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**ALCOHOL ABUSE AND DOMESTIC VIOLENCE IN
BOTSWANA: A CASE STUDY OF FRANCISTOWN**

A Research Project submitted in partial fulfillment of the Requirements for the award of a Master's Degree of Arts in Peace Studies and Conflict Transformation

Submitted by

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Musanze, May 2020

DECLARATION OF ORIGINALITY

I, Masego **MATHITHA** hereby declare that the content in this thesis is an original work and has not been submitted in any form for any degree to any University. Duly referenced acknowledgements were made to any other information from other sources.

Signature.....

MASEGO MATHITHA

Date of submission:/...../.....

CERTIFICATION

This is to certify that this thesis entitled “Alcohol Abuse and Domestic Violence in Botswana: A case study of Francistown City (2015-2019)” is an original work carried out by **MASEGO MATHITHA**, under my supervision and guidance and is hereby accepted and recommended for Approval for the Award of the Master’s Degree of Arts in Peace Studies and Conflicts Transformation by the University of Rwanda.

Dr Celestin HATEGEKIMANA

Supervisor

Signature 

DEDICATION

This thesis is dedicated to my family and friends for their moral support and encouragement through my entire lifetime and duration of study.

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LIST OF ABBREVIATIONS AND ACRONYMS

WHO	: World Health Organization
DALYs	: Disability Adjusted Life Years
IPV	: Intimate Partner Violence
BIDPA	: Botswana Institute of development Policy Analysis
CVI	: Content validity Index
ASP	: Assistant Superintendent
NGOs	: Non-Governmental Organizations
STARS	: Start Taking Alcohol Risks Seriously
SPSS	: Statistical Package for the Social Sciences

ABSTRACT

This research is entitled “Alcohol Abuse and Domestic Violence in Botswana; a case study of Francistown”. and it focused on the years 2015-2019. The study was guided by the following objectives: To identify the effects of excessive alcohol drinking on domestic violence in Francistown; To assess the extent to which alcohol intoxication contributes to domestic violence in Francistown and; To understand the causes of alcohol dependence that contribute to domestic violence in Francistown. The researcher applied in this study a descriptive approach and by using Yamane’s formula, a sample size of 93 respondents was arrived at, being that of victims. The researcher used convenience sampling to determine the number of key informants. Primary data was collected by the use of questionnaires and interviews while the secondary data was obtained from the documented materials. To analyze data, Statistical Package for Social Sciences (SPSS) version 16 was used. The findings indicted that majority of respondents experienced the effects of excessive drinking in the form of psychological abuse, physical abuse and economic abuse, psychological abuse in the lead followed physical abuse the economic abuse. This was supported by qualitative data obtained from interviews with key informants. Similarly, majority of victims indicated that from the experience they encountered, alcohol intoxication highly contributed to domestic violence. Findings also indicated that stress, social influence and family history contributed a lot to alcohol dependence, which eventually led to an increase in domestic violence. Finally, the researcher recommended that education on the negative effects of alcohol abuse should be done at various community levels every year as well as family enrichment and stress management workshops as a way of addressing the problem the problem at hand.

Key words: alcohol abuse, domestic violence, alcohol intoxication, marital rape and sexual abuse

CHAPTER ONE

GENERAL INTRODUCTION AND BACKGROUND OF STUDY

1.0 Introduction

The research topic is “Alcohol Abuse and Domestic violence in Botswana; A case study of Francistown”. This chapter has covered the background which defined the two concepts and focused on the global, regional and national extent of alcohol abuse and domestic violence. It also gave a detailed statement of the problem for the reader to understand the current situation. Research objectives and questions have also been outlined. The chapter further focused on the scope and limitations of the study, the significance of the study and finally the structure of the study.

1.1 Background of the study

The World Health Organization report (2018) indicates that alcohol abuse is a global concern which affects people physically and mentally and makes them lose self-control so that they end up using violence to solve family problems. According to another research by WHO (2016) alcohol abuse refers to regular and excessive intake of alcohol which brings negative effects on the lives of both the drinker and people close to him or her, and these negative effects may include failure to carry out one’s personal, family, social, or work responsibilities as a result of such drinking behaviour. Sinkamba (2015) defined alcohol abuse as alcohol use which exposes the individual to high level of risk and is likely to have adverse effects on the individual physically, psychologically and socially. In a research on alcohol abuse by Kafuko and Bakuluki (2008) the two found alcohol abuse to mean the failure to control one’s behaviour after drinking.

Statistics by WHO (2017) on Alcohol Abuse indicate that worldwide, alcohol is highly consumed in the European Union than in any other region, especially in western and eastern Europe where drinking pattern is said to be attributable to risky behaviour. In another study conducted in Australia, results indicated that 22.7% of Australians experienced alcohol use disorder also known as alcohol abuse (Hasin, 1990). According to WHO (2008) studies indicated that 71 % of the countries experienced an increase in drinking among teenagers and in 80% of the countries in worldwide there appeared to be an increase in drinking by young adults.

Research on “Global Burden of Diseases, Injuries, and Risk Factors” by WHO (2010), indicated that alcohol consumption is among the leading global concerns; furthermore, the World Health Organization (WHO) considered it a primary risk factor for “disability-adjusted life years” (DALYs) in many countries including Brazil. Caetano (2013) has indicated that high rate of alcohol consumption can affect individuals, families and the community in different ways which may include use of violence.

In Botswana, studies have shown that high consumption of alcohol is a great concern (Phorano, Nthomang and Ntseane, 2005, and Sinkamba, 2015). According to Sinkamba, studies have indicated that an average alcohol consumption per capita of 20.2 liters of pure alcohol in Botswana, and beer is the most commonly preferred type of alcoholic beverage consumed by more than half of the drinking population. Sinkamba (2015) found during her studies that as it is the case with certain African countries, in Botswana it is also common to find alcohol being used in various traditional and social ceremonies as part of culture. However, people then take advantage of this to abuse it. In a research by WHO (2014) results indicated that environmental factors such as economic development, culture, availability of alcohol could be some of the causes for heavy drinking in many countries, and that is true for Botswana as well. There is a beer manufacturing factory there which produces various alcoholic beverages and this makes alcohol available at all times in high volumes hence high consumption.

The WHO “Global Status Report on Alcohol and Health” (2014 as cited in Ministry of Health and Wellness, 2018), indicates that “beer, wine and spirits” are the mostly consumed alcoholic beverages in Botswana accounting for “56%, 12%, and 11%” of total alcohol consumed respectively. According to this report other available alcoholic drinks are traditional brews which account for 21%. The above studies further indicate that many injuries are sustained as a result of violent physical fights or attacks and this is common after excessive alcohol intake whereby wife beating and beating of children by adults is dominant. This does not however mean that these are the only victims of alcohol -related violence; Caetano, (2013) found out that there are women who abuse alcohol and are perpetrators of violence.

Francistown being the second city in Botswana with the second largest population in the country also experiences abuse of alcohol which involves use of alcoholic beverages common in the country which includes beer, wine, *Chibuku* and various traditional brews. Just like in other areas,

abuse of alcohol in this area is associated with negative effects on the abuser and the families of abusers such as various forms of domestic violence.

In Botswana domestic violence is also a great concern but some of the reported cases are withdrawn by victims especially those who depend on their abusers for survival (Botswana Police Service, 2019). The magnitude of these incidences might therefore be more than recorded. Botswana Police Service also reports indicate increases in reports by more than 6% annually. Botswana Domestic Violence Act (2008) defines domestic violence as; “Any controlling or abusive behavior that harms the health or safety of the applicant and includes physical abuse or threat thereof; sexual abuse or threat thereof; emotional, verbal or psychological abuse, economic abuse, intimidation, harassment, damage to property, where the applicant and the respondent do not stay in the same home, entry into the applicant’s home without his or her consent, unlawful detainment, or stalking”

The ‘applicant’ according to this Act refers to any person who has been subjected to violence regardless of gender or age. The Act does not criminalize the offence, but offences which involve use of violence against spouses, dating or cohabitating partners and other family members are treated as domestic violence offences. These include, among others, murder, grievous harm, unlawful wounding, sexual offences, threats to kill, intimidation, assault occasioning actual bodily harm, assault common. These are the common offences reported in Botswana and Francistown in particular, and in addition to psychological and economic abuse, the researcher will refer to them as domestic violence.

In Francistown, use of violence takes similar forms like in other areas in the country. According to Northern Division Police Annual reports (2019), which cover Francistown, the offences have been increasing from over the past five years. The reports indicate that a total of 2012 cases of domestic violence related offences were reported in this area during this period and out of these cases, victims in 1305 cases alleged that the perpetrators were drunk at the time of the offence.

1.2 Statement of the Problem

It is the desire of every country to be free from the challenges associated with alcohol abuse such as domestic violence. It is thus not surprising that the World Health Organization (2010) recommended generation of efforts by member states to reduce abuse of alcohol as one of the

measures to ensure that they are not affected by the negative physical, psychological and economic effects of alcohol abuse which include domestic violence. Ideally, without abuse of alcohol, countries will experience increased productivity. WHO (2010) has observed that reduced productivity is always blamed on absenteeism associated with intoxication or health problems resulting from abuse of alcohol, or absence of employees who are victims of abuse by intoxicated partners. WHO (2017) has also asserted that reduced alcohol consumption can also minimize abuse of family incomes and reduce family conflicts over such incomes.

Botswana has also adopted the National Alcohol Policy as one of the measures to address abuse of alcohol. In Francistown various government entities and the civil society organizations have always conducted workshops and campaigns to fight against abuse of alcohol to promote peace and instill a sense of responsibility within the community.

