married adults based on length of years of marriage. This means that length of years of marriage of married adults have significant influence on their view of the pattern of domestic violence experienced. Married adult who had been married for more than 11 years contributed to the difference noted in the study. The result of this study is in line with the submissions of Almosaed and Alazab (2015) who investigated the reason why women continue to live with an abusive partner and examined the relationship between their reasons and number of variables including duration of marriage and found a significant differences among wives who are married for less than 5 years and more than 10 years. The wives who had been married for more than 10 years were more likely to adapt to violent marriages than those who had been married for few years. Similar result had been found in the studies of Alamosaed (2009) and Strube and Barbour (1983) who reported that women who had been in violent marriages for fewer than 7 years are more willing to leave the marriage than those who had been married for longer years. The possible reason for this finding could be because married adults who had been married for longer years may have had many investment in the family in terms of child bearing, financial commitment and quality time which could restrain them from leaving the marriage as

compared those that had been married for fewer years wherein much investments have not been made. Again some of the married adults who had been married for longer years may have older children whom they need to cater for and thus be forced to remain in the violent relationship for the purpose of having support at least in taking care of the responsibilities of the children.

Implication of the Study Findings for Counselling Practice

Domestic violence is a social menace that has serious psychological, social and health impact on victims and perpetrators. Counsellors have serious role to play in combating the menace as they are supposed to be bothered by the pace and tempo at which domestic violence ravages the victims well being in our society. The incidence of domestic violence is high in the country because of different cultural and traditional believes that are associated with the menace, therefore, Counsellors need to assist married adults in having value reorientation towards exhibiting any form of abusive behaviours in their marriages. This can be done through provision of prevention, remedial and rehabilitation services to married adults, the perpetrators and victims. The following are some of ways through which the value reorientation counselling can be provided for married victims and perpetrators of domestic violence.

Rehabilitation Counselling Service: one major role Counsellors would have to play is to provide access to

rehabilitation counselling service for both victims and abusers. Rehabilitation counselling unit should be established within major towns and villages so as to provide avenue for easy access for victims suffering from psychological trauma and who are in needs of help. Rehabilitation counselling service will help to rehabilitate abusers to lead a normal life again.

Facilitation and Organization of Public Enlightenment Campaign against Domestic Violence: Counsellors can also play an active role in facilitating and organizing enlightenment campaign against domestic violence. Counsellors in collaboration with Governmental and Non-governmental agencies saddled with responsibilities of mass education should facilitate and promote programmes that will educate the public and the abusers on the devastating effect of domestic violence on family building in Nigeria. Enlightenment programmes for the public can be organized using village meeting, town union programmes, markets, motto parks e.t.c. (Muhammed, Okesina, Ibrahim & Adegunju, 2017). More so, In schools, during Parents' Teachers' Association meetings and end of the year programmes the school counsellor could give short talk or enlightenment talks to encourage parents to use measures, which are non-violent at home in addressing family issues in order to avoid exposing children to domestic violence of any form and emphasizing its evil consequences and

the need for families to avoid it for a better society.

Support: Counsellors should also assist individuals that have been abused or violated to overcome the trauma and put in place various coping mechanisms to help the individual lead as normal life as possible. This can be done through creation of support groups for victims and perpetrators for the purpose of rehabilitation (Muhammed *et al.*, 2017). Counsellors should also provide support in terms of advocacy and referrals that will assist individual victims regain themselves and lead a normal life. This service could also assist victim to acquire justice and enjoy fundamental human rights they so deserve for instance victims can be assisted to get court injunctions, receive medical treatment and achieve empowerment.

Provision of Family Life Counselling: counsellors would need to focus attention on family life and community based counselling service that will provide opportunities for victims to receive help and support from professionals (Marital Counsellors, Social Workers, Legal Practitioners and Medical Practitioners). Presently in Nigeria today, counselling services are only accessible in educational institutions and in the hospital settings, there is need for counselling services that will be community based so that yearning of people can be met especially in family life aspects (Muhammed *et al.*, 2017). People should be enlightened to know that violence in the home serves as a breeding ground for violence in

the society. People should be taught how to be good role models and walk together to end violence in the home. **Partnership and Collaboration with Media Agencies:** in order to be able to reach the teeming public and to have effective coverage in changing people's orientation towards domestic violence in Nigeria, counsellors should work in collaboration with media agencies such as the Nigerian Television Authorities, Radio Corporations and most importantly the Nigerian Film Industries in sensitizing the public on the dangers of domestic violence to family building, the victims and perpetrators and teaching appropriate way of resolving issues in the home front through home videos, drama, plays and advertorials.

Conclusion and Recommendations

The study concluded that there is high prevalence of domestic violence in Ilorin metropolis especially verbal and physical abuse influenced by level of education and duration of marriage. This could pose a serious threat to the health and wellbeing of the women as well as other member of the family. This could be a grounding factor for other social harm such as, depression incessant marital conflict, separated marriage, divorce, poor parent child relationship, physical injuries, suicide

or even death hence, the need for counselling intervention.

Based on the findings, discussion and conclusion in this study, the following recommendations were made:

1. Adequate enlightenment and intervention programmes should be facilitated by marriage counsellors to counsel and campaign against domestic violence.
2. The study also stresses the need for counsellors to provide advocacy services, training in communication skills, organize family life counselling, support and focused groups to rehabilitate the victims and perpetrators of domestic violence in Ilorin metropolis.
3. Married adults irrespective of their duration of marriage and educational status should be assisted through different medium and encouraged to have behaviour change through mass media campaigns and education
4. Finally, counsellors should partner with the law enforcement agencies, judiciary, women protection authorities, community leaders, media institutions and the civil society/ organization in combating the menace of Domestic Violence.

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