

A Qualitative Study on the Investigation of Violence and Men who Inflict Violence from the Perspective of Men

Erkeklerin Bakış Açısından Şiddetin ve Şiddet Uygulayan Erkeklerin İncelenmesine Yönelik Nitel Bir Araştırma

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Abstract.The purpose of this research is to reveal men's attitudes towards violence and thoughts about men who use violence. The sample of the study consists of 19 men selected using purposeful sampling according to the maximum diversity method. The data used in this research was obtained through an interview and a semi-structured interview form. Coding based content analysis was used to analyze the data. Some of the findings obtained from the research are: violence is perceived by 79% as more physical. The characteristics of men who implement violence are perceived by 68% as being "unable to control oneself, quick to anger, impatient." The social reasons for violence are seen mostly as "financial problems" (79%), as "psychological reasons" (68%), as "women's hurtful words, provocative behavior", and as "cultural reasons" (49%): "It's necessary to beat someone up out of a sense of decency." The findings obtained from this research are discussed in the context of literature and some suggestions, such as raising awareness about the types and effects of violence.

Keywords.Man Violence, Aggression, Violence Perception, Patriarchal Structure, Phenomenology

Öz.Bu araştırma, erkeklerin şiddet ile ilgili tutumlarını ve şiddet uygulayan erkekler ile ilgili düşüncelerini derinlemesine ortaya çıkaracak nitel bir çalışmadır. Araştırmanın örneklemini, amaçlı örnekleme yöntemlerinden maksimum çeşitlilik yöntemine göre seçilen 19 erkek oluşturmaktadır. Araştırmada kullanılan veriler yarı yapılandırılmış görüşme formu kullanılarak elde edilmiştir. Verilerin çözümlenmesinde kodlamaya dayalı içerik analizi kullanılmıştır. Sonuçlar, katılımcıların büyüdüğü yere ve anne-baba tutumlarına göre büyük farklılık göstermektedir. Araştırma sonucuna göre elde edilen bazı bulgular şunlardır: Şiddet %79 oranında daha çok fiziksel olarak algılanmaktadır. Şiddet uygulayan erkeklerin kişilik özellikleri olarak en çok %68 oranında "Kendini kontrol edemeyen, hemen öfkelenen, sabırsız" olarak algılanmaktadır. Şiddetin toplumsal sebebi olarak en çok %79 oranında maddi sıkıntılar, psikolojik sebebi olarak %68 oranında "Kadınların kalp kırıcı sözleri, tahrik edici davranışları", kültürel sebebi olarak en çok %49 oranında "Gerektiğinde dövmenin şart olduğu terbiye anlayışı" görülmektedir. Araştırmadan elde edilen bulgular alan yazınla ilişkisi çerçevesinde tartışılmış ve şiddetin türleri-etkileri konusunda bilinçlendirme gibi bazı önerilerde bulunulmuştur.

Anahtar Kelimeler.Erkek Şiddeti, Saldırganlık, Şiddet Algısı, Ataerkil Yapı, Olgubilim

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Many definitions have been provided for violence, which has become a destructive part of human. The World Health Organization defines violence as: “the individual’s use of threat or physical force, which may result in injury, death, physical and emotional harm, certain developmental disorders or deprivations aimed at themselves, others, a certain community or group” (WHO, 2002). According to Altun (2007), violence is the one in power taking control over the powerless and making them fulfill their demands. In general, violence arises as a result of the conflict of demands, needs, expectations and thoughts. What is destructive here is not the conflicts but individuals' efforts to resolve conflicts with violence (Deutsch, 2000).

Violence is generally classified in 4 ways: physical, psychological, economic and sexual. Physical violence includes behaviors that harm body integrity (Işiloğlu, 2006); psychological violence includes verbal and emotional behaviors such as criticism and jealousy (Karataş, 2009); sexual violence includes behaviors that show the opposite sex as a sexual object (WHO, 2002); economic violence, on the other hand, includes using money as an exploitative tool (Sezgin, 2007) and seeing the people around as an economic value (Kağıtçıbaşı & Ataca, 2005).

The results obtained from the researches conducted show that violence may have biological, psychological and social-cultural causes. The male hormone (Gustafson, 2009), high level of impulsivity (Chapple & Johnson, 2007; Seager, 2005), low levels of serotonin in the body (Erten and Ardali, 2007), neurochemical disorders in the brain (Subaşı and Akin, 2003) and drugs and addictive substances used (Gök, 2009) are shown among the biological causes of violence. The state of inhibition arising as a result of the dissatisfaction of needs and urges (Vatandaş, 2003), psychological disturbances such as paranoid personality disorders (Subaşı and Akin, 2003), exposure to violence in the past (Kesebir et al., 2011; Özdemir et. al., 2011; Wareham et. al., 2009; Willis et. al., 2010;) and learning violence through social learning at a young age (Straus, 1999; Willis et. al., 2010) are shown among the psychological causes of violence. The acceptance of and support for violence in society (Balcıoğlu, 2001), the patriarchal system, poverty, lack of education, wars, migrations (Çivi et. al., 2008) and media publications that lead to the development of positive attitudes towards violence (Durmuş, 2013) are shown among the social and cultural causes of violence.

When it comes to violence, it is known that, throughout human history, men

are generally more inclined to violence. According to Turkish Statistical Institute data between 2002-2011, a total of 15,181 people were convicted of committing the crime of violence. Of these people, 14,847 (98%) are men and 334 are women (TURKSTAT, 2011). In the studies conducted by Söğüt (2011), Taşçı (2003) and Yüksel Kaptanoğlu and Çavlin (2015), it has been revealed that violence is mostly performed in the family and by men.

We frequently encounter the incidents of violence committed by men in our country through the media (Eken, 1996). In these media publications, it is seen that, in addition to women, men inflict severe violence on children and other men as well. When the characteristics of men who use violence are examined, it is revealed that they are generally individuals who have been exposed to violence in the past, who see violence as a solution method, who are angry, who have irrational beliefs about the concept of “masculinity”, and who are not at peace with themselves (İşiloğlu, 2006; Tüzer and Göka, 2007).

It is seen that the laws protecting the victim in terms of preventing violence and honor killings alone are not sufficient (Yüksel, 2016) and, as a matter of fact, legal measures applied to men who use violence further provoke men (Mullaney, 2007). In the studies accessed, it is believed that men's education and change is effective in reducing violence (Akan and Kıran, 2019; Altınay and Arat, 2007; Efe and Ayaz, 2010; Körükçü et. al., 2012). However, men who have power and privileges do not make any efforts to change as they are pleased with this situation (Güleç and Kaptanoğlu, 2011; Pease, 2008). The United Nations also emphasizes the importance of change in men towards the solution of violence and ensuring male-female equality (Körükçü et. al., 2012). When the studies on violence are examined, it is seen that these studies are especially victim-focused. (Altun, 2006; Gök, 2009; İşiloğlu, 2006; Sezgin, 2007; Uluocak, Gökulu, and Bilir, 2014; Yanıkekrem, 2002; Yüksel Kaptanoğlu and Çavlin 2015). However, it is known that these studies do not contribute much to the solution of the problem..

In the studies conducted, it is emphasized that men who use violence lack skills such as communication (Çelik, 2015), conflict resolution (Loseke, 2005), anger management (Gök, 2009), emotion management (Tüzer and Göka, 2007), and empathy (Çelik, 2015). It is considered that this study will bring a different perspective to the solution of problems through understanding the violence

perceptions of men who use violence. Hence, the main objective of the study is to provide awareness of the underlying causes of the violence problem by revealing in depth the perceptions and attitudes of the men who are the main actors of the violence problem. Additionally, one other objective of the study is to provide a resource for school psychological counselors and family counselors for the solution of violence incidents that occur in the family and school.

METHOD

In order to shed light on an important problem like violence with a holistic approach, the research method used was qualitative-descriptive, while phenomenology was chosen as the research design.