However, despite the above efforts, a research conducted by Botswana Institute of Development Policy Analysis-BIDPA (2017) indicates that abuse of alcohol in Botswana is still a worrisome. The World Health Organization (2018), has also indicated that alcohol consumption in this country is one of the highest in both the region and Africa which stands at 8.4 liters per capita per year, and in a survey by Emang Professional Services (2017) on alcohol consumption in Botswana most respondents indicated that alcohol made them to feel happy, friendlier, have fun, and more relaxed, and this could be some of the reasons for the increase in consumption. Reports by Ministry of Health and Wellness (2018) indicates that Francistown is one of the areas affected by high consumption of alcohol. Although no studies have been conducted to explore the contribution made by abuse of alcohol towards domestic violence, there are some perceptions amongst the public which indicate that alcohol abuse is a leading factor that contributes to domestic violence. In one of the studies conducted by Ministry of Labour and Home Affairs (2012) on the “Gender Based Violence Indicators in Botswana”, where alcohol abuse was cited as one of the causes of abuse, results indicated that 10.9% of victims who experienced domestic violence attempted to commit suicide. According to the above study, some of the respondents indicated that they were forced to have unprotected sex by their partners who were HIV positive and ended up being infected as well.

Reports from Botswana Police Service (2019) indicated that 2012 cases of domestic violence perceived to be a result of alcohol abuse were recorded in the whole country, and out of these,

more than one quarter (1305) were recorded in Francistown only. Amongst the cases recorded in Francistown are murder, in which 10 victims lost their lives and 9 offenders in the same cases committed suicide. One hundred and twelve (112) victims sustained permanent disfigurement due to grievous harm, 17 children were sexually abused by step parents who intimidated them in the process, preventing them from reporting the incidences, and as such 11 victims' parents only realised after the victims were impregnated by their abusers in the families and dropped from school. In all these incidences victims alleged that the abusers were under the influence of alcohol at the time of abuse.

No studies have been conducted to find out if offenders in the above-mentioned cases were really influenced by alcohol intake or whether they used alcohol as an excuse. If the above allegations remain unverified, it would be difficult for the government and the community leaders in Francistown to take further appropriate steps to address the problem. This study is therefore designed to cover this gap.

1.3 Objectives of the study

The study is based on the following objectives;

1.3.1 General objective

To analyze the contribution of Alcohol Abuse on Domestic Violence in Francistown.

1.3.2 Specific Objectives

1. To identify the effects of Excessive Alcohol Drinking on domestic violence in Francistown.
2. To assess the extent to which Alcohol Intoxication contributes to domestic violence in Francistown.
3. To understand the causes of Alcohol Dependence that contributes to Domestic Violence in Francistown.

1.4 Research Questions

1. What are the effects of Excessive Alcohol Drinking on Domestic Violence in Francistown?
2. To what extent does Alcohol Intoxication contribute to Domestic Violence in Francistown?

3. What are the causes of Alcohol Dependence that contributes to Domestic Violence in Francistown?

1.5 Significance of the study

1.5.1 Personal motivation

This study will help the researcher to acquire research skills that will be used in other fields of work.

1.5.2 Social motivation

Results may be used in raising awareness on alcohol abuse to the community of Francistown basing on facts and not assumptions.

1.5.3 Organisational Motivation

The study will provide information that can guide the organization in making strategies to address the problem.

1.5.4 Academic motivation

The study will provide information on the contribution of alcohol abuse towards to domestic violence in Francistown which might be as reference material in future researches.

1.6 Scope of the study

1.6.1 Content Scope

This study seeks to analyze the effects of alcohol abuse and domestic violence in Francistown. Research by BIDPA (2017) indicated that alcohol consumption in Botswana is one of the highest in both the region and Africa, and in Francistown, reports from Botswana Police Service (2019) indicate that in the northern region, Francistown only recorded the highest number of cases of domestic violence in which victims alleged that the offenders were under the influence of alcohol at the time of abuse resulting in a high recording nationally. This is what prompted the researcher to focus in this area.

1.6.2 Geographic Scope

This study was conducted in Francistown, which is the second largest city in Botswana. The city is located in the northern part of the country, about 500km north-east of Gaborone, and about 90km

from the border with Zimbabwe. The key features there are Tati River which runs across the city. In the western side of the city is another river, Shashe river, and on the south is Tachila Game reserve which is inhabited by wild animals such as leopards and hyenas. In the eastern part of the city is Tati Nickel and Mupane gold mines. Other key features in Francistown are Obed Chilume international stadium and PG Matante International Airport.

1.6.3 Time Scope

This study covered a period of 5 years from 2015 to 2019.

1.7 Summary of Research Design

Research design was based on descriptive approach which includes qualitative and quantitative methods. The approach will be used to get information from institutions that deal with victims of domestic violence who are regarded as key informants and some selected victims who had reported to the police through questionnaires. The method was chosen so that the researcher can be able to get quantitative data from the respondents in order to understand the extent of the problem, and also get supporting qualitative data from key informants. The approach will also help the researcher to cover a larger population through questionnaires. The researcher will use a formula to determine the sample size of respondents.

1.8 Structure of the study

In the first chapter of the study introduced the topic gave a background of the problem so that the reader can have an understanding of the extent of the problem globally, regionally and in the nation of Botswana as well as in the area of study. The chapter also gave the objectives of the study, the main objective and specific objective. Research questions related to the objectives were also formulated which will help the researcher to get information from the participants. It further highlights the significance of the study and finally gives the scope.

In chapter two the researcher undertakes literature review which shows the work done by other researchers pertaining to the same problem. Literature review also provides a theoretical framework which shows the theory that best describes why the problem exists. The chapter further highlights the conceptual framework, giving operational definitions of basic concepts which were used to formulate research objectives and questions.

Chapter three covers in details research methodology which is concerned with research design, area of study, study population, sampling methods and sample size, data collection instruments as well as research ethics. Chapter four covers data analysis and presentation. After presentation of data, findings are discussed and finally in chapter five conclusions are discussed as well as recommended strategies to address the problem.

1.9 Conclusion

This chapter covered the background of the topic under study globally, regionally and nationally. It also provided the statement of the problem by comparing the ideal situation with the current reality to identify the gap. The chapter also addressed the objectives of the study and the significance, further elaborating on the scope. Having identified the objectives, the next chapter will now focus on the next step; the conceptual and theoretical frameworks as well identifying some literature to see how past research concluded based their findings.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This chapter covered review of literature which was aimed at getting an understanding of what other researchers found on the topics similar to subject of this study. Through literature review, existing gaps were identified and theoretical framework underpinning the study was discussed. Conceptual framework for the study was also outlined to guide and contextualize the study in which concepts applied in the study have been defined to get their clear meaning as used in this paper.

2.1 Definition of the key concepts

2.1.1 Domestic Violence

Blume and Zilberman (2005) defined domestic violence as “any sort of physical, psychological, economic sexual or emotional abuse perpetrated by one partner to another, in a past or current intimate relationship”. According to the two authors, domestic violence can also refer to abuse towards children and elderly in the household. Following their studies, these authors realized that the problem is underreported. Anne and Ganley (2014), who also made a research on domestic violence defined it as “marital assault, woman battery, spouse abuse, wife beating, conjugal violence, intimate violence, battering, partner abuse”. Sometimes these terms are used interchangeably to refer to the problem. According to the two authors, domestic violence is not an isolated, individual event, but rather a pattern of perpetrator behaviors used against a victim. The pattern consists of a variety of abusive acts, which may be done repeatedly.

Hamberger, Saunders & Honey (1992, as cited in Anne and Ganley, (2014) stated that many victims of domestic violence struggle with the health consequences of being trapped in abusive relationships without being identified by health care providers or provided with proper treatment.

Studies conducted by UNICEF (2000) indicate that violence in the domestic sphere is usually perpetrated by males who are, or who have been, in positions of trust and intimacy and power – husbands, boyfriends, fathers, fathers-in-law, stepfathers, brothers, uncles, sons, or other relatives. According to these studies, debates are ongoing regarding the magnitude of the problem, which

are also troubled by the fact that domestic violence is a crime that is under-recorded and under-reported, owing to the fact that victims of violence are assisted by police and health care officials who have not been trained to respond adequately or to keep consistent records. In many cases victims are reluctant to report violence because of shame, fear of further victimisation, lack of information about legal rights, lack of confidence in, or fear of, the legal system, and the legal costs involved.

2.1.2 Excessive Alcohol Drinking

The World Health organization defines excessive alcohol drinking as “a pattern of alcohol use that involves problems controlling ones drinking habit, being preoccupied with alcohol, continuing to use alcohol even when it causes problems” (which includes a level that is sometimes called alcoholism). A research by Drug and Alcohol Review (2017), indicated that excessive use of alcohol is one of the factors that contribute to use of violence in the family, which ultimately results in marriage or relationship breakdown. Basing on the theories that explain how excessive drinking results in the use of aggressive behaviour in the family, it is important to identify the perpetrator of domestic violence, establish whether they are influenced by alcohol abuse and or whether there are other factors involved so as come up with measures that can be put in place to address such behaviour.

2.1.3 Alcohol Dependence

In a study on “*The impact of Alcohol Abuse Disorder on family Life*” conducted by Hutchinson et al, (2014), (where the author referred to alcohol dependency as alcohol abuse disorder), results indicated that alcohol dependency has consistently been associated with marital dissatisfaction and conflict. Another study by Leonard & Eiden, (2007) and Jacob & Leonard, (1994) results also indicated that alcohol use disorders or dependency are one of numerous social, family and individual risk factors that have been linked to problems in family life.

All the above mentioned studies confirmed the relationship between alcohol dependency and domestic violence but a conclusion could not be reached to say whether or not alcohol dependency contributed to domestic violence or whether abusers took advantage of it to abuse their family members.

