

## RESULTS OF HUNGARIAN BATTERED MEN RESEARCH

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### Introduction

While intense attention turns to help provided for abused women and children, exploration of the abuse against men is in the background in Hungary. The question, or rather, the phenomenon itself is almost completely covered by the media which stressing the „violent man- vulnerable woman” scheme. At the start of the domestic research on abuse no relevant data collection took place, mostly only few sentences refer to the existence of the abused man in studies becoming the foot-stones of the interpretation of domestic violence from professional perspective (e.g. Morvai, 1998; Tóth, 1999). Works striving for completeness (Tóth, 2003; Virág, 2005; Ranschburg, 2006) as well as the explicit men’s researches (Tamási, 2003, 2005) may generate heated professional discussions – read: scientific forum debates (e.g. Bethlen, 2003; Szász, 2003), but their experience hardly access to the everyday public of the profession: to the social land child protection experts, policemen acting in cases of domestic violence, teachers, nurses, etc. It seems that during the nationalization of this topic in Hungary-which is not devoid of the personalities of the women’s rights and child protection camp establishing hostile posts-the abused men in escapably placed at a disadvantage.

Probably men themselves are to blame as well. Their socialization taught them to think of the violence as it would be a shame on them. They think that it is a „losing situation”, and they always seek the causes in themselves. Stereotypes underlying their social roles adumbrate helplessness, despair and silence. Because they believe that:

- a man must be strong,
- a man cannot be hurt because of his physical dominance,
- a man cannot ask for help, he must solve everything alone,

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- a man must be proud, a man cannot be ashamed publicly,
- if a man becomes the subject of abuse, he is not a real man anymore and so on...

Recognition and treatment of domestic violence has become one-sided. Basically, the problem with this is not that the full and fair exploration of violent behaviour among family members fails-although this is bad enough-, but that within the family such violent actions can happen –probably in large number-against which no significant action is taken. No protective or corrective measures. Organizations active in the field of the treatment and suppression of domestic violence will not be sensitive to this form. No one says out loud that something is wrong here (as well). And if there are no obstacles, these violent actions in the future appear unhindered in the next generation of the family.

We can see we can experience every day that violence is present in all sectors of the society. Which is the most violent, which is the cruellest? On the street? At work-place? In schools? In the family? It is not worth dwelling on. However, it can be stated unambiguously that domestic violence is significantly different from the others in one thing at least. Family is the primary socializing scene, emotional family ties, interactions between the family members affect the behaviour and personality development of a growing child the most. The warm, inclusive, supportive atmosphere affects all aspects of life, while family dominated by the terror affects it quite the contrary. And from this point of view it is no matter who the abuser is and who is the abused.

That is why it makes a difference whether professionals and the community can see the nature of violence in all its fullness or not. There search described in this paper was carried out in order to obtain first-hand information about the abused men and the surrounding family relations: to be able to get information on the types and the process of abuse suffered by men through empirical data collection.

### **Research methodology**

During the research, we applied the generalizing concept of abuse: including all those who feel themselves victims of some kind of aggression whether it is the result of an ordinary family conflict or domestic violence. The data ignore the representativeness; it was not a purpose of the research to reveal the percentage of Hungarian men suffered from different types of abuse. It is important though to check the general assumption that the weapon in the hands of the abusive women is primarily the spiritual, psychological violence (comp. Tóth 1999), in other words men can be victims of psychological abuse in particular, while physical violence perpetrated against them is uncharacteristic. We were curious also to see the measure of probability of hitting back by men feeling abused and oppressed, i.e. whether they could become aggressors, abusers themselves by taking advantage of their physical dominance. Furthermore, we assumed that abusive wives or partners control their children following similar schemes acting as abusers against them as well, hence we collected data in this regard, too. We are already satisfied if on the basis of our results we could state with full responsibility at least that men can become victims

as well, which, if persists, brings serious consequences-typicallydys functional families and transmission of harsh solutions and abusive schemes.

The data collection was carried out in the three county seats of the North Great Plain Region, in the context of judiciary and social and child protection systems<sup>1</sup>. We hypothesized men related to these systems who have already asked for some kind of help might be open to a much more sensitive issue than those who are not related to any social helpers. This idea probably paid off – we cannot be entirely sure because we did not performed a control survey among non-clients – but the resistance was still extremely high from those who declare themselves affected. Typical reaction was that after a few tight sentences about their involvement, they rigidly refused further cooperation, including the completion of a short questionnaire. Reticence did not resolved enough either among those who were willing to fill out the anonymous questionnaire, thus most of them did not answer the open questions in sufficient details and did not undertake the interview offered for them.