Study Group

The sample of the study consists of 19 men. The sampling method in the qualitative research is divided into two parts as aimless (likely) sampling and purposeful (unlikely) sampling according to the study objectives and the clear expression of research questions (Liamputtong, 2013). In qualitative research, purposeful (unlikely) sampling methods are preferred more to achieve the objectives of the study (Grix, 2010). Accordingly, sampling was selected based on the purposeful sampling method of maximum diversity. Demographic information about the sample is provided in Table 1:

Table 1.Demographic Information of Participants

Demographics	Characteristics	Provided By	Number
Age Range	20-30	p8	1
	31-40	p1-p3-p4-p7-p12-p13-p14-p16-p17	9
	41-50	p10-p11-p2-p18	4
	51 - 60	p5-p6-p9-p15-p19	5
Economic Level	Low (0-1500tl)	p5-p8-p9-p11-p13	5
	Medium (1501tl-3500tl)	p4-p6-p10-p12-p15-p16-p18-p19-p14	9
	Good (3501tl-6000tl)	p1-p2-p17	3
	Very good (Over 6000tl)	p3-p7	2

Education Level	Primary School	p9-p11-p12-p18	4
	Secondary School	K5-K10-K15	3
	High School	p4-p8-p13-p19	4
	Undergraduate Degree	p6-p7-p2-p3-p17-p16	6
	Master's Degree	p1-p14	2
Place Raised	Rural Area	p2-p5-p9-p10-p11-p12-p14-p15-p17-p18	10
	City Center	p1-p3-p4-p6-p7-p8-p13-p16-p19	9
Family Environment	Authoritarian- Oppressive	p1-p2-p6-p7-p9-p10-p11-p13-p14-p17- p15-p16-p18	13
	Overprotective	p4-p8-p12-p19	4
	Over-permissive- Negligent	p5	1
	Democratic	p3	1
Marital Status	Married	p1-p2-p3-p4-p5-p7-p9-p10-p8-p11-p12- p13-p14-p17-p15-p16-p18-p19	18
	Married and polygamous	p9-p10-p15-p18	4
	Single	p6	1
Relationship with Father	Poor	p1-p2-p5-p6-p7-p9-p10-p11-p13-p14- p15-p16-p17-p18	14
	I didn't see him enough	p4-p8-p12-p19	4
	Good	p3	1
Relationship with Mother	It was good and full of love	p1-p3-p4-p6-p9-p10-p11-p12-p13	9
	Normal, she was always busy with work	p7-p14-p16-p17-p18	5
	It was not good, she was ignorant	p2-p5-p8-p15-p19	5

The data in Table 1 reveal that 9 of the participants are in the "31-40" age range. It is seen that the income status of 14 of the participants is not good. In literature, violence is frequently associated with financial situation (Balcioglu, 2001; Civi et. al., 2008; Wang et. al., 2002). Participants were interviewed in close numbers from all educational levels. In the studies conducted, violence is

often associated with the level of education (Çivi et. al., 2008; Wang et. al., 2002; Vatandaş, 2003).

It is seen that the vast majority of participants are married and have children. While analyzing the data obtained, it was revealed that 4 of the participants are currently polygamous. All of the polygamous participants grew up in the "rural area" and in a "repressive, authoritarian family environment"; it is seen that their level of education and economic conditions are not good. The majority of participants stated that they had more than four siblings.

A comparison of the responses given by participants about their own personality traits and that of their fathers reveals that participants' own personal characteristics and that of their fathers are compatible and that fathers transfer their personality traits to their child. Participants' relationships with their fathers are consistent with the family environment in which they are raised. The question, "How was your relationship with your father?" was answered by most of the participants as, 'It was not good'. While participants provided information about their father's personality traits, 14 people said "He was dignified", 12 people said "He was strict", 11 people said "He was quiet", and 10 people said "He was a leader", mentioning the traditional characteristics of a father having a patriarchal structure.

Ethics Committee Approval

The authors declare that they have carried out the research within the framework of the Helsinki Declaration and with the participation of volunteer students.

Data Collection Tools

The data to be used in the study were obtained by using "interview" technique and "semi-structured interview form". The interview form consists of 11 open-ended questions and numerous alternative questions or sounding questions prepared according to theoretical foundations and expert review.

Process

As participants' consent could not be obtained during the interviews, voice recordings could not be obtained; participants' statements were noted during the interview. The interviews lasted at least 120 minutes for each participant. In terms of the confidentiality of participants' identity, each participant was given

codes such as P1,..P8.

Data Analysis

Data was analyzed with content analysis based on coding. Themes (categories) and sub-themes were prepared in advance as a result of the literature research. The data obtained was coded via content analysis. It was checked whether the codes are consistent within themselves, and whether the sub-themes present integrity with the main themes and the main themes with the objective of the study. Thus, internal and external consistency was provided.

The validity and trustworthiness of the Reliability of the Study in Qualitative research is expressed with the concept of reliability (Altheide and Johnson, 2011). The reliability of the research is associated with the concepts of credibility and transferability. Credibility is related to the extent to which the findings are compatible with reality, while transferability is related to what extent the findings can be adapted to other contexts (Shenton, 2004).

In order to ensure the trustworthiness of the research, first, the principle of volunteering was sought in the participation of the participants in the study, and the interviews were conducted within the framework of the principles of sincerity and transparency. During the process of forming the interview questions, themes or categories, and new themes or categories in light of the data obtained, the researcher and the consultant as well as a field expert frequently gathered and made detailed evaluations. In order to prevent data loss, detailed notes were kept during the interview and these notes were presented to the participants for approval. The notes kept immediately after the interviews were reviewed in efforts to prevent data loss. The diversity of the research was provided by interviewing participants with different characteristics. The data obtained in the research were correlated with each other to try to collect deeply focused data. In addition, direct quotations have been included using detailed descriptions and the results obtained are supported with quantitative data. The results of different studies on the subject of violence were also compared with the results of this study.

FINDINGS

All of the participants stated that they used violence at least once in their lifetime. Fifteen participants stated that they used violence against their children, while 10 of them against their spouses. It is seen that male violence in the family is mostly directed towards children and then the spouse.

Participants answers to questions concerning the meaning of violence, the types of violence, the causes of violence, the characteristics of men who use violence, the purposes underlying men's use of violence, the relationship of violence between society and culture, and participants' reasons for using violence now are presented below in the form of tables:

Findings on the Thoughts of Men Who Use Violence About the Meaning of Violence:

Table 2.What is Violence?

Answers Provided	Provided By	Number
1 It is the strong overpowering the weak.	p5-p7-p9-p11-p12-p13-p15-p16-p17-p18	10
2 Harm to the body	p1-p4-p6-p8-p9-p12-p17	7
3 Harm to personality (inner world)	p2-p4-p7-p16	4
4 It is a momentary anger	p10-p11-p14-p15	4
5 A tool for oppression	p16-p19	2

The question, "What is Violence?" was answered by 10 participants as "The strong overpowering the weak", 7 participants as "Harm to the body", and 4 participants as "Harm to the personality (inner world)". The majority of the respondents, who answered "the strong overpowering the weak", grew up in a rural area, in an authoritarian-oppressive family environment, and their educational status is relatively lower. The following experiences were shared with respect to this question: P7, "There was an inheritance from my grandfather (my mother's father). My mother became stronger. My father, who had constantly been using violence, treated my mother better since that day." K9, "I saw a lot of violence from my brothers. When I grew up and my brothers tried to beat me again, I responded back. My brothers didn't beat me anymore because they were afraid of me".

Findings on the Thoughts of Men Who Use Violence About the Meaning of Violence:

Table 3.What Types of Violence Are There?

Answers Provided	Provided By	Number
1 Physical	p1-p2-p3-p4-p5-p7-p8-p11-p12-p14-p15-p16-p17-p18-p19	15
2 Psychological	p2-p3-p6-p7-p14-p16-p17-p19	8
3 Verbal	p1-p4-p5-p16	4
4 Emotional	p1-p15	2
5 Economic	p7	1
6 Sexual	p14	1

The question, "What Types of Violence Are There?" was answered by 15 participants as "Physical", 8 participants as "Psychological" and 4 participants as "Verbal". The majority of participants who answered "physical" are in the "31 -40" age range. The majority of participants who answered "psychological" have "undergraduate-graduate" education.

Findings Regarding the Thoughts of Men Who Use Violence About Physical Violence:

Table 4.What is Physical Violence?

Answers Provided	Provided By	Number
1 Beating, hitting, striking	p2-p3-p4-p9-p11-p13-p14-p15-p16-p17-p19	11
2 Slapping	p1-p4-p5-p7-p8-p9-p14-p15	8
3 Killing	p10-p15-p18	3
4 Staff, stick	p7-p9-p18	3
5 Wounding	p2-p11	2

The question, "What is Physical Violence?" was answered by 11 participants as "Beating, hitting, striking", 8 participants as "Slapping", and 3 participants as "Killing". Participants who answered "Killing", "Wounding" and "Staff, stick" grew up in the rural area and in an authoritarian-oppressive family environment. The participants who answered "killing" are all polygamous.

Findings Regarding the Thoughts of Men Who Use Violence About Emotional-Psychological Violence:

Table 5.What is Emotional-Psychological Violence?

Answers Provided	Provided By	Number
1 Scolding, yelling, getting angry	p2-p3-p4-p7-p14-p15-p19	7
2 Saying hurtful things	p1-p6-p14-p16-p17-p19	6

3	Putting Pressure	p7-p16-p17-p19	4
4	Scorning, humiliation	p2-p7-p14	3
5	Insulting, swearing	p2-p3-p17	3
6	Threatening, scaring	p1-p7	2
7	Not liking the woman, seeing her as worthless	p5-p15	2
8	Limiting freedom, not giving permission to go out	p9-p19	2

The question, "What is Emotional-Psychological Violence?" was answered by 7 participants as "Scolding, yelling, getting angry", 6 participants as "Saying hurtful words", and 4 participants as "Putting pressure". The majority of the men who answered, "putting pressure", grew up in the city center. Those who answered, "threatening, scaring" and "limiting freedom, not giving permission to go out", all grew up in an authoritarian-oppressive family environment. Regarding this question, P2 shared the following experience: "My aunt's husband constantly threatens my aunt saying he will take a second wife if she does not adhere to his wishes."

Findings Regarding the Thoughts of Men Who Use Violence About Physical Violence:

Table 6.What is Sexual Violence?