2.1.4 Alcohol intoxication

Alcohol intoxication, also referred to as drunkenness is “the physical condition that someone experiences after drinking too much alcohol (WHO, 2015). Signs of intoxication include breath that smells like alcohol, impaired mental and physical ability such as failure to make good judgement or control one’s behaviour, loss of memory, loss of balance, delayed reaction time, slurred speech, vomiting. A person who is intoxicated can cause harm to him/herself and even to other people. Research by WHO (2015) indicated that intoxicated people behave differently and different people become intoxicated after drinking different volumes of alcohol. Moreira et al (2011) conducted a study with the objective of “investigating psychological or physical violence associated with the use of alcohol, in residences of individuals in Brazil. The study’s main results set the differences in the reports for physical violence and psychological violence in residences where someone arrived or became intoxicated with alcohol. According to the study 50% of the aggressors were under the effects of alcohol, and 77% of the victims were relatives of their aggressors. The results also indicated that acts of violence are not necessarily associated with alcohol consumption.

2.1.5 Alcohol Abuse and domestic violence

Lutwama (2007), conducted a study in Uganda to find out the effects of alcohol abuse on the family and the results indicated that 52% of the women who experienced domestic violence reported that their partners have consumed alcohol at the time of the offence. Javaid (2015) conducted a study on “The role of Alcohol in Intimate Partner Violence: Causal behaviour or excusing behaviour?”. Participants in this study were professionals or experts dealing with victims of domestic violence, and the study was aimed at examining these professionals’ experiences of dealing with alcohol domestic violence. During the study, the researcher used face-to-face and telephone interviews to explore their experiences. He also chose to use qualitative data to gain richer information, and semi-structured interviews so that he would get in-depth data he would need in investigations. According to this researcher, results of study suggested that alcohol does not cause the use of violence in the family, but that it allows the perpetrator to use it as a shield so that they do not see themselves as ‘violent abusers’ but rather as someone whose drinking habits can lead them to do things they otherwise would not do if they had not used it. Results suggested that after taking alcohol violence is highly likely to be used.

In another study on the associations between domestic violence and alcohol abuse and dependence, Irons and Schneider, as cited in Blume and Zilberman (2005), realised that there were some similarities in the behaviours of perpetrators of domestic violence and those of alcohol abusers. They cited examples such as loss of self-control, failure to maintain good conduct in spite of adverse consequences such as physical injuries and negative consequences on family relationships, blaming on others, denial, promises of behavioural change, among others. During this research Blume and Zilberman (2005) learnt that abuse of alcohol by either the victim or perpetrator often leads to increased use of violence, emphasizing that alcohol in most cases facilitates violence. According to their findings, alcohol use seems to be involved in up to 50% of the cases of sexual assault. The studies continued to indicate that violent married men have higher rates of alcoholism when compared to their non-violent counterparts.

In another research by the World Health Organization (2018) on the relationship between alcohol abuse and domestic violence, results indicated that in most cases the perpetrators had recently consumed a lot of alcohol prior to abuse. In the United States of America, and in England victims believed that their abusers had taken alcohol before the use of violence, and according to WHO (2018) this was confirmed by 55% and 63 % of alcohol related domestic violence cases reported in these countries respectively. Still on the same studies, results indicated that in Australia and Russia, 36% and 10.5% of murder cases respectively involved use of violence by perpetrators, while in South Africa, 65% of victims of violence reported use of alcohol by their spouses prior to the assault.

The findings brought about by the above researchers are quiet elaborate. The writers extensively explored the contributions of alcohol abuse on domestic violence. According to these studies most abusers consumed alcohol before use of violence. However, they do not indicate whether the abusers are naturally abusive and they took advantage of alcohol to cover up for their abusive behaviour or whether they abused victims because they were already intoxicated and could not realize what they were doing. This study is therefore aimed at collecting data to close these gaps.

2.1.6 Physical Abuse

Physical abuse refers to deliberate use of physical force against the other person. According to Gupta (2017), physical abuse can include very serious acts such as murder, permanent disfigurement, burning, strangulation, and minor acts like slapping, pushing shaking or twisting

the victim's arm. In addition to the above WHO (2018) studies on domestic violence against married couples indicated that physical abuse can also result in head injuries and bruises. Usually this kind of abuse starts as minor as a slap and gradually becomes serious depending on the relationship of the parties involved. Physical abuse may result in acute or chronic injuries (Albert B., 1977), but because in a domestic relationship it involves couples or close family members sometimes it goes unreported despite the serious injuries sustained by the victim, hence occurs repeatedly.

In South Asia results of a study on "Male perpetrators of intimate partner violence", Johnson & Das (2009) as cited in Gupta (2017) found that men reported use of severe physical violence against their wives which involved punching, dragging or kicking and strangling or burning which accounted for 15%, 11% and 2% respectively. In India, a study focusing on married couples, Kimuna (2012) found that 31% of the respondents experienced physical violence in the past 12 months prior to the study, and all victims were women aged 15 to 49 years.

2.1.7 Psychological Abuse

Psychological abuse involves deliberate use of non-physical forms of abuse. In a study on the "Psychological Abuse in Violent Domestic Relations", O'Leary and Maiuro, (2001) found that there are four forms of psychological violence which includes, firstly, demeaning or belittling the victim. This makes the victim to lose their self-esteem and it involves name calling, ridiculing, causing embarrassment or shame to the victim by scolding in front other people. The second one is when the abuser remains passive or withholds emotional support. In this case the abuser neglects or avoids the victim and deliberately fails to carry out requirements or their responsibilities so as to harm the victim psychologically. This is common where the victim has no source of income or is dependent on the abuser. The third one involves use of threatening or intimidating language towards the victim so as to frighten or confuse them mentally or emotionally, examples includes threats to kill or to cause harm, making the victim to believe that they will suffer to a certain extent if they do not comply with what the abuser wants. Usually victims of this kind of abuse are afraid to make final decisions when their abusers are not around because of fear of further victimization. One other form of psychological abuse according to O'Leary and Maiuro (2001) involves "restricting personal territory or freedom of the victim". The abuser in this case denies the victim freedom of association. They do not allow the victim to see friends or relatives, decides when the

victim should be home, prevents victim from getting employment, controls victim's money. The abuser behaves as if they "own" the victim.

Another research funded by the "Oak Foundation" was undertaken to study 'Psychological violence' as part of their 'Issues Affecting Women' programme. In this study the respondents were survivors of psychological abuse and Practitioners dealing with victims and according to the results nearly three-quarters of practitioners indicated that in most cases victims reported to them when discussing issues of abuse (Clinard and Meier, 2011). Most of the victims of psychological abuse do not report especially when it is domestic abuse either because of embarrassment or dependence upon the perpetrators.

Leonard and Senchat (1996) as cited in O'Leary and Maiuro (2001), found in the research that in most relationships, the incidences of psychological abuse are far more than those of physical abuse, and most of the time some are closer to or followed by physical violence such as use of threats and controlling behavior. Blumenthal, Neeman and Murphy (1998), as cited by O'Leary and Maiuro (2001), found that children who witness psychological abuse are also indirectly abused as they face a high risk of developing anxiety and depression and interpersonal problems. These children, as explained by Bandura (1977) in the social learning theory, are likely to abuse their families as they grow because they learn the behaviour from their parents. Mega et al, (2001) found in their studies that in America, psychological abuse involved control of the victim through "brainwashing by isolation, humiliation, accusation and unpredictable attacks" to make them always feel insecure always and give in. Most victims of psychological abuse do not report abuse immediately, some report when physical abuse comes in, and indicate that they have long been psychologically abused. In the case of women victims, some do not report because of cultural norms or beliefs that women are not supposed to report family abuse.

2.1.8 Economic Abuse

Economic abuse includes behaviors that control a victim's "ability to acquire, use, and maintain resources thus threatening their economic security and potential for self-sufficiency" (Adams, Sullivan, Bybee, & Greeson, 2008) as cited in Stylianou (2015). In such cases the abuser wants to control the victim and do not allow the victim to get employment and earn a salary so that they can have power over the victim. Usually abusers do not want to give money to the victim to buy anything for the family but instead they ask for a list from the victim and goes to buy themselves.

This abusive behaviour is usually common among people who believe that if a woman gets employment and earns a salary they do not want to be submissive to their spouses, or other men may develop interest in her. Economic abuse or exploitation also occurs “when the abuser willingly engages in behaviours that are meant to destroy the victim’s financial resources or credit” (Postmus, Plummer, et al., 2015).

2.2 A brief literature review

As highlighted in the previous sections, the World Health Organization (2016) is concerned about domestic violence which is becoming as a “global public and human rights concern which involves use of violence against men, women and children who are involved either as victims or perpetrators”. It affects married couples, cohabiting partners, dating partners and children. Although in most cases violence is perpetrated against women by men, WHO reports indicate that there are also women who use violence against men. Many researchers have indicated that domestic violence comes in different forms which include psychological, physical, sexual, economic, and emotional abuse, with consequences ranging from psychological effects such as emotional trauma and serious mental impairment to physical effects from bruises, burns, broken bones and other physical injuries and ultimately death. Blume and Zilberman (2005) who also made a research on the same topic defined it as “Any sort of physical, sexual or emotional abuse perpetrated by one partner to another, in a past or current intimate relationship”.

World Health Organization (2016) refers to domestic violence as the use of violence against children and the elderly in a family. Just like the WHO reports, some analysts and authors realized that the problem is underreported. Schornstein (1977) also highlights from his research the fact that domestic violence manifests as “a systematic pattern of abusive behaviour, occurring over a period of time, that may become more frequent and severe and are done for the purpose of control, domination and/or coercion”. According to this author such abusive behaviours may include, among others, use of abusive or threatening language, causing physical, emotional and psychological harm, sexual assaults such as rape, defilement or incest and causing damage to household property. In another research by Nursing and Health Sciences (2015) the “intimate partner violence” (IPV) was interchangeably used with domestic violence by WHO (2016), referring to “Behaviour by an intimate partner that causes physical, sexual or psychological harm,

including acts of physical aggression, sexual coercion, psychological abuse and controlling behaviours”.