During the research, adult victims of violent partner relationships were primarily considered as abused man, but the sample also included a number of adult men who are not victims of their partners, but their older parents, or workplace superiors. They could be treated as a quasi-control group on some issues, so we have them filled out the questionnaire, too.

During data processing we were able to evaluate the responses of 202 people – of which 125 people felt as victims of partner abuse. 54 percent of the respondents were from the County of Szabolcs-Szatmár-Bereg, the remaining part is distributed in almost equal proportions between the County of Hajdú-Bihar and Jász-Nagykun-Szolnok (table 1). Some of the clients of the institutions related to the county seats do not live in the county seats, thus for the geographical distribution of the sample we identified the county. Sample size of respondents is not equal at all questions, which is indicated at each variable.

The analysis of the questionnaires is shaded by five shorter case history based on personal conversations, which were formed by the intimate relationships established during our family care praxis. In their case, as the analysis demonstrates, we can surely talk about domestic violence, and not about escalated family conflict.

Table 1. The geographical distribution of the sample

	Total sample		Abused by partners	
	Sample size (capita)	%	Sample size (capita)	%
Hajdú-Bihar	45	22.3	25	20.0
Szabolcs-Szatmár-Bereg	109	54.0	75	60.0
Jász-Nagykun-Szolnok	48	23.8	25	20.0
Total	202	100.0	125	100.0

<sup>1</sup> We organized the data collection among the clients of family support services, child welfare services, other child protection services, organizations helping the homeless and organizations providing mental health assistance and probation supervisors.

### **Demographic characteristics of the sample**

Respondents were typically men aged 30 and over. The youngest age group (aged 18-29) of the sample were represented at a lower rate; they were only half as many as the more populous cohorts. The average age of the abused men in the sample was 41 years (table 2). An even age distribution of the cases may be caused by at least four factors.

One of the reasons is the significant decline of the willingness for marriages which reduced the proportion of marriages to 10% among women in their 20s, and to 7% in case of men in the same age cohort (source: KSH). The changes of the youth lifestyle delay formulation of lasting relationships stretching the short-term dating. Consequently, it can be assumed that the members of younger age groups becoming victims are more likely to leave a less stable relationship which is abusive and loaded with conflicts, while for the members of the older age groups the long-term emotional and economic community – and at the same time the abuse that erodes self-reliance and the decision-making ability – raise barriers to leaving. This factor has high probability in case of abused people of both sexes, although we assume that young men leave the abusive relationships in the early phase easier than young women.

Another factor may be the nimbus of masculinity, which does not allow mainly for young men to admit that they are abused by their partners. The presence of long-term abuse, the responsibility felt for the lives of children born in the relationship then gradually suppress this dependence on his partner.

It is further believed that the abuse in relationships is age-specific, which is however associated with not the age of the couple, but the duration of the relationship. Thus, in the case of younger couples living together, abusive schemes – or family conflicts – not yet fully developed.

Finally, it is possible that the phenomenon is best explained by the characteristics of the sample, since the sample includes clients from the social sphere – extended to probation supervisors. It is possible that it is less typical that younger age groups get in contact with the social sphere – although they can be victims as well – than older cohorts, but they did not have the chance to talk about it.

Extremely high proportion of the sample is made out of married persons, including sub-sample of those who are abused by their partners (table 2). If we examine those living in a stable relationship (married people and domestic partnerships in total), they show a slightly higher proportion among the abused by their partners than in the total sample. At the same time, those who are divorced and getting for divorce show almost the same proportion in the total sample and in the above mentioned sub-sample, which would suggest that male victims of domestic violence do not exit from the relationships (their willingness is not bigger than anyone else's). Though divorce as a separation from the problems was named by more people (see below), but it seems that this tool is only the “subject of desire”. Unfortunately, we did not ask in the survey whether the abuse is an ongoing process, or the respondent reported about events took place in the past. Thus, it is not sure if the people in a long-term relationship reported about their experiences in relation to their current

partner or a previous one. Therefore, we cannot definitely say that male victims of domestic violence stay stuck in aggressive relationships just like female victims do (comp. Peled et al., 2000).

