

# *Causes of Intimate Partner Violence*

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**Abstract:** Understanding the factors that contribute to intimate partner violence (IPV) is the goal of the research presented in this article. Intimate relationship violence is defined as any physical abuse involving any kind of close personal interaction between two people. Another topic worth addressing is the potential harm that IPV may do, such as physical and mental injuries, for example, is likely to be fatal. For children the damage can be more severe. The impact of both internal and external elements is also taken into account in the text. The internal aspects talk about how genes, personalities, and early life experiences might affect IPV. Negative affectivity (NA) and social inhibition are more prevalent in type D personalities (SI), and this type is more likely to commit IPV. The creation of aggressive conduct and upbringing are related, according to external variables. This article aims to increase public awareness of the risks associated with IPV so that more people will be able to defend themselves. Stay away from engaging in unhealthy closeness. The outlook is to compute and statistically provide more accurate results by collecting more data to enable future research.

**Keywords:** intimate partner violence, negative influences, influence factors, genes, growth environment

## **1. Introduction**

The social media enables us to seek help on the Internet more quickly and effectively when unpleasant events occur. There are much fewer documented incidents of domestic abuse than real occurrences of domestic abuse. When something like this occurs, most people believe it is a private problem inside their family and are embarrassed to contact the police. Intimate relationship violence is clearly destructive to an individual's physical and emotional well-being [1]. Both sides' families will endure hardship. The wider environment also clearly shows the harmful consequences on society. The mentality of the offender, their upbringing, and heredity all significantly contribute to aggression towards intimate partners (IPV). Any sort of intimate connection in which one partner engages in violent behavior that causes the other to suffer bodily or mental injury is considered to include IPV [1].

Moreover, this article will concentrate on internal and external reasons, both of which may have contributed to IPV. It'll start by talking about internal variables, which include genes, personality, and early life events. The upbringing will be the main emphasis of the external forces. The article's main objective is to identify the factors that contributed to the development of IPV. People can only hope that more individuals would heed this warning and significantly lower the likelihood of such tragedy. Even more than that, it is hoped that by publishing this essay, more and more social instances will be

reported. To prevent becoming "abusers" or "victims," everyone hopes that more and more social instances will be mentioned in this post.

## **2. Definition and Impact of Intimate Partner Violence**

### **2.1. Definition**

Someone might not be familiar with the phrase "intimate partner violence (IPV)" at this point. However, "domestic abuse" must also be a well-known description. Domestic violence is a clearer term that is occasionally used to refer to violent behavior in intimate relationships. The meaning of the phrase relates to physical violence in any personal connection between two individuals. They are not bound by marriage; therefore, they can be straight people or homosexual people in relationships or as husband and wife. Additionally, violence committed by women against males is also referred to as violence in intimate relationships. Such violence, in essence, refers to the act of an intimate relationship physically, sexually, or mentally assaulting a person. The three types of intimate relationship violence—physical, sexual, and psychological abuse—are frequently combined [1].

### **2.2. Negative Impacts**

In addition, it's obvious that any type of violence will have a great negative impact on both individuals and society. First of all, psychological and physical trauma can both be quite severe for an individual. Extreme acts of violence may lead to fatalities in some cases. According to studies, babies whose mothers have undergone IPV are more likely to be premature, have developmental problems, and pass away at an earlier age [2]. Additionally, children are more prone to have symptoms of disease including fever, asthma, and acute respiratory infections [2]. This idea suggests that IPV will have long-lasting, indirect harmful impacts. After experiencing IPV, men and women reported using alcohol and drugs more often, at equal rates [3]. But why would someone commit a violent act against someone closest to them. It is due to some internal factors of their own, such as genetic problems, personality, and childhood experiences.