According to the early mentioned statistics (section 1.1); some of the victims of violence in Botswana take long to report cases of abuse either because of their dependence on the abusers for survival, or because they do not want to disclose their family conflicts or they blame themselves feeling that they have contributed to the abuse by certain acts or omissions. Most victims report when the situation has reached a boiling point, when they cannot stand the abuse anymore, or when they have suffered serious injuries physically and /or psychologically, and some would allege that their abusers were under the influence of alcohol at the time of abuse. However, no studies have been made as at now to establish the truth and this prompted the researcher to conduct a study to get facts about the problem.

2.3 Empirical review

In Britain before the 1990s, domestic violence included forced marriage of girls as young as thirteen (Dustin and Phillips, 2008), and it was treated as a part of culture and religion. In the 1980s in the USA, “battering” was a commonly used word referring to physical violence used against women by spouses (Pence & Dasgupta, 2006), as cited in Nursing and Health Sciences, 2015). The same studies by Nursing and Health Sciences (2015) indicated that China and India also experienced an increase in the use of violence within the family, and that in India wife beating was part of culture. However, a number of countries around the world have come up with legislation criminalizing marital rape, which is sexual abuse, for example, UNICEF (2000) found that following many complaints by married victims, Australia, Canada, Denmark, France, Germany, Namibia, to name a few, recorded some notable improvement following this development, except that in most cases victims choose not to report.

Caetano (2013) further indicated that some studies in Brazil revealed that “approximately 75 % of the abusers said they once consumed alcohol, while close to 25 % of them experienced some alcohol related problems at some point”. This is an indication that one out of every four people who drink alcohol had some negative consequences such as abuse or alcohol dependence, with varying levels depending on “age, gender, educational, marital status or income”. The above

studies according to Caetano (2013) indicates that alcohol consumption has more negative consequences on women than men, and these include “physical, social, and psychiatric problems”.

In some of the African countries alcohol is given some cultural importance to an extent that it is used in traditional ceremonies like enthronement of kings, weddings and other important social events. (Borges et al, 2017), and this is likely to encourage harmful drinking. The above studies also indicated that Countries like Chad, Gambia, Mali, Namibia, South Africa are among the leading in terms of alcohol consumption per capita, which was as high as 30litres of pure alcohol per year in 2012 (Borges (2017).

In South Asia results of a study on “Male perpetrators of intimate partner violence”, Johnson & Das (2009) as cited in Gupta (2017) found that men reported use of severe physical violence against their wives which involved punching, dragging or kicking and strangling or burning which accounted for 15%, 11% and 2% respectively. In India, in a study focusing on married couples, Kimuna (2012) found that 31% of the respondents experienced physical violence in the past 12 months prior to the study, and all victims were women aged 15 to 49years.

Research findings in Botswana indicate that alcohol abuse is more prevalent among males compared to females (Mphele, et al, 2013). Furthermore, problems associated with alcohol abuse have been noted in a number of previous studies and these include aggressive behaviour, physical injury, risky sexual behaviours. Alcohol abusers are always overwhelmed by the urge to drink continuously without considering either the psychological, physical or economic effects of too much drinking. It is important to note that police report only provide information from arrests and seizures data hence knowledge about extent of the problem is limited (Ministry of Health, 2018).

In Botswana, although, there is inadequate research on factors that contribute to such abuse, there is evidence to confirm that alcohol abuse is a problem (Ministry of Health and Wellness, 2018). It is common that most people who drink enjoy drinking at the drinking sprees rather than at home. It is at these places that during discussions people would attach more importance to drinking alcohol, for, example, indicating that it releases stress, which makes some who are not able to think responsibly to adopt this behaviour. Some would even enjoy drinking a lot when alcohol is free like in traditional ceremonies and other social events. They get influenced by friends, colleagues or whoever they interact with at that time, and eventually get used to abusing alcohol.

2.4 Theoretical Framework

There are various theories that explain alcohol abuse as well as those that explain the causes and forms of violence. This study will present one such theory to explain both alcohol abuse and domestic violence; the Psychological Stress theory.

2.4.1 Psychological Stress Theory

The Psychological Stress theory proposed by David Lazarus (1982) posits that stress is viewed as a relationship between individuals and their environment. According to this theory, “Psychological stress refers to a relationship with the environment that the person considers important for his or her well-being and in which they are not able to cope with such stressful environment” (Lazarus and Folkman 1986, as cited in Krohne, 2002)

The researcher used the essence of this theory and applied it to the situation in Francistown to ascertain if indeed alcohol abuse can be attributed to stress. It is not a far-fetched idea to assume that in Francistown, just like in any other area, people may have stress related to various sources such as the environment, or, financial and economic issues. Instead of finding ways of managing the stress responsibly, some people choose to drink too much alcohol to an extent that they are not even aware of the choices or decisions they make. Some do this because they believe that alcohol relieves stress. Usually this often involves misuse of family funds or failure to carry out one’s responsibilities like providing support for the family. When other family members complain about the behaviour this person displays, the abuser becomes aggressive and starts to use violence in the family. If the victims take action and report abuse, the abuser gets even more stressed due to the legal action taken against them and they continue to drink excessively even more and the cycle continues.

2.5 Conceptual Framework.

This part defines the two concepts used in the topic under study using operational definitions. It indicates the various dimensions of the independent variable that may lead to the various dimensions of the dependent variable.

2.5.1 Independent Variable

This is a variable which is not influenced by other variables but rather it has influence over the dependent variable. The independent variable in this study is alcohol abuse.

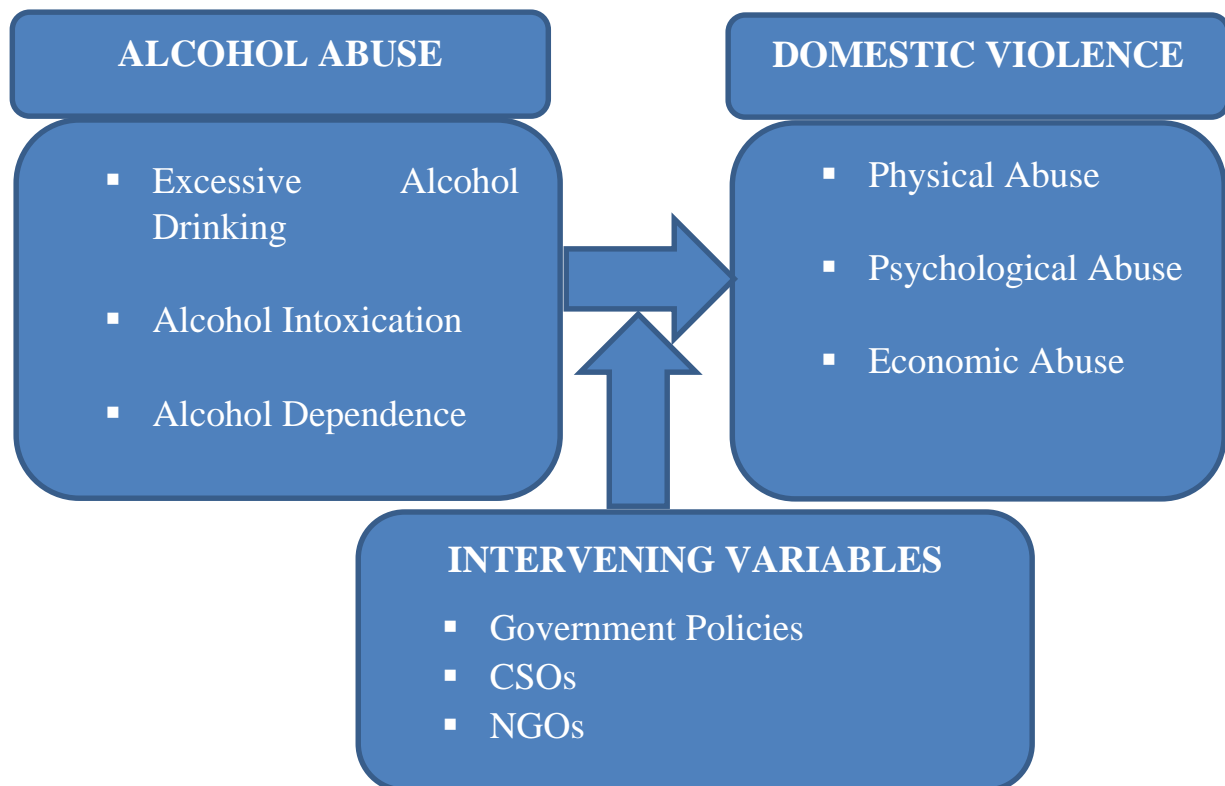
2.5.2 Dependent Variable

This variable is influenced by the independent variable. In this study dependent variable is domestic violence.

2.5.3 Intervening Variables

Just like the independent variables, these variables influence the dependent variables. In this study the intervening variables, which are government policies, civil society organizations and Non-Governmental organisations play a role in reducing the occurrence of the dependent variables.

Figure 2. 1: Conceptual Framework



Source: Student Research, 2020

From the above framework, excessive alcohol drinking, alcohol dependence and alcohol intoxication describing alcohol abuse can result in physical abuse, psychological abuse and economic abuse which are dimensions of domestic violence. Intervening variables help to reduce the contributions of alcohol abuse towards domestic violence.