Table 2. Distribution of the sample according to the marital status of the respondents

	Total sample		Abused by partners	
	Sample size (capita)	%	Sample size (capita)	%
Bachelor	35	18,8	13	11,1
Married	104	55,9	66	56,4
divorced/pled for divorce	30	16,1	21	17,9
domestic partnership	17	9,1	17	14,5
<b>Total</b>	<b>186</b>	<b>100,0</b>	<b>117</b>	<b>100,0</b>

Considerable internal diversity can be observed in the sample according to education. The proportion of people with secondary education – and within this group the number of those who went to schools providing vocational trainings without matriculation – is significant (Table 3).

Table 3: Distribution of the sample according to the education of the respondents

	2005. M.c. %*	Total sample		Abused by partners	
		sample size (capita)	%	sample size (capita)	%
Has no elementary school	11.4	4	2.2	4	3.5
Has elementary school	35.5	49	26.3	31	27.2
Vocational school	19.6	66	35.5	38	33.3
Vocational high school	23.4	29	15.6	19	16.7
High school		17	9.1	13	11.4
Higher education	10.0	21	11.3	9	7.9
Total	100.0	186	100.0	114	100.0

\*Data of the Microcensus of 2005 concerning the North Great Plain Region. Source: KSH

### Abusers and the abuse

The respondents had the opportunity to divide the abusers into predefined categories (table 4). According to the responses, the most prominent category is the abusive partner (wife, partner, girlfriend), but that does not mean that in our country more than 60percent of men affected by abuse would be the victim of his partner – due to the lack of representativeness such interpretation has no place. The numbers

of those – typically older men – who are abused by their own children is negligible in the sample as well as those who are listed in the “other” category (e.g. father-in-law, mother-in-law, neighbour, teacher, educator offosterhome). We will no longer deal with the latter categories on the merits.

Table 4. Distribution of the sample according to the categories of the abusers

	Sample size (capita)	%
Workplace	33	16.3
Mother/foster-mother	16	7.9
Father/foster-father	14	6.9
Partner	125	61.9
Child	4	2.0
Others	10	5.0
Total	202	100,0

As for the nature of violence, in our study we focused mostly on the tools of psychological terror, we wanted to get more detailed information about their use. To this end, we tried to profoundly separate the possible variants; as a result we finally used 11 categories of the psychological abuse. In the case of physical violence we applied two categories (throwing objects and physical contact attack), and one category in case of economic violence (handling the money alone). We did not ask about the category of sexual violence, we considered one borderline case as psychological violence (sexual blackmail), just the way we rated the impairment of the favorite subjects among the types of psychological violence, which may be physical violence in other interpretations. Separate category was defined for cases where the abuser isolates the children from the respondent, for example the abuser inhibits the visitation. The respondents had the possibility to define other categories of abuse, but only a few respondents took the chance, and some of the defined categories were classified into one of the predefined categories (the categories applied are shown in table 5). Categories with obviously different significance were not ranked.

Looking at the prevalence of the abuse categories, we found that men surveyed most often exposed to psychic attacks. Data of Table 5 were formulated on the basis of the average value of each response (if that given abuse never affected the respondents, the value is 0, if rarely, the value is 1, if often, the value is 2). During the valuation of the results, the values between 0.66 and 1.33 were considered as significant, characteristic occurrence, while a value higher than this was considered as prevalence above the average.

In case of abuse at workplace-perhaps not surprisingly-attacks with regards to the performance and personality appear essentially. Accusations, criticisms, downgrades, and the unvarnished aggression (insults, defamation) and on somewhat less occasions the open outbreak of temper. A curiosity is that, although sexual harass-

ments at the workplace are convicted by men in general, in our sample male victims appear as well.

In the rare cases when the parents abuse adult males, the more open, directly hurtful forms of psychological violence also shows average frequency – higher frequency than in the case of workplace abuse. In the toolbar of the mother, passive aggression (listening, estrangement) appears a little more often causing remorse and self-reproach for the victim, and thereby slowly, insidiously eroding his self-assessment and self-confidence, in a way that often the abused is not aware of that. It can be observed that as fathers are often brutal with their sons, they often revile, criticize them, sometimes turning into assault and battery. A typical method of abuse is that the father excludes his son from the money matters-in this case, the grown son probably does not have sufficient own income, and this maybe the source of other conflicts. The intensity of the psychical, verbal abuse suggests a quite stormy relationship.