Answers Provided	Provided By	Number
1 Rape	p1-p2-p3-p4-p7-p8-p14-p15-p16-p19	10
2 Harassment, molesting with eyes	p17-p19	2
3 The woman has no right not to want it when the husband wants it	p1-p18	2

The question, "What is Sexual Violence?" was answered by 10 participants as "Rape", 2 participants as "Harassment, molesting with eyes", and 2 participants as "The woman has no right not to want it when the husband wants it". All those who answered "rape" grew up in an authoritarian-oppressive family environment. Regarding this question, P1 stated: "There can be no such thing as sexual violence between spouses; sexuality is the right of the husband and the woman must provide it".

Findings Regarding the Thoughts of Men Who Use Violence About Economic Violence:

Table 7.What is Economic Violence?

	Answers Provided	Provided By	Number
1	Making small children work	p4-p8-p9-p11-p14	5
2	Knowingly not meeting needs	p1-p3-p7	3
3	Giving little money and expecting a lot in return	p1-p3	2
4	Gaining power with money	p17	1
5	Intentional withdrawal of economic well-being	p1	1

The question, "What is Economic Violence?" was answered by 5 participants as "Making small children work", 3 participants as "Knowingly not meeting needs", and 2 participants as "Giving little money and expecting a lot in return". The economic situation of all those who replied "Making small children work" is not good. The following experiences were expressed with respect to this question: P7, "When my father and mother quarreled, my father wouldn't buy anything for the home; he would enjoy my mother suffering and being dependent on him". P1, "My aunt's husband would knowingly not buy clothes for my aunt". P7, "If my father was angry with us that day, he wouldn't give us money for the bus when going to school and would make us walk".

Findings Related to the Characteristics of Men Who Use Violence:

Findings on the Personality Traits of Men Who Use Violence:

Table 8.What are the Personality Traits of Men Who Use Violence?

	Answers Provided	Provided By	Number
1	Unable to control himself, quick temper, impatient	P1-p3-p4-p6-p7-p9-p10-p11-p12-p13-p14-p15-p18	13
2	Offensive, aggressive and angry	p1-p2-p3-p4-p6-p8-p10-p11-p12-p14-p16-p17-p18	12
3	Previously exposed to violence	p3-p5-p7-p8-p14-p15-p16-p18	8
4	He wants everything to be done his way, he presents fait accompli	p4-p6-p7-p9-p14-p15-p19	7
5	Vulgar, grim-faced, and tough temperament	p3-p6-p7-p9-p11-p13-p15	7
6	Grew up in a bad, uncaring environment	p1-p8-p9-p12-p17-p18	6
7	Self-centered, selfish	p4-p6-p7-p11-p13-p18	6
8	Overly jealous, delusional	p6-p7-p8-p9-p10-p15	6
9	Personality problem, no character	p2-p9-p13-p14-p16	5

10	Strict, prescriptive, over-disciplined	p1-p6-p7-p15-p18	5
11	Not at peace with himself and feels worthless	p1-p14-p16-p17-p19	5
12	Cannot think logically	p2-p7-p14-p18-p19	5
13	An unhappy person who cannot enjoy life	p7-p14-p17-p19	4
14	Sees violence as a solution method	p8-p12-p15	3

The question "What are the personality traits of men who use violence?" was answered by 13 participants as "Unable to control themselves, quick temper, impatient", 12 participants as "Offensive, aggressive", and 8 participants as "exposed to violence". All participants whose marital status is polygamous gave the answer, "Unable to control themselves, quick temper, impatient". P7 shared the following life experience with respect to this question: "My father saw me throw the apple on the ground while he was praying; he interrupted his prayer out of anger and gave me a good beating".

Findings on the Relations of Men Who Use Violence with the People Around Them:

Table 9.How are the Relations of Men Who Use Violence with the People Around Them?

	Answers Provided	Provided By	Number
1	He doesn't fight people he doesn't have the strength to beat	p5-p7-p9-p11-p13-p14-p15-p17-p18	9
2	Tries to seem good to people and get along with them	p1-p5-p6-p8-p13-p14-p15-p17-p18	9
3	Introvert, no communication, passive personality	p2-p3-p4-p7-p13-p15	6
4	Hypocritical and self-seeking	p6-p7-p8-p13-p17	5
5	Doesn't get along well with those around him in relationships, is not favored in society	p4-p7-p8-p15-p19	5

The question "How are the relations of men who use violence with the people around them?" was answered by 9 participants as "He doesn't fight people he doesn't have the strength to beat", 9 participants as "Tries to seem good to people and get along with them", and 6 participants as "Introverted, no communication, passive personality". The vast majority of the men who answered, "He doesn't fight people he doesn't have the strength to beat," grew up in an authoritarian-oppressive family environment and all men whose marital status is polygamous gave this answer.

Findings on Social-Cultural Characteristics of Men Who Use Violence:

Table 10.What are the Social-Cultural Characteristics of Men Who Use Violence?

Answers Provided	Provided By	Number
1 Economic status is low	p1-p2-p7-p11-p13-p14-p15-p18-p19	9
2 Violence is seen as a means of discipline and education.	p4-p7-p8-p12-p15-p16	6
3 Has family problems	p6-p9-p13-p14-p15	5
4 Has a traditional, patriarchal and oppressive social structure	p1-p4-p10-p14-p18	5
5 Firmly attached to culture and tradition because it serves his interests.	p1-p14-p15-p16	4
6 Ignorant and uneducated	p1-p12-p15-p19	4
7 Imitates the behaviors of the father who is the head of the family	p9-p15-p18	3

The question "What are the social-cultural characteristics of men who use violence?" was answered by 9 participants as "His economic situation is not good", 6 participants as "Violence is seen as a means of discipline and education", and 5 participants as "Has family problems". All of the participants whose marital status is polygamous answered, "His economic situation is not good", and the majority of the participants who gave this answer grew up in an authoritarian-oppressive family environment. Most of the participants who answered, "Violence is seen as a means of discipline and education", were brought up in rural areas. All of the participants who answered, "Has family problems", have low economic status and grew up in an authoritarian-oppressive family environment. Regarding this question, P13 shared the following experience: "Sometimes huge fights would break out in the house because of a simple clothing and food shortage; poverty is the reason behind whatever people do."

Findings Regarding the Causes Underlying Men's Use of Violence:

Findings Regarding the Biological Causes Underlying Men's Use of Violence:

Table 11.What are the Biological Causes of Men's Use of Violence?

Answers Provided	Provided By	Number
1 Men being naturally inclined to violence	p5-p13	2
2 Men having stronger muscle and body structure	p6-p7	2

The question "What are the biological causes of men's use of violence?" was answered by 2 participants as "Men are naturally inclined to violence", and 2

participants as "Men having stronger muscle and body structure".

Findings Regarding the Psychological Causes of Men's Use of Violence:

Table 12. What are the Psychological Causes of Men's Use of Violence?

	Answers Provided	Provided By	Number
1	Women's hurtful words, provocative behavior, nagging	p1-p2-p5-p7-p8-p9-p10-p11-p12-p13-p14-p15-p18	13
2	Injury to men's pride, honor	p1-p5-p8-p9-p10-p11-p12-p13-p14-p15-p18	11
3	Lack of love and affection between spouses	p1-p2-p5-p7-p9-p10-p11-p13-p14-p4-p5-p8-p11-p12-p13-p14-p15-p19	9
4	Uneducated and ignorant women	p6-p7-p8-p10-p14-p15-p16-p17-p18	9
5	Being exposed to and witnessing violence in the past	p5-p8-p9-p10-p12-p13-p15-p16-p18	9
6	Nobody uses violence on someone else for no reason, there are rightful reasons	p1-p2-p5-p7-p9-p10-p12-p18	8
7	Jealousy	p3-p7-p8-p11-p14-p15-p19	7
8	The family unconsciously teaching children wrong things and setting a bad example	p5-p7-p8-p12-p13-p15-p17	7
9	The woman not giving value and support to the man, the man's oppression in the family	p1-p8-p9-p10-p11-p14-p18	7
10	The woman being dissatisfied, constantly criticizing her husband	p3-p4-p5-p8-p9-p11-p15	7
11	Taking as example people who are inclined to violence	p2-p5-p7-p11-p12-p14-p18	7
12	Not receiving love, attention from parents	p1-p5-p9-p11-p14	5
13	Differences of opinion between spouses, different lifestyles	p5-p8-p14-p15-p18	5
14	The woman exaggerating the problem, not taking the path of least resistance, persisting on her opinion	p4-p5-p9-p10	4
15	Women not understanding men	p6-p9-p13	3
16	Psychological-mental illnesses	p9-p12-p18	3
17	Using violence becomes a habit or solution	p3-p5-p12	3
18	Women loving strong men and encouraging them towards this	p9-p11-p18	3
19	Men having bad habits or addictions	p4-p5-p7	3
20	Women being greatly influenced by their family and relatives	p1-p10-p14	3
21	Lack of good speaking skills between spouses		

The question "What are the psychological causes of men's use of violence?" was answered by 13 participants as "Women saying hurtful things, provocative behavior, nagging", 11 participants as "Hurting men's pride, honor", and 9 participants as "Uneducated and ignorant women". The following experiences were shared with respect to this question: K5, "While in traffic, the driver of the vehicle on the side opened the window and made a comment to me. I accelerated and drove off to avoid a fight, and my wife told me off, saying, 'Why didn't you talk back to him?' I was very offended when my spouse spoke to me in this way, but I did not respond to her to avoid an argument." P12, "The children had a fight and the child's mother came to our door shouting and disturbing the whole neighborhood. If I had no shame I was going to kill the woman there; look at what she turned a simple matter into". P11, "My brother's wife constantly belittles my brother and hurts his honor by saying, 'Everyone became a principal, why are you still not a principal; you are just a teacher'". P14, "Some of my spouse's words hurt me very much. She constantly insults me and my family by saying, 'How did I end up in such a family'". P12, "When my spouse notices flaws in me, she pushes me a lot with her words. My spouse's words sometimes feel like bullets to me".