2.6 Conclusion

This chapter provided some definitions of the variables and theoretical framework relating to the topic under study. It also identified some literature from past studies which was meant to link the current study with the previous studies on the same topic. However, findings from these past studies, which were done outside Africa, differ. Some confirm that alcohol abuse has contribution in the increase in domestic violence incidences while some do not support the idea. The researcher therefore finds it important to collect data in order to understand the situation in Francistown.

CHAPTER THREE

RESEARCH METHODOLOGY

3.0 Introduction

This chapter presents research design which outlines methodological approaches, study area, population, sampling techniques and sample size. The methodological approaches were chosen basing on the research questions. The chapter further discusses data collection instruments, data presentation and analysis as well as limitations of the study and research ethics.

3.1 Research Design

This is a descriptive research which makes use of the elements of both quantitative or qualitative approaches. The method aims at “describing a phenomenon and its characteristics” (Nassaji, 2015) and focuses on “what” rather than “how” and “why” something happened. The researcher chose to use this method because it allows for both collection of rich in-depth qualitative data, and at the same time uses quantitative data collection method which makes it possible to collect data from a larger population (Dawson, 2006). This helped the researcher to views and opinions from the key informants and at the same time covering a larger sample size, the results of which can be generalized to the whole population. With this approach data analysis is easy because data that is collected qualitatively is analyzed quantitatively using percentages and other statistical methods (Gall and Borg, 2007, as cited in Nassaji, 2015).

3.2 Study population

The total population of this study was 1305 respondents who are the victims who had reported cases to the police. Second, the study focused on institutions which deal with victims of crime which are District commissioners, Police (with particular focus on station commanders, investigators, prosecutors and gender focal persons), chiefs, Gender Affairs Department and social workers. All these were considered key informants because they deal directly with victims of domestic violence.

3.3 Sampling method

Given the nature of the study, the researcher chose to use convenience sampling method for key informants, which is a non-probability sampling method “where the targeted group meet certain practical criteria, such as easy accessibility, availability at a given time, or the willingness to participate” (Etikan, et al, 2015). The researcher chose to use this method because at the time of data collection most people in this category who had relevant information such as some social workers, court presidents, some police officers, were away Christmas holidays and even those present were deployed on other assignments, therefore the participants were identified basing what she considered convenient to the study. The researcher used simple random sampling method to determine the respondents (victims) who would participate from a population of 1305 victims because as Bryman (2008) stated, the method is used for choosing from a list of people who had equal probability of being chosen. Having identified their names from police cases, the researcher just picked the sample size from the list.

3.4 Sample size

One thing to note is that in a research it is important to construct a sample size which will be manageable (Dawson, 2006). Therefore, given that the researcher had limited time for data collection, which included interviews, document analysis and administering questionnaires it was quite important to choose a sample size that could be dealt with within that period. Morgan (2005) also stated that when the respondents are more than 100, the sample size has to be determined by using a formula. For the purpose of this study, since the population of respondents was more than 100 (that is, 1305), the researcher found it important to consider a manageable sample size which was selected by using the simplified Taro Yamane’s (1973) formula as cited in Kothari (2004) described below:

$$n = \frac{N}{(1+ Ne^2)}$$

When n = Sample size, N = Population size, e = Level of significance

$$n = \frac{1305}{1+ 1305(0.1)^2} = 92.8 \quad \text{Approximately } 93$$

Based on Yamane's formula calculated above, the sample size of this study was 93 respondents.

As mentioned under sampling methods, the sample method used for key informants was determined using convenience sampling, and that being the case, there was no fixed sample size for this group. The researcher chose to interview those who were available until she reached a point where she felt that she got enough information that she wanted, and some were even giving the same information. Eleven (11) people from this category were interviewed, and these included one court president, two social workers, one District Commissioner, two station commanders, two investigators and two prosecutors and one officer from the Department of Gender Affairs.

3.5 Data Collection Instruments

Data collection instruments are tools that are used to collect data (Dawson, 2006). These include interviews, questionnaires and documents. The researcher used interviews and questionnaires as primary data collection methods to get data directly from the source. Documents, which are secondary sources of data, were also used and these included cases and reports from key informants.

3.5.1 Self- administered questionnaires

The researcher administered questionnaire to collect quantitative primary data from respondents because they generate many responses (Bryman, 2008). The researcher chose to use closed questions because as Dawson (2006) puts it, unlike open-ended questions more exact responses can be expected. With this instrument, the researcher also wanted to get solid conclusions from the respondents, and understand them from their attitude and opinion about the problem in question. In order to cover all the respondents, the researcher requested the services of a research assistant to help in administration of questionnaires.

3.5.2 Semi-structured Questionnaires

The researcher used semi-structured questionnaires using an interview guide to collect data from key informants. The interview guide allowed the researcher to get detailed information from these respondents as they were able to express their views and opinions openly, while at the same time allowing the researcher to ask questions for clarification.

3.5.3 Document Review

This was used as a secondary method to collect data from police cases and statistics which was used to supplement what was collected from primary sources.

3.6 Data analysis

The researcher used the Statistical Package for the Social Sciences (SPSS) for data processing, analysis and presentation. This process involved coding quantitative data to make information clear and easy to understand. According to Kothari (2004) coding is “a process in which data that has been collected is grouped into logical categories,” the aim being to classify the answers to questions in meaningful categories in order to bring out their acquired patterns. While conducting this research, answers acquired were categorized and therefore tabulation was established. Qualitative data analysis was complemented with statistics obtained through document observation. The interpretation of results followed the analysis so as to draw conclusions and recommendations about the findings.

3.7 Validity and Reliability

3.7.1 Validity of the instruments

As stated in Kothari (2004), validity indicates the degree to which an instrument measures what it is supposed to measure. The researcher checked validity of data by pre-testing the tools used in data collection such as questionnaires and interview guide. The reason behind this was to find out if there are any mistakes in the way questions were asked. The researcher ensured validity of the questionnaires by making sure that they adequately covered the topic and that a representative sample was used. “The validity interval is from 0 up to 1, where 0 means full of errors and 1 means absence of errors” (Yusoff, 2019). Validity of above 0.5 is assumed to be valid.

In this research, the content validity index was calculated from the formula below:

$$CVI= n/N$$

Where CVI= Content Validity Index

N= Total number of items in questionnaire and n= Number of relevant items in the questionnaire

3.7.2 Reliability of the Instruments

Reliability is concerned with the extent to which measurement of a phenomenon provides similar or consistent results if done repeatedly (Carmines and Zeller, 1979 as cited in Taherdoost, 2016). This is further explained in Kothari (2004) who states that the tools are reliable if the same results are obtained when the same study is repeated either by the same researcher or a different researcher. Reliability is tested using Cronbach's alpha (as cited in Reynaldo and Santos, 1999). Ideally, according to the above authors, Cronbach's alpha is used to describe the reliability of factors extracted from dichotomous questions (i.e. those with at least two possible answers) and multi-point formatted questionnaires or scales (i.e. rating scale: 1 = poor, 5 = excellent) (Streiner, Norman, and Cairney, 2015). The researcher applied Cronbach's alpha in formulating questions to check for consistency.

3.8 Limitations

The researcher faced a challenge regarding time of data collection during this study. The area of study was far and the researcher had only two weeks to collect data and that was during the festive season when most people were very busy and some not available at all. As such it was not very easy to reach out to all the participants. At times she had to wait for long or even postpone the appointment because the person to be interviewed was still engaged on other duties. However, to address this challenge the researcher had to be patient enough and utilize the little time that was available to get data from those who were available, considering the fact that she also had to report back to Rwanda for continuation of the program. One other thing the researcher opted to do in order to address the problem of limited time was to use research assistants to administer questionnaires to respondents and collect them back.

3.9 Research Ethics

Ethical considerations were given a lot of attention. Participants were made aware of the purpose of the study, assured of confidentiality and they were informed of their choice either to participate or not. They were advised of the right to remain anonymous as they completed the questionnaires. In formulating the questionnaire, the researcher ensured that any questions that may lead to embarrassment or that could harm the respondents were avoided.

Similarly, as for all key informants, an official request was made in writing to seek authority to interview this group. The interviews were carried out face-to-face and the interviewers were assured of confidentiality in handling data requested from them. Ethical dilemmas were centered on ensuring that the respondents are neither physically nor psychologically harmed by the research. According to Bryman, (2008), a researcher should remain neutral, non-judgmental and empathetic when interviewing, and the researcher made sure that this was observed.

3.10 Citing

The researcher made sure that all information cited by other authors other than the original source were indicated, as well as the date of first publication. The reason behind this was to avoid plagiarism.

3.11 Quoting

All words quoted were put in exactly the same way as the original author had put them to avoid misquoting and plagiarism

3.12 Referencing

In order to avoid plagiarism, the researcher made sure that all materials used from different sources are properly referenced using HAVARD referencing style.

3.13 Conclusion

This chapter covered research design, the study population, sample population and data collection methods. The chapter further discussed method on how data will be analyzed interpreted and presented. Ethical issues have also been discussed to indicate how the researcher or interacted with the respondents.

CHAPTER FOUR

DATA PRESENTATION, ANALYSIS AND INTERPRETATION

4.0 Introduction

The previous chapter described different techniques used to collect data. This chapter aims at presenting the collected data, interpreting and analyzing the findings. The main objective of this research was “To Analyze the contribution of Alcohol Abuse on Domestic Violence in Francistown., and specific objectives were (a) To identify the effects of excessive alcohol drinking on domestic violence in Francistown, (b) To assess the extent to which alcohol intoxication contributes to Domestic Violence in Francistown and the last one (c) To understand the causes of Alcohol Dependency that contribute to Domestic Violence in Francistown.