The abusive relationship is mostly characterized by criticism, accusations and blaming atmosphere, regimentation and the use of derogatory, abusive words. Threats and blackmail, humiliation, rage, confinement from money matters and exposure to sexual blackmail are general. It seems typical tools – though not the most „popular“ – for women are silence and estrangement: applied by partners and mothers with the same frequency. Physical violence in a relationship is reported by one quarter to one third of the respondents: 20.4 percent of abusive wives (partners, girlfriends) occasionally, 3.5 percent regularly throws objects at their partner, in addition, 25.4 percent occasionally, 11.4 percent regularly fights, bites or scratches. Between the perpetrators of the two categories of physical abuse the overlap is significant, above 90%. Frequency of the prevalence of physical violence within the sample is too high to still say that in case of domestic violence the mean for the abusive men is physical and is psychological for women – according to our data at least the second half of the statement is to change.

Table 5. Frequency of occurrence of the abuse categories

	Workplace N ≤ 33	Mother N ≤ 16	Father N ≤ 14	Partner N ≤ 125
Punishes with silence or estrangement	0.71	1.07	0.73	1.05
Accuses, makes up false things, blames	1.28	1.25	<b>1.46</b>	1.24
Denigrates, disdains, humiliates in front of others	1.06	1.13	<b>1.43</b>	0.98
Criticizes, judges	1.15	1.40	<b>1.57</b>	1.38
Regiment	1.18	1.31	<b>1.64</b>	1.18
Uses defamatory, abusive words	1.03	0.94	<b>1.57</b>	1.13

Threatens, blackmails	0.55	1.07	1.43	0.96
Hails open rage at me	0.65	0.86	1.31	0.93
Bans from my children	0.04	0.00	0.00	0.47
Damages items important to me	0.00	0.08	0.82	0.33
Throws objects at me	0.11	0.00	0.80	0.27
Hits, kicks, scratches, bites	0.00	0.14	0.50	0.48
Handles the money alone, does not give to me	0.18	0.38	0.91	0.69
Sexual blackmail, abusing	0.14	0.00	0.00	0.79
Threatens with suicide	0.00	0.43	0.60	0.34

A person reported on special abuse behaviour in relationship with his wife. *She took my man-role away. She forces me women tasks, but according to her I am not good at them either. She sleeps for a long time in the morning, sometimes till noon, while I am taking care of our children...If I am alone with them, I do everything well aounrd them, we have a good time together but it does not work together with my wife. She finds some problems in my every movement and that one is immediately declared before our children. I am disgarded before them... I ask her a lot not to get up early in the morning, because I preapre the three children to go to school sooner alone.*

A four-child mother hit her two sons with murderous anger. On the basis of her own opinion: *I would be able to kill them if they demonstrate a resistance to me. They are aware of having behaved badly and they deserve to misuse them physically.* Her husband – being in good power and trying to prevent the abuse – has been hit brutally by her wife. At present the man takes care of his two sons in another household but the children and the husband as well were terrorized by the mother duirng the visits or meetings. Consequently the visits have been left. The mother wants to obtain a law to visit her sons cooperated with the custodian office.

During the interviews known abusive women try to break their victims' prevention and want and last but not least their personality with different ways. They are emotional parasites who feel themselves well by menas of depending on other people. They can live full lives by their victims' humilliation and suppression. The smallest resistance is immediately punished with heavy retaliation. „She accepts only the total self-abesement. If I do not want my children to see how her mother is like, I have to be accept ....or I have to take a self-exile. At present I have not seen my child for three and half a month” .

Every person's case histories are said about the cyclic features of the abuse; just like the reespondents of the questionnaire reported that their answers refer to certain periods while in other periods „there is peace”. The abused by their partners have felt in these peaceful periods that there is still hope, perhaps the relationship will



be able to saved and then the nice old days return. Most of them hope that love will relight again.

In the case of the abused men it can be important to see if they were the target of the abuse or they become a secondly victim entering into another way abuse. We can see its significance primarily in the relation of the partner abuse where the aggression of the partner turns towards the children and the adult character protecting the child, putting the aggression on him/herself, makes a triangle from the abuse. This triangle-scenario can be occurred against both gender. Most of empirical data are addressed about that the mother involved to the aggressive situations between father and the child and finally the mother becomes a victim. This study discover the other type of "triangle", with the victimized fathers.