Findings Regarding the Psychological Causes of Men's Use of Violence:

Table 13.What are the Social Causes of Men's Use of Violence?

Answers Provided	Provided By	Number
1 Financial difficulties	p1-p2-p3-p6-p7-p8-p9-p10-p11-p12-p13-p14-p15-p18-p19	15
2 Unhappy-restless families formed as a result of wrong marriages (e.g. arranged marriages)	p1-p5-p8-p9-p10-p11-p13-p14-p15-p18-p19	11
3 Growing up in a bad environment	p1-p4-p5-p7-p13-p14-p16-p17-p18-p19	10
4 People appreciating power and respecting the powerful only, men's desire to prove their power to society	p1-p4-p5-p7-p9-p13-p14-p15-p18	9
5 People around them provoking the man	p1-p2-p7-p12-p13-p14-p15-p18	8
6 Relatives intervening in the home, gossiping	p1-p2-p4-p5-p7-p15	6
7 Moral collapse	p1-p6-p9-p12-p19	5
8 Uneducated and ignorant society	p1-p9-p10-p12-p19	5
9 Unconditional obedience to family elders	p15-p19	2

The question "What are the social causes of men's use of violence?" was answered by 15 participants as "Financial troubles", 11 participants as "Unhappy family formed as a result of wrong marriages", and 10 participants

as "Growing up in a bad environment". The education level of the majority of the participants who answered, "unhappy family formed as a result of wrong marriages", is not good and their economic status is low. P1 shared the following experience with respect to this question: "Someone new came to the neighborhood. Their child fought with the children of the neighborhood. The man tried to solve the matter with politeness, but they repeatedly argued with the man because the children's fight. The man would salute the neighbors but nobody would respond to his salute. The man was patient; he did not say anything. One evening, overwhelmed by this pressure and not being taken seriously, the man grabbed his pistol and got on top of the roof. He fired numerous bullets into the air. They have not been meddling with the man since that day and have been more respectful towards him."

Findings Regarding the Cultural Causes of Men's Use of Violence:

Table 14. What are the Cultural Causes of Men's Use of Violence?

	Answers Provided	Provided By	Number
1	The notion of discipline that beating is necessary when needed	p4-p7-p8-p11-p12-p14-p15-p16-p19	9
2	Patriarchal, backward mentality	p1-p4-p9-p10-p12-p14-p18-p19	8
3	Lack of knowledge about the religion, its exploitation, practicing it partially or incorrectly	p1-p10-p13-p15-p16-p19	6
4	The understanding in which the woman is not valued and is secondary	p3-p10-p14-p18-p19	5
5	The superior roles society places on men	p2-p5-p9-p17	4
6	Beliefs such as harshness being considered bravery, which are the products of cultural degeneration	p5-p6-p9	3
7	Loss of cultural values	p1-p15-p19	3

The question "What are the cultural causes of men's use of violence?" was answered by 9 participants as "The notion of discipline that beating is necessary when needed", 8 participants as "Patriarchal, backward mentality" and 6 participants as "Abuse of religion and its partial-incorrect practice". The economic situation of the vast majority of the participants who answered, "The notion of discipline that beating is necessary when needed" and "Patriarchal, backward mentality", is not good. The following experiences were shared with respect to this question: K7, "When I could not memorize the things my father wanted while studying, he would insert the screwdriver in my legs and make me memorize it by force and fear. Now, when my daughter does not do what I want, I too can get angry with her." P2, "In our culture, when the bride takes

the first step into the man's house, the groom waits on the roof and throws hard objects like apples on the woman's head. They make you do this to intimidate your spouse from the first day". P8, "When my father used violence, he would defend himself by saying, 'beating is from heaven'". P14, "I was going to high school back then. When my mother could not cook that day due to her busy schedule, my father beat my mother on the grounds that her service was inadequate. When I asked my father why he was violent to my mother, he said someone who was knowledgeable about religion and valued by the community has said, 'If your wife does not listen to you, you can beat her to scare her so she does not go astray.'" P18, "With us, men would be the first to eat the food. Then, the women would sit and eat the remaining food." P10, "With us, before getting married, the money to be taken for the girl as dowry would be negotiated". P8, "My uncle would have a separate table set up for him. He would eat alone, and his wife and children would eat at another table next to my uncle." P6, "My uncle didn't like my aunt-in-law. He would constantly beat her. He would beat her so badly that the whole neighborhood would hear my aunt-in-law's cries. No longer able to endure it, my aunt-in-law could fled to her father's house. My aunt-in-law's father did not accept her back, saying 'you are that family's daughter now, your dead body alone can leave that house', and took her back to my uncle's house".

Findings Regarding Men's Reasons for Using Violence Now:

Table 15.What Do You Think a Man Has to Experience Before Resorting to Violence Today?

	Answers Provided	Provided By	Number
1	Destructive talk by the woman, her nagging and constant criticism of the man	p4-p9-p11-p12-p13-p14-p15-p18	8
2	The man not receiving service and not having his needs met	p1-p8-p9-p10-p11-p13-p15-p18	8
3	Flirting and cheating with someone else, for honor	p2-p3-p5-p7-p8-p12-p15-p18	8
4	To defend myself when I encounter injustice	p4-p6-p7-p10-p11-p12-p14	7
5	Not listening to the man and not doing what men say	p1-p3-p5-p11-p15-p18	6
6	Saying things that are damaging to the man's honor and get on his nerves	p4-p7-p12-p13-p14-p15	6
7	Women spending without permission or excessively	p1-p3-p7-p13	4
8	Women acting in accordance with what their own family says	p1-p7-p8-p13	4
9	The woman leaving the house without permission	p1-p8-p13-p15	4

10	The woman neglecting and beating her own children	p1-p12-p15	3
11	The woman telling me that I am wrong and humiliating me next to others	p7-p13-p15	3

The question "What do you think a man has to experience before resorting to violence today?" was answered by 8 participants as "The man not receiving service and not having his needs met", 8 participants "Destructive talk by the woman, her nagging and constant criticism of the man", and 8 participants as "Flirting and cheating with someone else, for honor". The economic condition of all participants who replied, "The man not receiving service and not having his needs met", is not good; they grew up in an authoritarian-oppressive family environment; and all men whose marital status is polygamous gave this answer.

Findings Regarding the Relationship Between Violence-Society-Culture-Masculinity:

Table 16. What is the Relationship Between Violence, Society, Culture and Masculinity According to You?

	Answers Provided	Provided By	Number
1	Violence is used to protect reputation, honor and to prove masculinity after being overwhelmed by the pressure of the people around them	p1-p2-p5-p7-p9-p10-p11-p12-p13-p15-p17-p18	12
2	Criticism and mocking of those who do not show their strength and harshness to the woman	p2-p4-p5 p6-p7-p9-p12-p14-p15-p18	10
3	There is the belief that the man is the head of the house, whatever he says is done, and nobody should interfere in his business	p1-p2-p7-p9-p10-p11-p13-p14-p15-p18	10
4	The society respecting and valuing the powerful, violence being perceived in society as a symbol of uprightness and masculinity.	p2-p3-p4-p5-p9-p13	6
5	There is an understanding in society that the man is superior and woman is valued less	p1-p2-p8-p10-p18-p19	6
6	There is a belief in society that men should control women	p2-p10-p11-p15-p17	5
7	Men's violence being considered normal and justified in society	p2-p3-p19	3

The question "What is the relationship between violence, society, culture and masculinity according to you?" was answered by 12 participants as "Men being overwhelmed by the pressure of the people around them and proving their masculinity and protecting their reputation", 10 participants as "Criticism and mocking of those who do not show their strength and harshness to the woman", and 10 participants as "The belief that the man (father) is the head of

the house, whatever he says is done, and nobody should interfere in his business". The majority of the men who answered, "Being overwhelmed by the pressure of the people around them and proving their masculinity and protecting their reputation", grew up in the rural area. Most of the men who answered, "The belief that the man (father) is the head of the house, whatever he says is done, and nobody should interfere in his business", grew up in an authoritarian-oppressive family environment. The following experiences were shared with respect to this question: P18, "The people around me wanted me to teach my wife the necessary lesson by saying things like are you not a man, do you not have pride and honor". P10, "You cannot bring yourself to be defeated in front of society because of women due to your manhood; you would not do it if they left you alone, you have no other choice". P9, "The society beats you with their words; they say go kill your daughter and then come to the coffeehouse; you will either flee from that area or kill her". P8, "They used to tell me to wear women's dresses and laugh at me because I treat my wife well". P15, "They called me henpecked husband because I help my wife". P18, "I was beaten by my father even though I was married because I did not blindly obey my father". P13, "I didn't ever do anything without my father without permission, even after getting married".

