

Efficacy of Mindfulness Strategies in The Reduction of Domestic Violence Among Nigerian Couples

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ABSTRACT

Background: Domestic violence (DV) is a global public health problem of human rights concern, affecting any gender; yet considered a private family matter, increasing the chances of temporary or permanent disabilities, depression, and suicide. Mindfulness-based strategies holds promise for mitigating these consequences by enhancing self-compassion, self-esteem and coping levels in women who have experienced violence. The study aimed to assess the efficacy of mindfulness strategies in the reduction of DV among couples.

Objective: The study aimed to assess the efficacy of mindfulness strategies in the reduction of DV among couples.

Methods: The study design was a one-group pretest-posttest design conducted on forty-eight respondents over a period of 12 weeks. It utilized a non-probability sampling method with the aid of structure-interviewer administered questionnaire before and after the intervention. Data obtained were analyzed using SPSS version 25.

Results: The overall level of knowledge of domestic violence was good. Factors influencing domestic violence include substance abuse (100%), job loss (83.3%), poverty and stress (95.8%), gender preferences and inequality (87.5%) and mental illness (85.4%). There was a statistically significant difference between the score of mindfulness before intervention and after intervention (p value of 0.001) and 68.8% of the respondents were improved with the mindfulness strategies.

Conclusion: This study provides preliminary evidence that mindfulness strategies may reduce DV among low-income Nigerian couples. It is recommendation that this technique be employed in various settings including religious centers, counselling units and couple's forums to reduce the incidence of domestic violence related issues among couples.

Keywords: Domestic Violence, Low Income Couplless, Nigeria

INTRODUCTION

Domestic violence (DV) refers to any abusive or coercive behavior committed by one person against another in a marital or cohabiting relationship. (Okedare & Fawole, 2023; Olatunji, Entonu, & Ojedokun, 2023). Domestic abuse is a problem most couple face in their lives. It denied victims of joy, happiness, and marital fulfillment (Olatunji, Entonu, & Ojedokun, 2023). Therefore, various forms of domestic abuse include the physical and verbal means of committing them, and those who engage in such behavior draw attention to the issue. Intimate partner violence (IPV), which affects couples regardless of sociocultural context, educational attainment, personality, and religion, is apparently also known as domestic violence (Okedare & Fawole, 2023).

Domestic violence, however, varies from one nation to the next in terms of its frequency, type, and severity. The abuse of a sexual or physical nature by an intimate partner is experienced by about one-third of women worldwide, with 18% of those incidents occurring in the previous year (Benebo, Schumann, & Vaezghasemi, 2018). Physical violence was reported by 4% to 49% of women. Sexual violence perpetrated by a partner was reported by 6% to 59% of women at some stage in their lives, and emotional abuse by a partner was experienced by 20% to 75%

of women during their lifetime. (World Health Organization [WHO], 2021).

Unbelievably, 137 women are murdered by their intimate partners or family members every day in the world. Assault against women is especially prevalent in sub-Saharan African nations with low socioeconomic position and educational levels (Rosales-Villacrés, Oyanadel, Changotasig-Loja, & Peñate-Castro, 2021). A history of abuse, substance abuse, and a lack of education are examples of individual factors that contribute to intimate partner violence (IPV); marital conflict and male dominance are examples of relationship dynamics; poverty and a lack of social support are examples of community factors; and cultural norms that tolerate violence and gender inequality are factors contributing to domestic violence. Domestic violence and murder affect one in four of Nigeria's women, particularly among younger women and people living in rural areas (Crane et al., 2017).

Although the prototype narrative of IPV is such that often conceives female as the victim and the male as the perpetrator (Olatunji, Entonu, & Ojedokun, 2023). While this is common, it is not the only possible scenario. Men also are victims of IPV and in a country like Nigeria where tradition accustoms the Male as the stronger and fiercer gender: it is rather too surprising that men could be

victims of IPV. There have been documented instances of loss of lives among male victims of IPV in Nigeria (Olatunji, Entonu, & Ojedokun, 2023).

Mindfulness-Based Cognitive Therapy (MBCT) have been proven to be effective in promoting health and well-being in the general population and clinical populations (Rosales-Villacrés, Oyanadel, Changotasig-Loja, & Peñate-Castro, 2021).

Mindfulness strategy is the practice of intentionally focusing one's attention on the current moment as it is, without judgement or reaction, regardless of how pleasant the experience may be, is known as mindfulness. Through techniques and methods like describing, watching, acting mindfully, refraining from judgement, and not reacting, it teaches people how to relate to negative emotions (Crane et al., 2017).