The answers of 90 respondents are in table 6. All of them have evaluated themselves as victims of partner abuse. In more than half of the cases the partner also abuses the child and within this the cases of the rate is low where the respondent felt that the child is hit more times than they. During those case histories in which the father and child were in a similar situation (both of them were abused), the fathers reported in more cases about that the wife's anger basically turns to the child and she does not let the father prohibit the abuse and finally the father himself became an abused/victim.

In cases the abuse of the children is a tool to break the man's resistance by the abusive partner. „During her anger she treats with the infant uncarefully. She cannot stop her passion even if the child is crying in her hand. In such cases I am worried about the child very much and I lose my power completely and I am allowed to her”.

Table 6. Primarily, who is the target of the partner's aggression?

	Rate of the cases (%)
Only for the man	44,44
Rather for the man but the child is also involved	31,11
For both of them equally	17,78
Rather for the child but the man is also involved	6,67
Only for the child	0,00
Total	100,00

### **The abused people: senses and reactions**

The feelings of the victims of the violence express that how or what ways their self-esteem can be ruined in manipulative way by their abusers, how they are led to believe that they are not appropriate to each role. The negative feelings in

themselves do not mean problems what is more they are parts of the individual adaptability but if these negative ones are experienced in consequence of an abusive relationship again and again, it will be worse in the future: loss of psychological balance, psychological and mental illnesses, psychosomatic problems and addiction from the abusive person.

During our research regarding the abused men we asked our respondents to speak about their feelings. We are talking about men: the question itself sounded strange. The divorced men are considered to be experienced in respect of speaking about their feelings. We put values to the frequency of the presence of the experienced feelings and physical senses (it has never been happened = 0; it rarely happens = 1; It often happens = 2). Table 7 was prepared based on the mean value of the answers (83-98% of the respondents answered to the questions according to the abusive categories). At the evaluation of the result the values between 0.66 and 1.33 were occurred significantly.

We cannot speak about feelings occurring with high frequency based on the answers. The feeling of incompetence or frightening from his/her anger can be experienced significantly in the force of a partner relationship. It seems that the negative feelings evolving for the effect of the abuse appear together, ruining the psychological integrity of the victim. The negative feelings appear in relation with the abusive old father (or foster father) the most. It is followed by the frequency of the abused feelings in the partner relationships – our data refer to the frequency of experiencing the feelings and not to their intensity. The most dominant feelings are the anger, the rejection, the frustration and the confusion. The disappointment and sadness often appear in the relationships with fathers and partners too.

We have assumed that we will find differences according to the school qualifications in the field of experiencing the feelings – either because the different qualified and cultured victims react with other feelings to the aggression against them, or because they make real their own feelings with different results, they are able to speak about them in different ways. We could not find characteristics differences in our study sample – specific senses, feelings which could be referred to the lower qualified or high qualified people.

We paid high attention for the anger which can lead easily to the escalation of the force, to the development of a two-sided – however not necessarily equal – abusive partner relationship. The anger is one of the most common feelings among the victim men, that powerful anger is – „the enhanced anger“ – which can stimulate the victim to assault physically, one of the rarest occurring senses. Mostly the low-qualified members of the subsample feel this intense feeling: in their case this is the seventh one of the most frequent feelings.

Table 7. The frequency of the victims' negative feelings according to the abuser categories

	Workpl. <i>N</i> ≤ 33	Mother <i>N</i> ≤ 16	Father <i>N</i> ≤ 14	Partner <i>N</i> ≤ 125
I am ashamed because I am not a quite good person	0,70	1,00	1,00	0,83
I keep myself inadequate to have a relationship*	0,42	0,43	0,33	0,79
I am frustrated because I cannot make myself understand	1,07	1,13	1,00	0,96
I feel that I am dismissed and excluded	1,10	0,88	1,00	1,12
I am angry with her because of her behaviour/attitude	1,27	1,19	1,57	1,36
I am disappointed because we cannot live together nicely	0,65	0,80	1,33	1,13
I am sad because I lost the happiness	0,65	0,46	1,18	0,99
I am afraid of my partner's anger and his/her waywardness	0,24	0,42	0,50	0,93
I feel resentment to him/her I would hit him/her by choice	0,93	0,54	1,38	0,76
I am shocked that we are here again	1,13	1,20	1,64	1,07
I am confused I do not know what I should do	0,93	1,00	1,27	1,18
I have a physical pain e.g. in my stomach	0,93	1,08	0,89	0,67
My thorat and heart are sunk	1,04	0,88	1,20	0,78
I do not feel myself to be a real man.	0,52	0,79	0,80	0,64