Findings Regarding the Primary Purposes of the Use of Violence:

Table 17. What Do Men Want to Achieve by Using Violence?

	Answers Provided	Provided By	Number
1	Prove their masculinity to the people around them and try to show that they are strong	p1-p2-p5-p9-p10-p12-p15-p17-p18	11
2	Silence those around them	p4-p7-p9-p11-p13-p14-p15-p18-p19	9
3	Some people understanding from violence and brute force rather than talking	p1-p4-p5-p11-p15-p17-p18	7
4	Achieve relief by directing tensions and anger related to something else to the weak	p2-p4-p8-p10-p14-p17-p19	7
5	Strengthen leadership and authority, gain superiority	p3-p4-p5-p6-p8-p16-p18	7
6	Overcome pressure from those around them and gain reputation	p1-p9-p10-p13-p15-p18	6
7	Have what they say done, ensure that his decisions are fulfilled	p1-p9-p10-p14-p15-p18	6
8	Tries to take wife under control with fear so as not to lose her	p1-p5-p7-p10-p14	5

9	To get out a problem when he fails to find a solution	p4-p9-p13-p18-p19	5
10	Seek and gain his right (compelled to do it)	p1-p4-p5-p11	4
11	Tries to gain favor by seeming strong to avoid losing the one he loves	p3-p5-p12-p14	4
12	Satisfy his ego and destroy his weakness through the weak	p4-p16-p17	3
13	Prevent their own mistakes from being discussed and cover their own faults	p7-p10-p14	3

The question "What do men want to achieve by using violence?" was answered by 11 participants as "To prove their masculinity to the people around them and try to show that they are strong", 9 participants as "to silence those around them", and 7 participants as "to strengthen their leadership and authority, to gain superiority". The vast majority of men who answered, "to prove their masculinity and try to show that they are strong", were raised in the rural area. The economic status and education level of the majority of men who answered, "to silence those around them", is not good.

DISCUSSION

The Meaning of Violence

The men who participated in the study perceive violence mostly as "the strong overpowering the weak". Altun's (2006) definition, "Violence is the establishment of dominance by the powerful over the powerless and making them accept their demands", and Kebabçı's (2001) definition, "Violence is the use of strength and brutal force instead of reconciliation", support this outcome. The majority of participants who answered, "the strong overpowering the weak", grew up in the rural area, in an authoritarian-oppressive family environment, and their educational status is relatively lower. Violence is usually used by the powerful men in the family against women and children who are weak. Men whose educational status is low may inflict more violence against women and children who are weaker than themselves compared to other men (Akkuş and Yıldırım, 2018; Altınay and Arat, 2007; Baykal, 2008; Çivi et. al., 2008; Olgun İzmirli, 2013; Tanrıverdi and Şıpkın, 2008; Yüksel Kaptanoğlu and Çavlin, 2015). This result shows that it is very important to carry out activities especially in rural areas, where the number of men with low education levels is intense, to increase their knowledge and skill levels related to violence. One who has been subjected to violence by a strong

person can also use violence against a person who is less powerful than themselves. Men are able to achieve relief by directing their tensions and anger related to something else to the weak. Men feel very overwhelmed and tense due to stressful experiences such as intense and tiring work. This feeling of tension is often reflected on the weak individuals around the man. Men are unable to spare themselves enough time to relax. Men need to be provided opportunities to spend enough time on artistic, sportive, cultural activities and hobbies to relieve their mental tension in a constructive manner.

Types of Violence

Men perceive violence mostly as "Physical violence". The majority of men who perceive violence as "Physical violence" are in the "31 -40" age range. The study conducted by Akkuş and Yıldırım (2018) reveals that the most intense age group of men who have used physical violence on women is in the 35-44 age range. Fernández et. al. (2017) have also found in their study that the most intense age range of men who have used violence is between 31-40. These results overlap with the results obtained in this study. Men are capable of being more inclined to physical violence because they are physically stronger at earlier ages. It is observed that men's awareness of "Psychological Violence" is directly proportional with their level of education. Economic and sexual violence is not considered as violence. The reason for this is that sexual violence is seen as the right of men and economic violence is seen as a necessity. In a study conducted on the types of violence encountered, participants have stated that they encountered physical violence at a rate of 48% and psychological violence at a rate of 16%. No participant gave any information about sexual violence (Genar, 2008). These results overlap with the results obtained in this study.

Participants perceive "physical violence" mostly as "beating, hitting, striking" and "slapping". Killing being the first thing that comes to some men's minds when it comes to physical violence is a thought-provoking result. In a study conducted by Genar (2008), 54.4% of women have suffered physical violence in the form of beating, and 26% in the form of slapping. These results are consistent with the results obtained in this study. In a wide-scale violence study conducted on 7,462 women in different regions of Turkey, it was revealed that 35% of women were exposed to physical violence (Çavlin Kaptanoğluand

Yüksel, 2015). According to the World Health Organization, physical violence can have serious negative results on those who are exposed to it, primarily children (WHO, 2002). It is seen that men resort to physical violence very frequently despite all the measures taken and sanctions applied, and that they are unable to realize the destructive effects of physical violence on those who encounter it. Serious activities should be conducted aimed at developing men's awareness about physical violence.

Participants perceive “emotional violence” more as “scolding, shouting, getting angry” and “saying hurtful things”. These answers are seen as the easiest way to express anger. When men are unable to risk the results of using physical violence in cases they come against individuals who are stronger than themselves or are their equal in terms of strength, they may reflect their anger by using psychological violence. One study reveals that 59% of men who use violence criticize their wife, 45% do not converse with their wife unless necessary, 36% mock their wife, 29% humiliate their wife in front of other people, and 28% insult their wife (Yanikkerem, 2002). These results are indicative of the extent emotional violence is common in Turkey.

Participants perceive “sexual violence” mostly as “rape”. Rape incidents constantly appearing in the media and thus leading to indignation in the society has developed awareness. According to some men, sexuality is seen as the duty of women and the right of men. In patriarchal societies where women are pushed to the background, sexuality is male-indexed and is experienced one-sided; women's wishes, desires and satisfaction are not taken into account. It is a noteworthy result that even individuals who have at least undergraduate education do not have knowledge about sexual violence.

Participants perceive "Economic violence" mostly as "Making small children work". The fact that some of the men who gave this answer stated that economic violence is not a bad thing and that children should work if necessary shows that economic violence is not perceived as violence. It is clear from these results that in the patriarchal society, the male child is regarded as an economic value (Kağıtçıbaşı and Ataca, 2005). It is a noteworthy result that even individuals who have at least undergraduate education do not have knowledge about sexual violence.

Characteristics of Men Who Use Violence

The men who participated in this study describe the personality traits of men who use violence as unable to control themselves, quick temper, impatient, and explain their lack of control over their anger as a moment of rage. Research has revealed that this answer is a defense mechanism and anger is related to the individual's pre-formed thoughts (Ellis and Harper, 2005; Salvucci, 2006; Yüksel, 1995). Participants' response, "He doesn't fight people he does not have the strength to beat", shows that violence is used consciously rather than in a moment of rage. This is due to the fact that it is not possible to explain men's inability to control their anger against individuals within the family, especially those weaker than themselves with a moment of rage while they are able to control their anger against the people outside. "Aggression", which is expressed as a characteristic of men who use violence, is a natural part of humans and can be controlled (Sears and Byers, 2010). In addition, aggression can be beneficial in the case it can be transferred to the right places, but if it cannot be transferred, it can cause spiritual tension and reflect onto those around them as violence (Ayan, 2007). Furthermore, "being exposed to violence" is one of the most common features of men who use violence and frequently emerges as the most important reason underlying violence (Akkuş and Yıldırım, 2018; Işiloğlu, 2006; Öyekçin Güleç et. al., 2012; Tilley and Brickley, 2005; Tüzer and Göka, 2007). Identification is a psychological defense mechanism. It is seen here that men who suffered violence later identified with the aggressive father and used violence.

While defining the relationships of men who use violence, men responded, "He doesn't fight with people doesn't have the strength to beat", and "He tries to get along well with people outside the family". These answers overlap with the answer, "Violence is the strong overpowering the weak", expressed in the definition of violence. Men inflict violence on people who are weaker than them, but if they are not stronger than them they try to get along with them. The answer, "Being introverted and lonely", to this question shows that men who use violence are excluded. The individual who is excluded perceives himself as an unloved, worthless person. This pushes the individual to further negativity. It should be remembered that men who use violence need social support more. Improving the social support network of individuals who are inclined to violence and strengthening their family bonds will prevent violence from emerging (Ulukol, 2009).