Mindfulness promotes non-judgmental attitudes, experiential awareness and acceptance, presence, openness and compassion towards oneself and others (Nanda, 2015). Relationship transformation and increased fulfilment are made possible by this. Interpersonal attention has several fundamental characteristics that enhance relationships. These include equanimity, openness, empathy, compassion, kindness, and delight in the happiness and joy of others. These characteristics help people feel loved, understood, and accepted, which lowers their defenses and fears and fosters relationships that are calm, sympathetic, and more connected (Centeno & Fernandez, 2020). Another key element is self-compassion, which is linked to healthier elements in affective relationships, such as being more caring and providing support (Neff & Germer, 2013).

Mindfulness-based strategies holds promising intervention for mitigating consequences domestic violence by enhancing self-compassion, self-esteem and coping levels in women who have experienced violence. This aimed to assess the efficacy of mindfulness strategies towards the reduction of domestic violence among couples in Ijeshatedo area of Lagos State Nigeria.

METHODS

Research Design

The study is one-group pretest-posttest research design. Involving a 12-week sessions of the mindfulness-based stress reduction (MBSR) program to manage their stress, disease, and psychological issues.

Inclusion criteria

The study included married participants with monthly income ≤N100,000.00 and have been living together for at least 3 years. Also, those who have

experienced domestic violence were included in the study.

Exclusion criteria

The study excluded adolescents high in-come couples and unwillingly matched couples via matchmaking by family, partner finding organization or religious bodies.

Sampling Technique

The study was conducted among 48 consenting participants. A non-probability sampling method was used as there was no fixed selection process. A snowball sampling was used based on the difficulty in tracing the participants as it was challenging, and the subject were sensitive and not openly discussed. In using this method, the researcher tracked few categories to interview and derive results. Therefore, the researcher contacted people through volunteers (from Churches, Mosques heads and community leaders) associated with the case to get in touch with the victims and collect information.

Study Instrument

The questionnaire used for the study was adopted from related studies with the objectives of this study and all instruments used are standardized and validated for use in similar context.

Section A: Demographic data of respondents.

Section B: Knowledge of domestic violence and its consequences on reproductive health. It involved 8-items knowledge questions using 5-Likert scale.

Section C: Perceived factors contributing to domestic violence. This involved 9-items factors using 5-Likert scale.

Section D: Intimate Partner Violence. Participants completed a slightly modified version of the Composite Abuse Scale Revised – Short Form to assess experiences of IPV.

Section E: Anxiety. To measure anxiety symptoms, participants filled out the Generalized Anxiety Disorder – 7 Responses were graded on a 4-point Likert scale, with 0 being "Never at all" and 3 representing "Nearly Every Day."

Section F: Depression. Major Depression Inventory was used to evaluate depressive symptoms. Responses were graded using a 6-point Likert scale, with 0 being the least frequent response and 5 being the most frequent.

Section G: Checklist for Civilians was used to evaluate the features of posttraumatic stress disorder (PTSD).

Section H: Mindfulness. Participants completed the 15-item scale Mindful Attention Awareness Scale.

Procedure

The summary of the interventional program can be found on the table below

Table 1. 12-week Interventional Mindfulness Strategy Course

Weeks	Sessions	Activities
1	brief introduction	list positive attributes about themselves and describe their goals for the course
2	concept of meditation	Pre-recorded audio with the content was played. Mantra was formed from the lyrics for meditation propose.
3	A quick "grape-eating" activity	Participants were advised to focus on the texture, smell, and taste of the grape as well as other moment-to-moment aspects during this activity. this exercise helps them to be aware and focus on what is in front them at any moment. This exercise helps them to be aware and focus on what is in front them at any moment.

4	Visit to Absconded participants	Stigmatization and retraction were observed. Individual therapy was given to them at their comfort zones.
5.	Emphasis on Mindfulness listening	The participants were urged to focus on how speaking, talking about a stressful situation, and sharing something uplifting with others made them feel.
6.	Introduction to mindful seeing	To look through the window to observe all happenings. To pull their minds off any distraction and continued the mindful seeing exercise all over again.
7	Introduction to the five senses exercise	participants learned to pay attention to something they are sensing with each of their five senses
8	how to stroll mindfully down the street	This strategy allows participants to choose between impulses and action, which can aid in the development of coping mechanisms and constructive behavioral adjustments.
9	A three-minute breathing space	This is a perfect technique for participants who have busy life schedules.
10	Re-visit to absconded participants	This was necessary to see how they were improving and the effect of the mindfulness therapy on them.
11	Group discussion and post therapy evaluation	post intervention questionnaire was given to them to fill and return on the 12 th week
12	post questionnaire was collected	The participants' stress, mindfulness, and overall well-being levels were questioned to see if there had been any notable changes.