\*The concepts of the feelings and senses refer to the roles filled in the partner relationship. During the data collection those who do not say about abuse of partner relationship, with regard to the experiences of the feelings we interpret the questions to the relevant relationships

Questions interested in reactions, actions triggered by the abuse were answered by the majority of the victims. We can state according to the mean of the answer values of each subsample that silence and passive waiting for the end of the abuse are the most significant reactions of every category. If the abusive is the interviewed person's mother, the obedience is also significant reaction. When the father or the partner is the abusive, the victims would often rather go away and the longer-shorter withdrawal of the interaction is seemed to be an appropriate tool. On the basis of each case history it may be considered that the abused people leave their children for a while, even in cases when the child is also presented as a victim in the situation. We suppose that in this case not the men's individual lifestyle plays a role, but rather that myth „the child's place is next to his/her mother“. For them the pass is

created by the society neither, until there are a lot of “supporters of mothers” for the escaping mothers with their children, we hardly find an institution where fathers with their children can ask for help or get a permission to reside for a while (table 8).

Table 8. The frequency of the victims’ reactions

	Workpl. <i>N</i> ≤ 33	Mother <i>N</i> ≤ 16	Father <i>N</i> ≤ 14	Partner <i>N</i> ≤ 125
I had better obey him/her, this is the best solution	1.23	1.40	1.0	1.10
I am in silence and I wait until s/he stops it.	1.38	1.40	1.50	1.34
I am miffed, and I make her felt that s/he did wrong	1.04	0.87	1.00	0.90
I leave him/her alone not to hear him/her	0.93	1.13	1.46	1.43
I look for the chance to make peace with him/her	0.85	1.15	0.70	1.21
I make an argument with him, I do not agree with him/her	0.90	0.64	1.08	1.08
I can give him/her some punches/slaps maybe s/he comes to his/her senses	0.08	0.00	0.62	0.29
I let off my anger on objects and I hit into the wall	0.27	0.46	0.91	0.51

Among the appropriate reactions the reabuse was also included as an option (“I can give him/her some punches/slaps maybe s/he comes to his/her senses”). This version has the lowest probability among the possible reactions, these were mentioned mostly in connection with the old abusive fathers by the victims – we can remember that this abusive circle was which if its members abuse somebody they do it with the highest frequency and the most intense sense reactions. In the case of the abusive partners the possibility of reflight is minimal, but some of the respondents report that this action often happens to them: only in these cases we can find a reference to the mutual aggression. One of the respondents lived in humiliation for ages said: *I have abused my wife twice. For the first time my wife has hit me and I lost my head. For the second time I have not been able to tolerate the insultion lasting for hours.* Studying the reactions according to the qualification of the men become victims, we can see that the fequency of two possibilities – looking for the opportunities of the argument, discussion and reconciliation – is directly proportional to their qualifications. It is not surprising that the more frequent the “intellectual” reactions are the higher the qualification of the victim has. It seems to be also a surprising result that the physical reactions, blowing off the tension through objects or the abusive person’s hit are also directly proportional to the qualification. However, blowing off the tension through objects is not always equivalent to the breaking-crushing. One of the respondents of the case histories mentioned that „when I have not been able

to tolerate my wife's anger, I closed into my room and I shouted into my pillow and it was a great advantage for me".

In a large number of cases it can be a solution if the abused man can wait for the end of the „storm". For that question, how the situations in connection with abuse can be solved 22.3% of the whole sample answered that they wait for the end of the „storm". According to one of the respondents the solution is the following: „She casts everything up to me....She is always able to remind events happened some years ago. If I do not say a word there will not have a row between us. Otherwise she is able to quarrel with me until exhaustion. According to another respondent: „She speaks about her grievances for hours, I do not say anything, because she will be angrier and the quarrel lasts further. If she has already told she makes herself calm down. I have embraced her before and she calmed down sooner. Nowadays I am not able to approach her because she says a lot of curses on me... The following day we have spoken about the quarrel, but there was no solution because a new one begins again and I am fed up with it/her.