The men who participated in this study mostly stated bad economic situation as the social-cultural characteristic of men who use violence. In the studies conducted, "Poor economic situation" is among the basic characteristics of men who use violence and important causes of violence (Altınay and Arat, 2007; Balcıoğlu, 2001; Barutçu, 2013; Baykal, 2008; Çivi et. al., 2008; Wang and et. al., 2002). Financial problems being presented the most in this study as the social cause of violence is consistent with this result. Financial difficulty causes great pressure on the person. The man who experiences financially difficulty suffers the pain of his inability to provide good conditions for his family and considers himself inadequate. Sometimes he uses violence to cover up this inadequacy and to prevent this inadequacy from being discussed. Society has also burdened men with roles such as providing the family's livelihood, economic gain, all of which are equated to manhood. Financial difficulty causes men's "manhood" to be questioned. The man who does not fulfill these roles given to them by society faces psychological problems in fear of both having his manhood questioned and losing his power can reflect this situation on the woman in the form of violence (Yıldırım, 2016).

According to the participants, family problems are experienced in a house where there is violence. The response, "Wrongly established unhappy marriages", provided as the social cause of violence, and the response, "Lack of love and passion between couples", provided as the psychological cause of violence, are consistent with this outcome. These results show that the man who uses violence does not have a peaceful family atmosphere. Those who live an unhappy life will reflect their unhappiness to those around them in different ways and sometimes through violence. In a study conducted, it was revealed that men who get married by "getting to know each other-joint consent" use violence less compared to those who get married through "arranged marriage and elopement" (Akkuş and Yıldırım, 2018). Similar results were obtained in other studies (Altınay and Arat, 2007; Öyekçin Güleç et. al., 2012).

Participants provided the response, "Not seeing love and attention from parents", as the cause of psychological violence. Children will suffer the most in a hostile and tense family atmosphere, and they will not be able to show healthy development. As couples deal with their own problems, they will not be able to spare enough time for the child and the child will thus grow up without attention and love. One study shows that half of the men who use violence lacked love in their past (Kocacık, 2004). The basis of every aggressive

behavior is an inhibition, which means that physiological and emotional needs remain unsatisfied (Balcioglu, 2001). The feeling of compassion is atrophied in individuals who grow up deprived of love and attention since their childhood. According to Dodson (1993), parents' failure to meet the child's psychological needs and being very strict with their children gives rise to the feeling of hatred in children. The atrophied feeling of compassion is replaced through time by hatred. Though the apparent cause of murders is seen as a moment of rage and outburst of anger, the underlying cause is a sense of hatred instilled in the individual. According to Fromm (1994), this sense of hatred sometimes becomes manifest by turning into a violent reaction without showing any target. Becoming a live bomb and killing dozens of people or violently stabbing a woman to death and beheading people for the sake of religion can only be explained with the atrophy of positive emotions such as compassion and love. According to a study conducted by Çelik (2013), the September 11 attack, in which thousands of people died, occurred as a result of the intense feeling of hate turning into violent behavior. Additionally, in a study conducted by Özmen (2006), it is observed that men who use violence have feelings of hatred and hostility. These results show how important the establishment of right marriages based on love and logic is for parents and children. Furthermore, the considerable number of those who are easily capable of killing people today reveals the significance of individuals gaining a sense of love and compassion at an early age.

This study shows that fathers in particular are inadequate in showing love and attention to their children. All men, except participant P3, have stated that they did not see enough love and attention from their fathers. The majority of participants identified their fathers as, "he was strict", "he was disciplined", "he was harsh", "he was inconsiderate", "he was uncaring", and "he was unloving". Such a father has a negative affect on his child's personality development and mental health. These results show that fathers also have a great role in an innocent child's transformation in the future into an individual filled with feelings of hatred and animosity instead of love and compassion. While the father deprives their child of love so that they are not spoiled, and show their strict side and use violence for education and discipline, they are unable to realize that they are in fact doing harm to the child. In societies dominated by patriarchal mentality, men's emotions are pacified because showing emotions is

perceived as weakness. There is nothing more natural than a father loving, kissing and hugging his child. However, in patriarchal societies, the father to hugging and kissing his child while in company is considered shameful and the father is criticized for doing it. In this way, a father does the greatest harm to his child by depriving him/her from his own love. Nonetheless, having an accomplished and knowledgeable mother is the greatest opportunity for a child. Most women are unable to join the workforce and continue their lives as housewives. Being a housewife does not mean constantly dealing with housework for a woman. A woman should not limit herself in this way. The 0-6 age period is the period when a child's personality is shaped and the child spends time mostly with his/her mother during this period. This personality, which is formed in the child during the 0-6 age period, shaped the child's destiny and gives a positive or negative direction to the child's future.

Reasons Men Use Violence

The male hormone (Gustafson, 2009), high level of impulsivity (Chapple and Johnson, 2007; Seager, 2005), low levels of serotonin in the body (Erten and Ardali, 2007), neurochemical disorders in the brain (Subaşı and Akin, 2003) and drugs and addictive substances used (Gök, 2009) are shown among the biological causes of violence.. These data reveal that biological factors can be effective in being inclined to violence. It turns out that more scientific studies are needed to clarify the relationship of biological factors with violence.

Men think that the psychological cause of violence is mostly "Women's hurtful words, provocative behaviors, nagging". This answer overlaps with the answer, "The woman's destructive talk, nagging, constant criticism", given as response to the question, "Under what circumstance will I use violence today?". The fact that couples can say and do hurtful things to one another creates problems between couples and, over time, these problems can lead to violence. In one study, according to men, provocation by women is one of the important causes of violence (Yüksel, 1995). It is very important to utilize communication skills and for couples approach each other with sweet talk and a smile. This is because sweet talk and smiling dissipates the tense atmosphere between couples and enables them feel more positive emotions towards each other. Studies reveal that the lack of the communication skill prepares the ground for violence and violence can be reduced by providing communication skills (Balcıoğlu, 2001; Scott, 2004; Wang et. al., 2002). Expressing one another's

positive aspects will dissipate the tense atmosphere between couples and reduce violence. The response, "Hurting men's pride and honor", provided by men as the psychological cause of violence, is consistent with the answer, "Women's hurtful words, provocative behavior, nagging". This is so because being exposed to hurtful words will hurt one's pride. The response, "Uneducated and ignorant women", provided as the psychological cause of violence also leads to "Women's hurtful words and provocative behaviors" and "Hurting men's pride and honor". It is observed that the women's shelters established to protect women from violence and practices such as distancing men from the home are not adequately effective (Yüksel, 2016). As a matter of fact, it is seen that the legal measures taken against men who use violence further provokes them (Mullaney, 2007). In addition to women's rights, the development of women's skills alongside that of men will subside violence. Because in this way, the factors causing violence will be eliminated. Educating men and women on issues such as communication skills, conflict resolution skills, anger management, and emotional education is one of the most fundamental things that need to be done to solve violence (Akan and Kıran, 2019).

The majority of men provided the answer, "Growing up in a bad environment", as the cause of social violence. Studies also emphasize that growing up in a bad environment and the people around cause violence (Çivi et. al., 2008; Wang et. al., 2002). The answer, "Living in and growing up in a bad neighborhood, environment and friendship circle", provided in response to the question, "What are the risk factors that increase violence?", is consistent with the response, "Growing up in a bad environment". According to Bandura (1997), violence is learned like other behaviors. When, against whom and the frequency aggression, which is innate, will emerge is learned through experience. Cognitive schemes related to violence are formed by observing the social environment at an early age. Schemes related to violence stored in the memory are used later when necessary (Şahin, 2007). Men are exposed to negative experiences among the people they have been living among since childhood, especially in the slums where violence is considered normal. Since it is normal to show violence in such places, fights and swearing occur frequently in the friendship environment and during games. The child, who very frequently witnesses violent behavior both in their family and their

environment, learns violence by taking example. In the studies conducted, it is seen that parents and other people who are taken as example teach children violence without realizing or unconsciously (Akkuş and Yıldırım, 2018; Balcıoğlu, 2001; Çivi et. al., 2008; Freedman et. al., 1998). In this context, whether or not the people around them use violence is effective on children's violent behavior.

Some men provided the answer, "People do not appreciate kindness but power", as the social cause of violence. Individuals who especially live in patriarchal societies have greater respect for people with financial means, power and status. If the individual is not powerful, he tries to solve his problems with a constructive approach using communication skills, yet he is unable to receive the same response from the opposite person. In fact, his soft temper and sweet talk can be mocked, while he is perceived as weak, thus increasing the degree of violence inflicted on him. As a result of this, the individual may be forced to use violence to both seek their right and earn respect.

Men think the cultural cause of violence is mostly "the understanding of discipline that beating is necessary when needed". This response is consistent with the answer that "Violence is considered a tool for discipline and education". Violence is seen as a solution method particularly in introverted patriarchal societies that are built on discrimination (Kudat, 2007; Loseke, 2005; Yüksel, 1995). Violence being presented as a solution method by family members, the media and society cause violence to be embedded in the subconscious from an early age.

Men see the patriarchal mentality as another important cultural cause of violence. Analysis of the demographic characteristics of those who participated in this study shows that a high number of participants have numerous male traits specific to the patriarchal structure, such as growing up in an authoritarian-oppressive family atmosphere, being polygamous, having more than four siblings, and having are strict-tough-cold fathers. Violence is more common in patriarchal societies where men's dominance is beyond dispute (Delice, 2013). As violence is considered an important standard of judgment shared by the society in the patriarchal structure, men have the attitudes that approve his use of violence and the reasons to justify themselves in their violence (Hooks, 2012; Öztürk, 2014; Riggs et. al., 2000). Unless the patriarchal

mentality that sees violence as normal and necessary changes, all other efforts made will not be beneficial enough.