Data Analysis

Statistical Package for Social Sciences (SPSS) version 25.0 was used to analyze the questionnaire-derived data. Results were presented using descriptive statistics such as frequency and percentage. The chi-square test was used to see whether any associations existed between the variables, and the level of significance was established at 0.05.

Ethical Approval

Ethical approval was obtained from the LAUTECH Research Ethics Committee.

A letter of permission was obtained for data collection. Also, approval was obtained from the Chairman, Itire-Ikate LCDA Secretariat.

RESULT

Table 2: illustrated that 27(56.3%) of the respondents were within the age bracket of 25-34 years, 30(62.5%) of the respondents have tertiary education, 33(68.8%) of the respondents had been employed and 23(47.9%) of the respondents claimed that they usually receive 50-000-100,000 as their average family monthly income.

Table 2. Socio-Demographic Characteristics of Respondents (N=48)

Variable,	Frequency (%)
Age (years)	
Less than 25	9 (18.8)
25-34	27 (56.3)
35 years and above	12 (25.0)
Level of Education	
No Formal Education	3 (6.3)
Primary	4 (8.3)
Secondary Level	11 (22.9)
Tertiary Level	30 (62.5)
Employment Status	
Employed	33 (68.8)
Unemployed	15 (31.3)
Average family monthly income (in Naira)	
Less than 50,000	18 (37.5)
50,000-100,000	23 (47.9)
Below 100,000	7 (14.6)

Table 3 shows that majority (65%) of the respondents strongly affirmed that post-traumatic stress disorder/rape trauma syndrome and suicidal attempts are the effects of experiencing domestic violence respectively as they have a long-term effect on the victim of sexual violence but changed to 72.9% after intervention. More than half (56%) strongly attested before intervention that domestic violence can breed hatred as one can hate the partner and also pass such hatred down to the children but the view changed to 62.5% after intervention. On the reproductive health of a woman, 56% of them

strongly believed that it can increase the likelihood of such a woman having miscarriages, still birth and preterm deliveries, but the view changed to 68.8% after intervention. Just as at the pre-intervention 52% strongly affirmed that it can even lead to fetal death and sickness especially during pregnancy while the view changed to 62.5% after the intervention. About 42% and 33% strongly believed that sexual violence which is part of domestic violence will lead to unwanted pregnancy, contracting of sexually transmitted infections and pain during intercourse respectively before the

intervention, but their view improved to 66.7% and 54.2% after intervention.

Table 3. Respondents' knowledge of the consequences/impacts of domestic violence on reproductive health (n = 48)

Knowledge of the effect	Pre Freq (%)	Post Freq (%)
Domestic violence leads to sickness and death of baby in the womb		
Strongly agree	25(52.0%)	30(62.5)
Agree	18(38.0%)	16(33.3)
Undecided	1(2.0%)	2(4.2)
Disagree	2(4.0%)	0(0.0)
Strongly disagree	2(4.0%)	0(0.0)
Increase in the rate of unwanted pregnancy especially when sex is used to calm the victim of domestic violence		
Strongly agree	20(42.0%)	32(66.7)
Agree	14(29.0%)	14(29.2)
Undecided	1(2.0%)	1(2.1)
Disagree	5(10.0%)	1(2.1)
Strongly disagree	8(17.0%)	0(0.0)
Domestic violence leads to sexually transmitted infection and pain during sex		
Strongly agree	16(33.0%)	26(54.2)
Agree	11(23.0%)	15(31.3)
Undecided	4(8.0%)	4(8.3)
Disagree	7(15.0%)	1(2.1)
Strongly disagree	10(21.0%)	2(4.2)
Domestic violence increases the chances of miscarriages, still birth and premature deliveries		
Strongly agree	27(56.0%)	33(68.8)
Agree	10(21.0%)	13(27.1)
Undecided	1(2.0%)	1(2.1)
Disagree	4(8.0%)	1(2.1)
Strongly disagree	6(13.0%)	0(0.0)
Domestic violence leads to sadness, stress and the feeling of killing oneself		
Strongly agree	31(65.0%)	35(72.9)
Agree	14(30.0%)	12(25.0)
Undecided	1(2.0%)	0(0.0)
Disagree	1(2.0%)	1(2.1)
Strongly disagree	1(2.0%)	0(0.0)
Domestic violence could cause one to hate the partner and also pass it down to the children		
Strongly agree	27(56.0%)	30(62.5)
Agree	13(27.0%)	18(37.5)
Undecided	2(4.0%)	0(0.0)
Disagree	3(6.0%)	0(0.0)
Strongly disagree	3(6.0%)	0(0.0)
Post-Traumatic Stress Disorder and Rape Trauma Syndrome have a long-term effect on the victim of sexual violence.		
Strongly agree	31(65.0%)	35(72.9)
Agree	1(2.0%)	12(25.0)
Undecided	1(2.0%)	1(2.1)
Disagree	14(29.0%)	0(0.0)
Strongly disagree	1(2.0%)	0(0.0)