## **3. Influence Factors**

### **3.1. The Internal Factors**

#### **3.1.1. Genes Influence**

The genetic problem is the first and foremost item to be worried about. Firstly, the CpG site is a region of DNA in which the base sequence appears as cytosine followed by guanine, CpG stands for "C-phosphate-G". There're two CpG sites, BDNF (brain-derived neurotrophic factor) cg06260077 and ClpX (casein-soluble mitochondrial matrix peptidase chaperone subunit) cg01908660 were shown to be linked to DNA methylation and domestic violence [4]. ClpX is the NHp-terminal sequence of a protein that is identical to the predicted protein sequence of a gene downstream of ClpP. A novel family of Clp ATPase subunits known as ClpX is essential for the in vivo degradation of the X0 protein [5]. Gottesman and his colleagues believe that the expression of genes can vary during development as a result of some substance or circumstance. Genes important in neural development include BDNF and ClpX [4]. Since one of the neurotrophic factors with the greatest distribution in the mammalian brain is BDNF. It regulates the growth of glial cells, neuroprotection, and short- and long-term synaptic connections. These are essential for memory and thought during the brain's development [6]. The ClpX gene encodes ClpX, the ATP (adenosine triphosphate) - binding subunit of the ATP-dependent Clp protease [7]. Serpeloni et al. [4] used Pearson's correlation test's numeric regression on the mother and children. The maternal generation and the methylation of BDNF

cg06260077 in kids did not significantly correlate. The lack of a link between generations shows that the genetic basis for methylation at these particular CpG sites is either negligible or nonexistent. Additionally, none of the three generations showed a connection between DNA methylation and conditions including post-traumatic stress disorder (PTSD) and depression [4]. Memory is thought to be the hippocampus' main job. A major factor in brain plasticity, levels of BDNF protein control memory and learning in response to stress [4]. It could be impacted by changes to the epigenome. Consequently, BDNF expression disruption at key developmental stages may affect brain structure and function [4]. One of the reasons for impulsive, aggressive conduct.

### 3.1.2. Personality

In order to produce aggressive conduct, personality is a key factor. People frequently claim that a lot of significant things are determined by personality. For example, personality affects a person's emotional intelligence. Being kind, well-natured, and not impulsive are the minimum requirements for having a nice personality. On the other hand, impulsivity, impatience, and a propensity for aggressive action are traits of a bad personality. For instance, while a disturbed personality (Type D personality) is present, people cannot tell if it is beneficial or detrimental. Higher degrees of negative affectivity and social inhibition are noteworthy characteristics of the Type D personality [8]. NA involves a propensity to control unpleasant feelings, a poor opinion of oneself, and an extreme sensitivity to unfavorable stimuli [8]. Such persons typically respond more forcefully than other people when exposed to stressful situations [8]. However, NA alone does not appear to be sufficient to produce unfavorable outcomes. So, it is certain that one of the factors leading to violent behavior is personality. Because of the extreme personality, leading to uncontrollable impulses. They are more likely to commit intimate relationship violence.

### 3.1.3. Childhood Experience

Beyond that, horrible experiences during childhood can also lead to violent behavior in their future. People could forget the terrible things that happened to us when we're older. The psychological harm, though, won't go away with time. It has existed for all eternity and is only waiting for the proper moment to go off. A larger risk of general recidivism will be assigned to individuals who report childhood maltreatment than to those who do not. According to static risk assessments, the age of first interaction with the criminal justice system and past convictions are related to being considered to pose a higher risk of general recidivism for child abuse [9]. In other words, people who reported childhood maltreatment had a greater rate of convictions and first encountered the criminal justice system at a younger age [9]. In addition, continuous exposure to parental conflict, abuse, and physical violence has long been known to have negative effects on psychological adjustment and functioning [10]. Depression, antisocial conduct, and suicide are possible outcomes. Additionally, this dysfunctional mental functioning lasted after childhood. In reality, the risk of physical, psychological, and social issues increases with the frequency and intensity of the child's seeing. It is undeniable that individuals who experienced domestic violence as children have a two to five times higher risk of suicide [10]. Furthermore, early childhood trauma can damage the subconscious sense of self, and this divided sense of self affects how people relate later in life, according to psychodynamic and social learning theories [10]. Hence, it may result in intimate relationship violence in later life. It is significant to emphasize that among domestic abuse victims, children are frequently overlooked.

## 3.2. The External Factors: Growth Environment

However, on the other hand, someone may argue that the external factors cause the IPV. Violence against intimate partners makes the household environment chaotic and filled with fear [11]. Children

might first witness from their grandparents that using violence may be effective in some circumstances. However, they later discovered in school that it wasn't proper. Fear, despair, or a sense of taught helplessness can result from persistent domestic abuse [11]. Furthermore, the main causes of domestic violence occurrences among pregnant teens include drinking, taking drugs, acting badly, blaming, or punishing their partners. Domestic violence against pregnant teenagers is more likely to occur between partners who drink alcohol than between spouses who behave well [12]. One element behind the increase in violence is the fact that more violent acts are being performed by young couples or teenagers [12]. When they make their own judgments, they are more idealistic and do not take the potential risks and repercussions into account. As a result, this permits violent acts to be committed by adolescent couples [12]. In addition, domestic violence against pregnant teenagers is significantly influenced by economic class. Additionally, domestic abuse during pregnancy was 2.75 times more likely to occur among teens with poor socioeconomic level v. As the primary source of social support for pregnant teens, family support is another significant external element [12].