Questionnaires were administered to collect from victims of domestic violence and interviews conducted to collect qualitative data from key informants who deal with victims of domestic violence. The key informants included District Commissioner, Social Workers, Police Officers, Gender Affairs Officers and customary court presidents. A sample of 93 victims of domestic violence was identified through simple random sampling and participated in the study, and 11 key informants were interviewed after being identified through convenience sampling. The analysis was performed using the Statistical Package for the Social Sciences (SPSS). Data was described by absolute frequencies and percentages.

Response Rate: The number of questionnaires distributed was 93 and through the help of research assistants all of them were collected back, implying that the response rate was 100 per cent.

4.1 Profile of Respondents

The distribution of respondents was analyzed to assess the percentage composition of different categories as well as the proportion of males and females in the sample. The assessment was also made to understand the sample age structure, gender, marital status and level of education of the respondents. This helped the researcher to know the relevance of the information given in relation to the research.

Table 4.1.1: Background of respondents

Gender of the respondents		Frequency	Percent	Cumulative Percent
Valid	Male	20	21.5	21.5
	Female	73	78.5	100.0
	Total	93	100.0	
Age group of respondents		Frequency	Percent	Cumulative Percent
Valid	Between 15-30 Years old	21	22.6	22.6
	Between 31-40 Years old	35	37.6	60.2
	Between 41-50 Years old	28	30.1	90.3
	Over than 50 Years old	9	9.7	100.0
	Total	93	100.0	
Marital status of the respondents		Frequency	Percent	Cumulative Percent
Valid	Married	18	19.4	19.4
	Single	43	46.2	65.6
	Widowed	19	20.4	86.0
	Divorced	13	14.0	100.0
	Total	93	100.0	

Source: *Field work survey, January 2020*

The sample size is 93 respondents who are victims of domestic violence. The table above indicates that 73 respondents accounting for 78.5% of total number of respondents are females and 20 respondents accounting for 22.5% of total number of respondents are males. The difference in the number of male and female respondents is attributable to the fact that most of the victims of domestic violence were females, and this is confirmed by a report from the police (Botswana Police Service, 2019). Research has indicated that according to Botswana tradition, “girls have been raised to believe that they should be submissive to men while boys are raised to believe that they

have power and control over girls and women” (Ramatala, I et al, 2016). The researcher is of the view that most people especially men therefore take advantage of these traditions to victimize women and girls, which is why statistics of females as victims is higher than that of males. The other thing is that the way girls are raised, the fact that they have to be submissive makes them to become powerless and hence vulnerable to abuse even as they grow up.

During interviews with court president the researcher further learnt that men are abused but are too reluctant to report. *“When addressing some cases of domestic violence, I realised that men are abused but when I asked why they do not report they indicated that traditionally men who report abuse by women are regarded as cowards (Anonymous customary court president interview, Jan 2020).* From the above discussions the researcher noted that although statistics indicate that more females are abused than men, there could be many cases that involve men as victims that are not reported. In Botswana, statistics indicate that the population of women exceeds that of men (Statistics Botswana, 2017), so this can also be used to explain the differences.

According to the table above, the majority of the victims are aged between 31-40, being the total of both males and females. The interactions with key informants verified that the victims of domestic violence are mostly in this age group. From the above discussions the researcher is of the view that at the ages of 30 and below most people are still focused on education that is why the number of victims is lower. Most of the working population is also found within this age range and Francistown being a city with many job opportunities, it is not surprising to find most of the working population there. Since the area is surrounded by traditional villages most people aged 50 years and above who have retired from service choose to stay at the villages or farms to take care of their farms or do other businesses.

Regarding the marital status of respondents, the study also considered all categories of marital status because domestic violence affects both married and unmarried families People’s marital status do have a bearing on their personality which in turn reflects their pattern of behaviours and their level of understanding of particular phenomenon. The researcher understands the reason for high rate of abuse among single to be an indication that most married couples do not report abuse because as a tradition they are encouraged to report to their in-laws instead of taking legal action so that they can be reconciled. The researcher is also of the view that widows being victims of

abuse is an indication that abuse is not only perpetrated by spouses only but other family members such as parents and children are involved

Table 4.1.2: Educational Level of Respondents

	Level of education of respondents	Frequency	Percent	Cumulative Percent
Valid	No formal education	19	20.4	20.4
	Primary School	25	26.9	47.3
	Secondary	31	33.3	80.6
	Diploma	13	13.9	94.5
	Degree and above	5	5.5	100.0
	Total	93	100.0	

Source: *Field work survey, Jan 2020*

According to the table above respondents possessed various levels of education including those who have not undergone any formal education. During interactions with key informants police station commanders indicated that domestic violence affected people all these categories. *Domestic violence does not have boundaries, we received cases involving the educated and non-educated people as victims and perpetrators (Anonymous police officer interview, Jan 2020).* The District Commissioner also confirmed that they received reports of domestic which involved people of different educational backgrounds and social statuses. In a study conducted in Botswana on indicators of GBV, results indicated abuse of domestic violence affects people in all social statuses and educational background, (Ministry of Labour and Home Affairs, 2015), but those with higher education level do not report in large numbers. Krohne (2002) also conducted a study on substance abuse and domestic violence and noted that in South Africa, most victims who reported violence had secondary education level to primary and/or no formal education.

The researcher noted during interviews with various key informants that lower numbers of victims with higher education levels does not mean that most of them do not fall victims. Instead those who have lower education levels and hence less paying jobs report so that they can be taken to government hospital for medical attention but those with high levels of education and better paying

jobs decide to seek medical attention following from private doctors to avoid embarrassment. They also do not go to government social workers for assistance but seek private counselling.

4.2 Discussion of Findings

This main objective of this study was “To analyze the contribution of Alcohol Abuse towards domestic violence in Francistown. To achieve this objective, the researcher formulated three research questions as follows; (1) What are the effects of excessive alcohol abuse on domestic violence in Francistown? (2) To what extent does alcohol intoxication contribute towards domestic violence in Francistown? and (3) What are the causes of alcohol dependence that contribute to domestic abuse in Francistown?

To get answers for these questions the researcher came up with questions which focused on the experiences of the victims during abuse and key informants as they attended the reports of domestic. These questions were asked in such a way that the answers would help the researcher to achieve the objectives. Basing on the empirical data collected the researcher came up with three main findings pertaining to the three specific objectives as presented and analysed in tables that follow.

4.2.1 The effects of Excessive Alcohol drinking on Domestic Violence in Francistown

The researcher sought to find out the effects of excessive alcohol drinking on domestic Violence in Francistown. Data obtained from respondents is shown on Table 4.3

Table 4. 3: Excessive Alcohol drinking and Domestic Violence

What are the effects of excessive alcohol drinking on domestic violence?	FREQUENCY	PERCENTAGE	CUMULATIVE PERCENTAGE
Psychological Abuse	49	52.7	52.7
Physical Abuse	33	35.4	88.1
Economic Abuse	11	11.9	100.0
TOTAL	93	100.0	

Source: *Field work survey, January 2020*

Alcohol-related problems among family members, especially couples appear to be important correlates of violence. According to the above table, 52.7% and 35.4% and 11.9% of the respondents indicated that the effects of excessive alcohol drinking they experienced were psychological abuse, physical abuse and economic abuse respectively. Data was also collected through interviews from key informants and during interactions, station commanders indicated that according to their records for the years 2015 to 2019, many incidences of psychological abuse were reported when physical abuse was involved. Research has also indicated that many incidences of psychological abuse are only reported when physical abuse comes in (Leonard and Senchat (1996) as cited in O’Leary and Maiuro (2001).

From the key informants interview, the researcher noted that most of the cases of domestic violence reported were a result of the perpetrators’ excessive alcohol drinking habits. During observation

of police records, the researcher also noticed that there were many incidences of psychological abuse in the form of threats to kill (112 cases), intimidation (222) followed by physical assaults (438) which included serious ones such as grievous harm, unlawful wounding, minor assaults. The researcher had a chance to peruse through some police records, and a number of them indicated that offenders had taken excessive alcohol at the time of abuse (*Documents Review, Jan 2020*).

Another key informant from the office of the District Commissioner also highlighted that about 60 per cent of the victims she attended were abused by partners who were under the influence of alcohol. Empirical literature on heterosexual partners has also shown that alcohol use is linked to physical and verbal aggression (Kelley, et al, 2016), this could be attributed to the abuser or both partners' loss of control or lack of self-control around drinking which may similarly manifest in interpersonal exchanges, resulting in aggression or violence.

4.2.2 The extent to which alcohol Intoxication contributes to Domestic Violence in Francistown

The researcher wanted to understand the extent to which alcohol intoxication contributed to domestic violence, and data presented in table 4.4 indicates respondents' responses which were based on their experiences.

Table 4.4: Alcohol Intoxication and Domestic Violence

To what extent does alcohol intoxication contribute to domestic violence?	FREQUENCY	PERCENTAGE	CUMULATIVE PERCENTAGE
High	54	58.1	58.1
Medium	21	22.6	80.7
Low	18	19.3	100.0
TOTAL	93	100.0	

Source: Field Work Survey, Jan 2020

According to table 4.4 above, 58.1% of the respondents indicated that alcohol Intoxication contributed highly to domestic violence, 22.6% indicated that the contribution of intoxication is medium while 19.3% indicated that alcohol intoxication is not the main contributing factor. This

could be due to the fact that as Sinkamba (2015) found in her study, people who are intoxicated are not able to control their actions or make good decisions. The respondents who indicated that most of the time they were abused when their abusers were very intoxicated. This was supported by four investigators and two gender focal persons who indicated that close to half of cases they investigated, they realised when addressing the victims and perpetrators immediately after receiving the report of abuse that abusers were highly intoxicated and could not be interviewed until they were detained and interviewed the following day (Anonymous police investigators' interview, Jan 2020).