9,9% of the abused people lose the place, 8,4% of them reach to discuss the problem. „ I have moved out five times but after some days I went back, because I miss them [my children]." These methods are not efficient because the abuse cannot be avoided, discussed, because the cycle begins again for the first occasion. 8,9% of the respondents have reported that the abusive situations cannot be solved any way however, there can be some recognition behind the high proportion (44,6%) of those who refused giving answers. „The quarrel with my wife is usually ended up that I weasel out of it, I leave the house or the place where she is quarreling at the moment".

The significant parts of the interviewed people do not wait for help (table 9) – they do not know who they can get help from or they did not reply for the question simply. Its cause is that they think they have to cope with the created situation or with the abusive person together (table 10) – but they create a minor group within the sample, a significant part of them simply have no idea which could be written as an answer or they do not trust in the help. High proportion of those who are waiting for help from their relatives or friends pay their attention to the applicability of the collective restorative techniques; a situation can be created with leading of a qualified facilitator, in which the abusive techniques can be unfold, the abused people can receive assistance and resources. It could be possible to cease that situation that the victim is waiting for help from his/her family or friends passively, which probably leaves because of the abusive person's isolation techniques.

It is thoughtful that the abused men put their trust neither in special organizations nor being social structures, but the members of the sample were chosen from those men who have a helping relation to one of the organizations.

Table 9. Who do the victims expect some help from?

	Number of cases (capita)	%
S/he does not expect help from anybody	45	22.3
From relatives, friends	15	7.4
From doctors, psychologist	6	3.0
Child and family support services, child welfare services	6	3.0
Special organizations	4	2.0
Superiors, workmates	5	2.5
From the attacker	2	1.0
S/he does not know	10	5.0
No answer	109	54.0
Total	202	100.0

Table 10. What kind of help do the victims expect for?

	Number of cases (capita)	%
S/he has to solve the situation	16	7.9
They have to solve it, e.g. take part in a therapy	7	3.5
S/he can speak about it with somebody	4	2.0
S/he has to move out	2	1.0
Sombody need to change the abuser	3	1.5
No answer	170	84.2
Total	202	100.0

The scenario of the abusive relationship, the dynamics and cyclicity of the abuse do not differ from that results in the case of the abused men which have already been explored in the region of the domestic violence. The man if he is an abused, he is also so vulnerable just like a woman or a child and it cannot be stated that the abusive achieves the vulnerability of a man applying the tools of the psychical terror. Apart from the vulnerability we would like to emphasize the leaving alone condition as well, because the abused man is obstructed by not only the spiritual processes of the abuse to recognize or fight against it. He is obstructed by further inside and

outside obstacles coming from his social roles. An abused man asks for help with a little chance.

## Conclusions

In Hungary the concept of the domestic violence means the abuse of women and children. While the definition and the interpretation of the concept is discussed between the representatives of the feminists and child protection aspect and the other abused members of the family system – older people, men – are given a little attention. In our study we report the results of the researches carried out in the circle of the abused men.

Based on our data we submit that the general assumption is not sustainable because the spiritual, psychological violence is primarily the weapon of the abusive women (comp. Tóth 1999), while physical violence is uncharacteristic for them: one-fourth of the respondents (throwing objects) and one-third of them (fights, bites or scratches) reported about physical violence within a partner relationship (between the insulted people of the two categories the overlap is 90%). Beyond that those men feeling themselves abused and oppressed hit back with a little probability so they cannot become aggressors, abusers by taking advantage of their physical dominance. In most cases partners abused by the women as mothers control their children similar schemes acting as abusers against them as well.

Some confusion can be experienced in the Hungarian interpretation of the abuse expression opposite our results. The expression is not interpreted equally by professional circles, in the circle of the laymen – the members of the public opinion, media and society and the abused people – some categories of the hostility/malignancy are merged fully. The different aggressive actions can be considered „abuse” at this interpretation level, if it was happened to only once – just like a quoted man in the study has said during the interview. „I have abused my wife twice.” Because of the confusion of the interpretation it is possible that those men who defined the aggressive actions committed to their own harm during the questionnaire data collection, that it was abuse ...The characteristics of the abuse – isolation, cyclicity and the escalation – could not be identified excluding every error with the questionnaire procedure, it can be done by the interview with a few people. For this reason for the further researches it is strongly suggested to apply the method of the interview which does not show the size of the problem but it explores the characteristic and quantity of the problem.

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