#### **4. Limitations and Future Directions**

Regarding the limitations, there aren't enough longitudinal follow-up sub studies since the small sample size makes it difficult for children who suffered domestic violence as youngsters to self-report or review their experiences. Whether domestic violence truly harmed them throughout the course of the following ten to fifteen years. Second, there is not enough research on the genetic influences on IPV, therefore the findings may not be accurate. For confirmation, more data are required. Another drawback is that there is some ambiguity in the gender spectrum. In addition, half of the male and half of the female subjects will be identified in numerous trials to avoid this dilemma, despite the fact that men and women are now supposedly equal. Regarding IPV research, when males are the targets of violence, there is, however, very little information. It is true that males experience less violence in personal relationships than women, nevertheless. As long as the violence is committed, it can be classified as intimate relationship violence, which has no preference for gender. Gay men and lesbians are only two examples of the various types of relationships that exist today. Regarding them, not much is known. After identifying the underlying cause, the focus should be on reducing this condition. IPV interventions are crucial. There are several reasons why people use violence, including the fact that women are more likely than males to resort to physical violence in relationships. Violence against intimate partners is not simply causative; rather, some of the traits listed in the previous articles interact with the situation's reality. The sufferer needs to recover from both their physical and emotional stress. For persons who have been exposed to IPV, the state may offer specialized health insurance and insurance plans. Additionally, the healthcare system must provide customized therapy regimens for these victims. Because most individuals don't know about therapy and think it's expensive and time-consuming, counselling is a crucial and necessary component. It is necessary to raise awareness of the value of psychological care while slightly lowering the cost of therapy. Or it might be covered by health insurance. Each small town has to start forming an organization to safeguard persons who are IPV-affected on a social level. Promote the risks of intimate partner violence frequently and assist those seeking assistance when they need it. The most crucial thing is to put faith in them and call the police or other preferred option. The community managers play a crucial role since the police are ill-equipped to address this issue in the first place. This is so that when victims of violence need to be protected after being attacked, it is easy to do so with them. The personnel must, of course, get training in areas such as psychological counselling, psychotherapy techniques, etc. They must provide the victims more expert guidance. Generally speaking, future IPV research opportunities are still quite bright. These days, more and more individuals are choosing wisely while dealing with IPV. They are beginning to take the initiative to look for assistance for themselves, safeguard their rights, and maintain their personal safety. Everyone is urged to realize

that this level of violence is abnormal and that it is possible to move forward and seek assistance. Don't let IPV undermine self-worth, heighten shame or emotional suffering.

## 5. Conclusions

This article examines the various causes and negative effects of intimate relationship violence. The main conclusion of this study paper is that one of the major intrinsic determinants of IPV is genetics. Because under stress, BDNF protein levels regulate memory and learning. Brain shape and function may be impacted by epigenomic alterations that result in disruption of BDNF expression in the brain during crucial developmental periods. Unhealthy childhood experiences might give youngsters the incorrect understanding of violence as they get older. They may believe that this is how parents typically treat their kids. The youngster will continue to go in the incorrect direction thanks to his or her deeply ingrained, antiquated perceptions. Furthermore, personality has a big impact. Children who do not have a strong bond with their moms as babies are more prone to become impulsive, uncaring adults. When the “culprit” is also the “victim”, a vicious cycle occurs. In addition, the purpose of this essay is to raise awareness about domestic violence in the community. This is an unlawful crime that has to be reported to the police; it is not a "family concern." More media outlets are urged to cover it more extensively so that people would be aware to speak out right away if they witness similar violence.

The limitations of previous studies are discussed in this paper, such as the lack of longitudinal research or control of gender differences. Future research should select a large enough sample size, conduct more longitudinal research, and consider other factors to establish the impact models of IPV. In addition, interventions on IPV are critical. In general, the future IPV research opportunities are still very bright. Nowadays, more and more people make wise choices when dealing with IPV. Don't let IPV destroy self-worth and increase shame or emotional pain. This paper provides a reference for the follow-up related research.

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