Interview with the district commissioner also indicated that in about 53 percent of the cases reported to their office, victims indicated that their abusers were intoxicated, which some abusers also confirmed and apologized for. The court president indicated that *"in more than 50% of the cases reported here addressed we learnt from a number of witnesses other than victims that the abusers were not violent when they were sober but became violent when they were intoxicated"* (Anonymous court president interview, Jan 2020). This key informer went on to indicate that many victims confirmed that their abusers were humble when sober. The statement indicates that intoxication highly contributes to domestic violence as stated by majority of respondents. In one of the studies conducted in Britain by Moreira et al (2011) results also indicated that 50% of aggressors were under the influence of alcohol at the time of abuse.

Through observation of victims statements and interactions with other key informants other than court president already mentioned above the researcher realised that alcohol intoxication contributed a lot towards domestic violence. From these observations and interactions, the researcher learnt that intoxication does not only cause use of violence against partners only but also on the whole family members. The researcher further learnt however that not every person who is intoxicated is violent as indicated by other respondents. This indicates that there could be reasons why alcohol intoxication makes some people violent or aggressive while to others that is not the case.

4.2.3 The causes of alcohol dependency that contribute to domestic violence in Francistown

One of the objectives that the researcher wanted to achieve was to understand the causes of alcohol dependency that contributed to alcohol abuse in Francistown, and the responses are presented in table 4.5.

Table 4. 5: Alcohol Dependency and Domestic Violence

What are the causes of alcohol dependency that contribute to domestic violence?	FREQUENCY	PERCENTAGE	CUMULATIVE PERCENTAGE
Stressful Environment	43	46.2	46.2
Family History	13	14.0	60.2
Social influence	37	39.8	100.0
TOTAL	93	100.0	

Source: *Field work survey, Jan 2020*

As indicated in the above table, the majority of the respondents who accounted for 46.2% of the total number of respondents indicated that stressful environment is the main factor that caused dependence on alcohol by their abusers, 39.8% indicated that they realised that social influence was the leading factor while 14% indicated that from their experience, family history had contributed to alcohol dependency which resulted in domestic violence. The victims responded basing on the experience they had with their abusers. All the key informants indicated during interview that they came to experience this through direct interactions with both the victims and abusers. One of the social workers confirmed this by saying “*Out of every 10 cases of domestic abuse that I came across, 6 of them involved an abuser who had become dependent on alcohol due to stress. They tried to relieve stress by too much drinking and apparently became dependent on alcohol, they could not do anything without taking alcohol, now violence came when this person who is dependent on alcohol spent a lot of money on alcohol even if there is no food in the house* (Interview with anonymous social worker, Jan 2020). According to the social worker, violence started when the abuser was criticized for their drinking habit.

Literature also indicate that alcohol can temporarily alleviate feelings of stress, anxiety or depression and people often use it as a form of ‘self-medication’ in an attempt to cheer themselves up or sometimes help with sleep but it can make existing mental health problems worse (WHO, 2017). A gender focal person in one of the Police Stations, also indicated that during the past five years, out of every ten cases of domestic violence they addressed, at least five involved perpetrators who had become dependent on alcohol either because of stress and could no longer do without drinking alcohol. According to this key informant one of the abusers confirmed that “*he realised that drinking makes him to be abusive and has tried to stop it but failed because he experiences some negative withdrawal symptoms such as shivering, headache, lack of concentration at work*”, and that is what made this abuser to continue drinking.

Basing on the above findings, the researcher is of the opinion that the reason why people choose to drink alcohol whilst under stressful conditions is that they want to change the mood or the mental state, but as they do so repeatedly they become dependent on alcohol and cannot do anything in their sober senses. If they want to carry out their normal duties, the mental state caused by dependence forces them to use whatever money they have on alcohol, and this causes economical, psychological and physical abuse in the family members who are made to suffer because of the breadwinner’s drinking pattern or dependence on alcohol. Physically family members will be abused if they criticize the abuser for their drinking habits. The researcher further realized that there are people who are not able to make proper decisions on their own but drink just because their friends drink. In Botswana, it is common among some age groups to think that if you don’t drink you are uncivilized, so some people during social interactions, drink in order to avoid being labeled as such, and as they continue to do that they eventually become alcoholic or alcohol dependent. Research has indicated that alcohol dependence makes the abuser fail to carry out their family responsibilities (Collins, et al, 2002), and this often results in aggression especially when the abuser feels they are being attacked because of their drinking habits.

4.3. Summary of findings

4.3.1 The effects of excessive alcohol drinking on domestic violence in Francistown

There are various forms of domestic violence but from empirical data collected psychological abuse, physical abuse and economic abuse are the most common. The researcher realised that most

victims experienced psychological abuse first and do not take any action thinking that the abuser will desist from their abuse. However, as this continues that is when they start to complain and this often ends in physical abuse. The study also found that there are norms and beliefs centered around responding to domestic violence, especially affecting women. According to empirical data, traditionally, women are not allowed to disclose family conflicts but are encouraged to talk to their husbands if they are not happy or report to in-laws when conflicts cannot be resolved. However, this tradition led to continued abuse by people who are aware of it because they know that the victim cannot report. From interviews the researcher noted that failure to seek interventions exacerbated problems, thereby causing more psychological harm. One other thing that the researcher learnt about high rate of psychological abuse is that it is common amongst victims who are economically dependent on the abusers. Even if they are abused they take time to report because of fear that they will not get the support they get from the abusers. Basing on these findings, this objective has been answered.

4.3.2 The extent to which alcohol intoxication contributes to domestic violence in Francistown

From the research findings, despite the existing government policies and national campaigns against alcohol abuse, the researcher observed that there are people who do not care about the result that are brought by alcohol intoxication as long they served their own interests. According key informants, some victims indicated that their abusers threatened to kick them out of the house if they complained about their way of drinking. Furthermore, such kind of people do not want to be criticized for their drinking habits as long they use the money they earned. This behaviour people brought conflicts in the family especially when they failed to carry out their responsibilities in the family because of intoxication. From the above findings, the research objective has been answered.

4.3.3 The causes of Alcohol dependence that contribute to Domestic Violence in Francistown

A person is said to be dependent on alcohol if they are not able to spend a single day without drinking even if it drinking brings negative consequences. From the research results, stress is the main cause of alcohol dependency followed by social influence and family history. Through interviews and responses from victims, the researcher noted that despite the negative effects of alcohol dependency there are people who are not able to manage stress but instead resort to abusing alcohol when they stressed, with a belief that it will relief them of such stress, which is not always

the case. Instead some people become even more aggressive and violent. On other hand some people are not able to make their own decisions but rely on decisions made by friends, colleagues and peers. With this high level of influence, they decide to compete with friends who have more than they do, buying in turns, but after spending all the money on drinking this often result in conflict especially when they failed to provide family needs. According to key informants, during investigations, some victims indicated that when they criticized their abusers about their drinking habit these abusers became very aggressive and started to use violence, and this was followed by stress due to such criticism. To relieve themselves from this stress the abuser chose to drink further, and the cycle continued, which resulted in alcohol dependence. This explains why stress and social influence were found to be the major causes of alcohol dependency. With these, the researcher is of the view that this objective has been answered.

4.3.4 The extent to which Alcohol Abuse contributes to Domestic Violence

According to findings from this study, it is evident that alcohol abuse is caused by a number of factors but stressful environment and social influence are the major causes. Respondents also indicated that that these two factors make abusers to become dependent on alcohol but this dependency affects family relationships because repeated excessive drinking results in abuse of family finances, hence conflicts followed by violence. The findings also revealed that following the above causes, the most common results are psychological abuse, physical abuse and economic abuse. Further to that, the findings indicated that acute alcohol intoxication to a larger extent contributes domestic violence because when a person is intoxicated they are not able to control their behaviour; therefore, any argument in the family is solved by use of violence. Having all the research questions answered, the researcher has also been able to analyse the extent to which alcohol abuse contributes to domestic and basing on the findings concludes that alcohol abuse is major contributory factor towards domestic violence in Francistown.

4.4 Theoretical Implications of the findings

4.4.1 Psychological Stress Theory

This theory proposes that stress is viewed as a relationship between individuals and their environment. According to the proponents of this theory, “Psychological stress refers to a relationship with the environment that the person considers important for his or her well-being and

in which they are not able to cope with such stressful environment” (Lazarus and Folkman 1986, as cited in Krohne, 2002). The researcher applied this theory to the situation in Francistown to ascertain if indeed stressful conditions can be used to explain abuse of alcohol. According to the research findings, stress is one of the causes of alcohol dependency which contributed to domestic violence in Francistown. 46.2% of the victims indicated that when their abusers became stressed for any reasons, they opted to drink excessively but when they (victims) complained about the drinking habit they were abused. Taking lawful action against the abuser brought even more stress hence more abuse in the family, and this became a cycle of stress and abuse. The Psychological stress theory therefore explains the relationship between alcohol and stress.

4.5 Conclusion

According to the findings in this chapter, the research objectives have been met. The first objective was to identify the effects of excessive alcohol drinking on domestic violence. This objective has been met because the respondents indicated these effects which they had encountered during the period under study and the most common are psychological abuse, physical abuse, economic abuse. This was confirmed by key informants during interviews who indicated that these are the most prevalent effects they have also addressed during the same period. Through document observation the researcher also realised that these are the major effects because they were mentioned in more than 50% of victims statements as well as statistics of key informants.

The second objective was to assess the extent to which alcohol intoxication contributed to domestic violence. This has also been achieved. In addition to data provided by victims, the researcher learnt from interviews with investigators, court president who happened to come into contact with both the victim and abusers that alcohol intoxication highly contributed to domestic violence. The police investigators mentioned that on several occasions they had to detain the perpetrators after arresting them immediately after receiving reports of abuse because they were not capable of answering to the charges due to intoxication. The court president and gender focal persons also mentioned that in most cases of domestic violence reported to their office, they realised that at least five of the perpetrators appeared drunk or intoxicated with alcohol.