In addition, the men who participated in the study think that “the exploitation of religion and its partial-wrong use” as well as “the understanding in society that men are superior, and women are valued less than men” are the other cultural causes of violence. In patriarchal societies, certain customs like honor killings are presented as religious information, and some wrong beliefs such as, “the woman must serve the man” and “men should be able to beat women when necessary”, which have no place in religion, are taught as religious knowledge. In fact, the main goal of the exploitation of religion is to protect the patriarchal structure. The main reason why men adopt traditional roles and religious beliefs more is that these reinforce their power (KSGM, 2010; Öztürk, 2014). According to Hooks (2012), in patriarchal societies, men think that they need to take women under their control in order not to lose the blessings they gained, and they can resort to everything, primarily violence, to achieve these goals. As men reinforce their own power, they embrace these beliefs that have no place in religion, and can use these religious values as a trump card when necessary while also reminding the punishments in religion. It is known that the understanding in which women are not valued and are pushed to the background has existed since ancient times. Before Islam, girls were considered a source of shame for families in Arab societies. Hence, fathers would bury their daughters in the ground while alive. Today, customs are kept alive like they are religious rules, and pre-Islamic traditions still continue to exist by changing shape. The woman's inability to birth a male child is considered reason to divorce or bring a second wife. Women are treated as commodities under the name of dowry, and they are sometimes wed to people their father's and even their grandfather's age upon families' decision. Men can marry 3-4 women by exploiting religion and saying that it is supposedly accepted in Islam. Despite experiencing great difficulties in marriage, women are not permitted to divorce.

Men's Reasons for Using Violence Now

Men stated that they can use violence now mostly in cases of "flirting or cheating with someone else, for honor". Another reason why men use violence against women is the notion of honor accepted in society. When women do

not comply with this understanding, they are often punished by death. Sometimes, women can run away from home and even commit suicide because they cannot find another way out. In this notion of honor, men suppress their feelings of jealousy by using violence against their wives. Men who have no self-confidence and are jealous of their wife see all of their spouse's behaviors as potential betrayal because they are afraid of being abandoned, and thus use violence against them to avoid losing their spouse (Jacobson and Gottman, 1998; Riggs et. al., 2000).

Moreover, men stated that they can resort to violence to defend themselves and to silence those around them in the case of any injustice against them. Men who use violence have often witnessed the individuals around them mostly solve their problems by using violence up until now. Due to the fact that conflict resolution skills or alternative methods are not known, men believe that problems can be solved by using violence. One who is suppressed or silenced temporarily surrenders to the man for reasons such as fear and helplessness, but the problems have not been solved. Men who think that the problems have been solved are unable to realize that these problems will come up again, further intensified. Men should be given the awareness that violence cannot solve problems and that it cannot be a solution that, on the contrary, it will further increase problems (Şimşek et. al., 2004). Studies reveal the importance of teaching conflict resolution methods in reducing violence (Loseke, 2005; Scott, 2004; Yüksel, 1995).

Relationship Between Violence-Society-Culture-Masculinity

Men's capacity to use violence to prove their masculinity and protect their reputation after being overwhelmed by the pressure of those around them reveals the relationship between the society, culture and masculinity. This result is in line with the response, "provocation by the people around", provided as the cause of violence, and "to prove their masculinity to those around them and to show that they ate strong", which is considered the main purpose underlying the use of violence. These results clearly show that the environment or society prepare the ground for men to use violence. This is because as an individual, men live among society and, as a result of their nature, they want to be accepted by the society, be valued and establish good communication with those around them. In accordance with this, they strive to keep pace with the norms of their environment. The man is made to believe that he is required to

fulfill the masculinity roles that society casts for him and that he will earn respectability in society to the extent he shows his masculinity. As the “masculinity” of those who cannot fulfill the requirements of masculinity is questioned, it leads to a manhood crisis. In order to avoid having the power of manhood given to them by society questioned and taken away, men are capable of using violence on women and children within the patriarchal family order to heal their crushed power (Akkuş and Yıldırım, 2018). Additionally, participants stating that men who do not show their strength and harshness to women are criticized and ridiculed shows the existence of social pressure. Men who have a patriarchal mindset force other men to behave like themselves or try to derogate and exclude them from society by ridiculing them in efforts to maintain this order. Being subjected to criticisms and sarcastic attitude that will harm one’s masculinity will lead men to lose value in society and reduce their self-confidence and self-respect. Men can resort to violence to eliminate such a threat to themselves. The studies conducted also reveal that men resort to violence when they find themselves inadequate in matters related to the role of "Masculinity" (İşiloğlu, 2006; Tüzer and Göka, 2007).

Concerning the relationship between violence and society, culture and masculinity, men believe that “the man (father) is the head of the house, whatever he says is done, nobody should interfere his business”. This idea is consistent with the notions that "having what they say done, ensuring their decisions are fulfilled", provided as the main aim for using violence, and "men not receiving service, not having their needs met", provided as the reason men use violence. Here, violence is seen in the patriarchal society as a tool for men to have their demands met. According to Yaman (2007), the main purpose of violence is to threaten the victim through physical, sexual and psychological intimidation to have their demands fulfilled. Also, as stated by Fromm (1994), the man establishes full domination over male children and women in this way and makes them do whatever his heart desires. There is unconditional obedience servitude to the father, who is the head of the house in the patriarchal structure. As a result of this, the man can make the people around him do what he wants. Violence is the most important enforcement tool of this order. This is due to the fact that those who do not do what men want are punished in some way. The father, to whom unconditional obedience is required, being uneducated, devoid of consideration and having psychological-

mental disorders, can lead to great disasters. Every year, thousands of women, children, and even men are killed in Turkey due to reasons such as honor killings, feuds, and inheritance conflicts. The biggest reason for this is men, to whom unconditional obedience is required. Men should be provided training on leadership, and they should be given the awareness that leadership and authoritarianism are not the same thing.

Primary Reasons for Use of Violence

Men can use violence to "reinforce their leadership and authority, and establish superiority." The man who is strong tries to protect his power by resorting to violence the moment he feels his power is regressing or slipping out of his hands (Arendt, 2006). Circumstances such as the woman working and earning money, men's failure to provide household needs and sexual inadequacies lead men to think they are losing power. In such cases, men resort to violence to present themselves as strong, to cover their deficiencies, to prevent those around them from talking about them, and thus try to protect their power.

CONCLUSION and RECOMMENDATIONS

According to the results obtained in the study, violence is perceived as the strong overpowering the weak, and it is thought that men who use violence will not use violence against people who are stronger than themselves. Violence is mostly perceived to be physical. There is not enough awareness about sexual and economic violence. Sexual violence, on the other hand, is generally perceived as rape. Being quick tempered and being exposed to violence in the past is thought to be the primary personality traits of men who use violence.

Half of the participants think that using violence can be justified. Men do not consider biological causes as causes of violence. Factors such as women's ignorance, her hurtful words and provocative behavior, which are generally related to women, are thought to be the psychological causes of violence. The lack of love and passion between couples is seen as an important cause of violence. Financial difficulties, wrong marriages and being raised in a bad environment are considered as the primary social causes of violence.

Patriarchal, backward mentality, the exploitation of religion and violence being considered as a means of discipline and education are seen as the primary cultural causes of violence.

Proving their strength and masculinity to those around them, silencing those around them, relieving themselves and reinforcing their authority by directing their tensions to the weak are seen as the primary purposes underlying the use of violence.

Men who do not short their harshness to women being ridiculed, the obligation to do everything the father – who is the head of the house – says, society's appreciation of the powerful, and the acceptance that male violence is normal show that there is a strong connection between violence and social beliefs as well as gender roles.

Men who participated in the study think that they can resort to violence in the event they do not receive service, their needs are not met, they are provoked with words and are cheated on. In terms of recommendations, family counseling in particular should become common in order to ensure healthy communication in families and sole problems. Individuals should be provided communication and conflict resolution skills in the school environment especially by school psychological counselor from an early age. If the man who uses violence has mental disorders and addictions, they should first be directed to the necessary places to fight against these to ensure they receive support. Additionally, men who use violence should be enabled to receive psychological support through services such as personal counseling, group psychological counseling, and family counseling. Among the studies conducted in Turkey on violence, there is almost no study that analyzes the male viewpoint. It is recommended that more studies are conducted on this subject.

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Yunus Akan: Literature review, method, findings, discussion, reporting of the article

Yunus Akan: Literatür taraması, yöntem, bulgular, tartışma, makalenin raporlaştırılması

Binnaz Kıran: Data analysis, foreign language support, findings, discussion, supervision

Binnaz Kıran: Veri analizi, yabancı dil desteği, bulgular, tartışma, süpervizyon

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Genişletilmiş Türkçe Özet

Giriş: Bu araştırmanın temel amacı, erkeklerin şiddet ile ilgili tutumlarını derinlemesine ortaya çıkararak, şiddet probleminin altında yatan temel sebepleri fark etmek ve böylece şiddetin çözümü için doğru adımların atılmasını sağlamaktır. Bu doğrultuda şiddetin anlamı, şiddetin türleri, erkeklerin şiddet uygulama sebepleri, şiddet uygulayan erkeklerin özellikleri, şiddet-toplum-kültür-erkeklik arasındaki ilişki gibi değişkenler bu araştırmada erkeklerin bakış açısıyla ele alınmıştır. Şiddet sorununu çözmek için, şiddet mağduru bireyleri koruyucu ve geliştirici çalışmalar şiddeti azaltmada bir nebze de olsa etkili olsa da şiddet sorununun başaktörü erkekler değişmediği sürece yapılan çalışmalar yeterince etkili olamayacaktır. Masum bir çocuğu bir erkek canavara dönüştüren faktörlerin anlaşılması ve engellenmesi önemli görülmektedir. Bu araştırmanın bu alandaki eksikliklerinin giderilmesine katkı sağlayacağına inanılmaktadır.