The last objective, to understand the causes of alcohol dependence that contribute to domestic violence, was also achieved. Through interactions with the District commissioner and social

workers, they indicated that they addressed various families where they learnt that the abusers were dependent on alcohol because of stress related problems and social influence so as a result of this dependence on alcohol they gave alcohol consumption first priority over other family issues and this resulted in conflicts and violence.

CHAPTER FIVE

CONCLUSIONS AND RECOMMENDATIONS

5.0 Introduction

In this chapter, the conclusions from the study and the recommendations made are presented. The summary of findings, conclusion and recommendations are based on the objectives of the study: (1) To identify the effects of excessive alcohol drinking on domestic violence in Francistown, (2) To assess the extent to which alcohol intoxication contributes to domestic violence in Francistown and (3) To understand the causes of alcohol dependence that contribute to domestic violence in Francistown

5.1 General Conclusion

In the problem statement, the ideal situation was that without alcohol abuse its negative effects which include domestic violence will not be felt. There were some indications of high rates of alcohol abuse in Francistown as compared to other areas in the northern part of Botswana. In addition, there was evidence of high number of domestic violence cases and it was perceived by the general public in Francistown that the high rate of domestic violence incidences could be attributable to alcohol abuse. The researcher decided to carry out the study to verify the assumptions, owing to the fact that no research was carried out to find out if indeed alcohol abuse is a contributing factor or whether abusers take advantage of it to abuse their families.

Research findings confirmed that alcohol abuse contributes to domestic violence although there are some driving forces which cause people to abuse alcohol such as stressful conditions, social influence and family history. The researcher is of the view that it is upon the person who is stressed to find other ways of relieving stress rather than resorting to abusing alcohol knowing how it affects the ability to make proper decisions. Furthermore, where a person is not socially influenced to abuse alcohol, if that person is not naturally abusive, then the chances that they use violence in the family are slim. The researcher concludes that alcohol abuse makes the abuser to fail to make the right decisions because it causes mental and physical impairment, as indicated by research (WHO, 2017), therefore one of the wrong decisions taken by abusers is domestic violence as the respondents and key informants indicated.

According to the study findings, majority of the respondents indicated that they experienced psychological abuse, followed by physical abuse and economic abuse. During interactions with the key informants through interviews, the researcher realised that most victims of domestic violence that the key informants came into contact with indicated that their assailants had consumed excessive alcohol at the time of abuse, and that these assailants abused them psychologically, physically and economically. These results answer the objective which was concerned with identifying the common effects of excessive alcohol drinking which constitute domestic violence and the questions which says “what are the common effects of excessive alcohol drinking that constitute domestic violence?”. Majority of respondents indicated that they experienced psychological abuse, followed by physical abuse and a few experienced economic abuse. The objective has been met.

Majority of the respondents, according to the findings, indicated that from their experience, alcohol intoxication highly contributed to domestic violence over the past five years. This is attributed to the fact that a person who is intoxicated is not able to make good or well informed decisions, therefore their abusers resorted to solving any misunderstanding in the family by use of violence. This was supported by data from police where one investigator indicated that at one point she had to detain one of the abusers who was drunk and used violence against his spouse and children, The District commissioner also indicated that in more than 60 percent of the cases she addressed at some point the both the victims and abusers indicated that the abusers were drunk at the time of abuse and even apologised and promised to do away with alcohol. This answers the questions of “to what extent does alcohol intoxication contribute to domestic violence?” Secondary data in the form of victims’ statements from the police also supported this argument. The objective pertaining to this aspect has been met.

Concerning the third objective above (To understand the causes of alcohol dependence that contribute to Domestic Abuse in Francistown), research findings indicated that majority of respondents indicated that stressful environments highly contributed to alcohol dependence which in turn contributed to domestic violence during the past five years under review. As the Psychological Stress theory asserts, some people drink excessively because of stressful environments and want to relieve themselves of such stress, and as this becomes continuous they end up being dependent on alcohol. According to one police investigator, she came across a case

in which the offender who was dependent on alcohol wanted to spend the only money left in the family to alcohol just because he could not do without alcohol, but when the family members criticized him for that he started to be violent. This indicates that when someone is already dependent on alcohol they want to give it first priority and even fail to carry out their family responsibilities because they feel uncomfortable without drinking and hence opt to use violence to get what they want. According to the researcher's point of view, the third objective has also been met.

Having achieved the main objective of the study and the three specific objectives, the researcher is convinced that alcohol abuse is a major factor that contributed to domestic violence in Francistown during the years under study.

5.2 Recommendations

Basing on the findings discussed above, the researcher makes the following recommendations:

5.2.1 To the government of Botswana

- The government of Botswana through the Ministry of Basic Education should make education on the Alcohol abuse, its causes and consequences part of school curriculum from primary school level so that students are sensitized at early ages before they indulge in alcohol use.
- The government should criminalize Abuse of Alcohol so that people can drink responsibly and reduce the negative effects of alcohol. Any person suspected to have committed a criminal offence should be tested for blood alcohol content and charged accordingly if found to have exceeded the prescribed limit.
- All government departments and private employers should be encouraged to conduct stress management workshops for their employees every year to help them find effective ways of dealing with stress.

5.2.2 To the management of Botswana Police Service

- Botswana Police Service should take the fight against abuse of alcohol as one of the core objectives and ensure that Community Policing forums include conducting public

education on the Causes and effects of Alcohol Abuse in their respective areas and report progress on monthly basis as a way of minimising the problem

5.2.3 To the community leaders in Francistown

- The community leaders in Francistown should encourage NGOs and Civil Society Organizations such as churches, to come together and conduct massive anti-alcohol abuse campaigns on annual basis as one of the measures to address the problem
- Community leadership in collaboration with CSOs and NGOs should conduct Family Enrichment workshops on annual basis to sensitize the community about the roles of each family member in building sustainable peace at family level.
- Community leadership should encourage Civil Society Organizations and NGOs to organize stress management workshops at various levels in order to guard against the negative effects of stress.

5.3 The area of further research

This study focused on the contribution of alcohol abuse on domestic violence but did not look at other possible causes of domestic violence. The researcher therefore is considering other causes of domestic violence to be the area of further research. Additionally, the researcher learnt from this study that although respondents indicate that alcohol abuse highly contributes to domestic violence, not every person who drinks alcohol becomes violent after drinking, some remain humble. The researcher therefore is of the view that another area of future research should be establishing why some people become violent after abuse of alcohol while others do not.

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APPENDIX A: QUESTIONNAIRE FOR VICTIMS

I am Masego **MATHITHA**, a student of Masters of Arts in security studies in the University of Rwanda. As a requirement, I'm conducting a research on the; "**Alcohol Abuse and Domestic Violence in Francistown, Botswana.**"

In any scientific work, data is collected via various ways and those are among others Interview, questionnaires, and a questionnaire is often the first tool that people consider when undertaking a research project. It is in that regard that I kindly request you to correctly answer to the following questions related to Alcohol Abuse and Domestic Violence in Francistown. I promise you that your answers will be strictly kept confidential and used only for the academic purposes.

Tick the answer that describes your correct answer.

1. Sex of the respondent

a) Male

b) Female

2. Age group of respondent

a) 21-30

b) 31-40

c) 41-50

d) Over 50

3. Marital status the respondent

a. Married

B. Single

C. Widow

D. Divorced

Please respond to the questions by placing an **X** as guided in each question.

4. What effects of Excessive Alcohol Drinking that constitute Domestic Violence have you experienced the most over the past five years (2015 - 2019)? Place an **X** at 1, 2 or 3. 1 for the one you experienced the most, 2 for the one you experienced the least 3, for the one you never experienced.

Effect of excessive drinking	1	2	3
Physical Abuse			
Psychological			
Economic			

5. To what extent has acute alcohol intoxication by your abuser contributed to use of violence in the family for the past five years (2015-2019)? Mark with an **X** only once under 1, 2, or 3 depending on how you rate level of contribution the problem. For High level mark under **1**, For Medium level mark under **2** and for low level mark under **3**

Level of contribution	1	2	3
High level of contribution			
Middle level of contribution			
Lower level of contribution			

6. What are the causes of your abuser's alcohol dependency which you think contributed to use of violence towards you and/or other family members? Mark with an **X** under 1, 2 or 3 for each according to their level of contribution; high level = 1, medium level= 2, lowest level =3

Cause	1	2	3
Social influence			
Stressful environments			
Family history			

APPENDIX B: INTERVIEW GUIDE FOR KEY INFORMANTS

Respondent information

Designation..... Gender: M F....

The study is based on the following objectives:

1. To identify the effects of excessive alcohol drinking on domestic violence in Francistown.
2. To assess the extent to which alcohol intoxication contributes to domestic violence in Francistown.
3. To understand the causes of alcohol dependency which contribute to domestic violence in Francistown.

Guiding Questions

1. What are the effects of excessive alcohol drinking that were reported to your office as domestic violence from 2015 to 2019?
2. What is your assessment of the extent of contribution of alcohol intoxication in relation to Domestic Violence? Why?
3. From domestic violence reports you received over the past five years (2015to2019), what do you think are the causes of alcohol dependency? Why?

Masego Mathitha Final Thesis

ORIGINALITY REPORT



PRIMARY SOURCES

1	Submitted to Eiffel Corporation Student Paper	2%
2	Submitted to Rwanda Defence Forces Command and Staff College Student Paper	1%
3	Submitted to University of Rwanda Student Paper	1%
4	Submitted to Mount Kenya University Student Paper	<1%
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