Yöntem: Erkek şiddeti olgusunu bütüncül bir yaklaşımla ve derinlemesine aydınlatılabilmek için, araştırmanın yöntemi olarak nitel ve araştırmanın deseni olarak ise olgubilim seçilmiştir. Araştırmanın örnekleme, amaçlı örnekleme yöntemlerinden maksimum çeşitlilik yöntemine göre seçilen 19 erkek oluşturmaktadır. Araştırmanın örneklemini oluşturan katılımcıların özellikleri yaş, ekonomik durum, eğitim seviyesi, yetiştiği aile ortamı ve anne baba tutumlarına göre değişmektedir. Araştırmada kullanılan veriler görüşme yoluyla ve yarı yapılandırılmış görüşme formu kullanılarak elde edilmiştir. Verilerin çözümlenmesinde kodlamaya dayalı içerik analizi kullanılmıştır. Ulaşılan bulgular nicel anlatımlarla desteklenerek sunulmuştur. Zengin betimleme, uzman incelemesi, derin odaklı veri toplama gibi geçerliği ve güvenilirliği artırıcı çalışmalar yapılmıştır.

Bulgular: Ekonomik seviyeye, eğitim durumuna, babayla ilişkilere, yetiştiği yere, aile ortamına ve medeni durumunun çok eşli olup olmamasına göre çok farklı cevaplar verildiği görülmektedir. Fakat yaşa ve anneye ilişkilerine göre farklı cevaplar verilmediği görülmektedir. Şiddet gücünün güçsüzü ezmesi olarak algılanmakta ve şiddet uygulayan erkeklerin gücü yetmediği insanlara şiddet uygulamayacağı düşünülmektedir. Şiddet daha çok fiziksel olarak algılanmaktadır. Cinsel ve ekonomik şiddet hakkında yeterince farkındalık gelişmemiştir. Cinsel şiddet deyince genellikle tecavüz olarak algılanmaktadır. Hemen öfkelenmek ve geçmişte şiddete maruz kalmak şiddet uygulayan erkeklerin temel kişilik özellikleri olduğu düşünülmektedir. Katılımcıların yarısı şiddet uygulamanın haklı sebepleri olabileceğini düşünmektedir. Biyolojik sebepler erkekler tarafından şiddet sebebi olarak görülmemektedir. Kadının bilgisiz olması, kalp kırıcı sözleri ve tahrik edici davranışları gibi genellikle kadından kaynaklı faktörlerin şiddetin psikolojik sebepleri olduğu düşünülmektedir. Eşler arasında sevgi ve aşk eksikliği önemli bir şiddet sebebi olarak

görülmektedir. Maddi sıkıntılar, yanlış evlilikler ve yetişme ortamının kötü olması şiddetin temel toplumsal sebepleri olarak görülmektedir. Ataerkil, eskimiş zihniyet, dinin istismar edilmesi ve şiddetin terbiye ve eğitim aracı olarak görülmesi şiddetin temel kültürel sebepleri olarak görülmektedir. Medya, kötü çevre ve arkadaş ortamı, kötü okullar ve eğitimsiz öğretmenler şiddeti artırabilecek diğer önemli risk faktörleri olarak görülmektedir. Gücünü ve erkekliğini çevreye ispatlamak, etrafındakileri susturmak, gerginliklerini güçsüze yönelterek rahatlamak, otoritesini pekiştirmek şiddet uygulamanın temel amaçları olarak görülmektedir. Kadınlara sertliğini göstermeyen erkeklerin alaya alınması, evin reisi olan babanın her dediğini yapma zorunluluğu, toplumda güçlüye değer verilmesi, kadının erkekten daha az değer görmesi ve erkek şiddetinin normal karşılanması şiddet ile toplumsal inançlar ve cinsiyet rolleri arasında güçlü bir ilişkinin var olduğunu göstermektedir. Katılımcılar; kendilerine hizmet edilmemesi, ihtiyaçlarının karşılanmaması, erkeklerin damarına basacak lafların edilmesi, haksızlıklara maruz kalması ve aldatılması gibi durumlarda o an şiddete başvurabileceklerini düşünmektedirler.

Tartışma ve Sonuç: Şiddet en çok güçlünün güçsüzü ezmesi olarak algılanmaktadır. Altun ve Kebapçı'nın tanımları bu sonucu desteklemektedir (Altun, 2006; Kebapçı, 2001). Şiddet en çok fiziksel olarak uygulanmaktadır. Genar'ın (2008) araştırmasının sonuçları bu sonucu desteklemektedir. Şiddet uygulayan ekeğin kişilik özelliği olarak en çok "Kendini kontrol edemeyen, hemen öfkelenen, sabırsız" cevabı verilmiştir. Fakat yapılan araştırmalarda bunun bir savunma mekanizması olduğu ortaya çıkmıştır (Ellis ve Harper, 2005; Salvucci, 2006; Yüksel, 1995). Erkeklerle göre şiddetin psikolojik sebebi olarak en çok kadınların kışkırtması olarak görülmektedir. Yüksel (1995) tarafından yapılan araştırmada elde ettiği sonuçlar bu sonuçla örtüşmektedir. Erkeklerin şiddet uygulamasının toplumsal sebepleri olarak katılımcıların büyük çoğunluğu "Maddi sıkıntılar" cevabı vermiştir. Yapılan araştırmalarda elde edilen sonuçlar bu sonuçla örtüşmektedir (Balcıoğlu, 2001; Çivi ve ark., 2008; Wang ve ark., 2002). Katılımcılara göre şiddetin en önemli diğer toplumsal sebebi olarak "Yanlış evlilikler ile oluşan mutsuz aile" ve "Yetişme ortamının kötü olması" cevabı verilmiştir. Yapılan araştırmalarda huzursuz bir aile ortamının, kötü yetişme ortamı ve çevrenin şiddete sebep olduğu vurgulanmaktadır (Wang ve ark., 2002; Çivi ve ark., 2008). Şiddetin kültürel sebebi olarak en çok şiddetin bir çözüm yöntemi olarak görüldüğü anlayış cevabı verilmiştir. Şiddet, özellikle dışa kapalı ve ayrımcılık üzerine kurulu ataerkil toplumlarda çözüm yöntemi olarak görülür (Kudat, 2007; Loseke, 2005; Yüksel, 1995). Katılımcılar uyguladığı şiddetin temel amacı olarak "Erkekliğini çevreye ispatlamak ve güçlü olduğunu göstermeye çalışmak" olduğunu ifade etmiştir. Ataerkil toplumlarda erkekler, erkekliğini gösterdiği oranda toplumda saygınlık kazandığını düşünmektedir. Ayrıca yapılan araştırmalarda da erkeklerin, "Erkeklik" rolüne ilişkin

konularında kendini yetersiz bulduğunda şiddete başvurduğu ortaya çıkmaktadır (İşiloğlu, 2006; Tüzer ve Göka, 2007).

Elde edilen sonuçlar doğrultusunda aşağıda bazı önerilerde bulunulmuştur:

Şiddet sorununu çözmek ve toplumsal cinsiyete dayalı ataerkil zihniyeti değiştirmek için bütün kurumları içine alan köklü ve sistemli bir yaklaşımın olması gerekmektedir. Bu araştırma sonucunda erkeklerin, şiddeti daha çok fiziksel şiddet olarak bildiği görülmektedir. Özellikle şiddetin tanımına ve çeşitlerine yönelik bilinçlendirme çalışmaları gerekli görülmektedir. Bu araştırma sonucunda erkeklerin, şiddetin çözüm yöntemi olarak gerekliliğine inandığı ortaya çıkmıştır. Şiddetin çözüm olamayacağı daha çok sorun üreteceği bilinci erkeklerle kazandırılmalıdır. Ayrıca şiddetin bir eğitim ve terbiye aracı olamayacağı bilinci de kazandırılmalıdır. Bu araştırma sonucunda şiddet gören kadının korunmasının yanı sıra eğitilmesinin de önemi ortaya çıkmıştır. Şiddet uygulayan erkekte ruhsal ve mental bozukluklar, alkol, madde bağımlılığı varsa önce bunlarla mücadele edebilmeleri için gerekli yerlere yönlendirilmeli, destek almaları sağlanmalıdır. Ayrıca şiddet uygulayan erkeklerle bireysel danışma, grupla psikolojik danışma ve aile danışmanlığı gibi hizmetlerle psikolojik destek alması sağlanmalıdır. Bu destek hizmetlerin verileceği yerlerin sayısı artırılmalıdır.