Table 4. shows respondents perceived factors that influenced domestic violence. Majority of the respondents indicated that alcohol, drugs and substance abuse (100%), husbands losing their jobs (83.3%), poverty and stress (95.8%), gender preferences and inequality (87.5%), mental illness (85.4%) as factors that influenced domestic violence before the intervention, however, their view of

perceived factors that influenced domestic violence improved after intervention.

More so, 19 (39.6%) of the respondents said they are afraid of their partner currently while 29 (60.4%) of the respondents responded no to the same question. And 12 (25.0%) of the respondents affirmed that they are made to perform sex act that they do not want to while 20 (41.7%) of the respondents disaffirmed to the same question.

Table 4. Respondents' perceived factors that influence domestic violence

Factors (n = 48)	Pre intervention Freq (%)	Post intervention Freq (%)
Being too young in age at marriage	15(31.3)	25(52.1)
Alcohol, drugs and substance abuse	48(100.0)	48(100.0)
Husbands losing their jobs	40(83.3)	46(95.8)

Poverty and stress	46(95.8)	47(97.9)
Mental illness	41(85.4)	47(97.9)
Low self-esteem exhibited by both partners	27(56.3)	36(75.0)
Growing in an environment that is physically violent and emotionally unsupportive	41(85.4)	48(100.0)
Gender preferences and inequality	42(87.5)	47(97.9)
Poor judgments and legal procedures on issues related to sexual violence	21(43.8)	32(66.7)

Table 5 revealed that 16 (33.3%) of the respondents affirmed that they are being followed or he/she hung around outside their home or work on a daily/almost daily basis, 14 (29.2%) of the respondents claimed that they are threatened to harm or kill me or someone close to me on a daily/almost daily basis, 13 (27.1%) of the respondents affirmed to be choked once, 12 (25.0%) of the respondents claimed to be forced or tried to force them to have sex weekly, 16 (33.3%) of the respondents agreed that they are being harassed through phone, text, email or using social media on a daily/almost daily

basis, 13 (27.1%) of the respondents said they were called crazy, stupid or not good enough weekly, 11 (22.9%) of the respondents claimed to have been hit with a fist or object, kicked or bitten once, 13 (27.1%) of the respondents believed that they are kept from seeing or talking to their family or friends on a daily/almost daily basis, 11 (22.9%) agreed that 13 (27.1) of the respondents affirmed that they are confined or locked me in a room or other space monthly, and 11(22.9%) of the respondents claimed that they are kept from having access to a job, money or financial resources.

Table 5. Intimate Partner Violence Distributions

Variable, N=48	Frequency (%)
Followed me or hung around outside my home or work	
Not in the past 12 months	7 (14.6)
Once	4 (8.3)
A few times	7 (14.6)
Monthly	9 (18.8)
Weekly	5 (10.4)
Daily/Almost daily	16 (33.3)
Threatened to harm or kill me or someone close to me	
Not in the past 12 months	7 (14.6)
Once	9 (18.8)
A few times	6 (12.5)
Monthly	8 (16.7)
Weekly	4 (8.3)
Daily/Almost daily	14 (29.2)
Choked me	
Not in the past 12 months	7 (14.6)
Once	13 (27.1)
A few times	3 (6.3)
Monthly	11 (22.9)
Weekly	10 (20.8%)
Daily/Almost daily	4 (8.3)
Forced or tried to force me to have sex	
Not in the past 12 months	6 (12.5)
Once	10 (20.8)
A few times	4 (8.3)
Monthly	8 (16.7)
Weekly	12 (25.0)
Daily/Almost daily	8 (16.7)
Harassed me by phone, text, email or using social media	
Not in the past 12 months	1 (2.1)
Once	8 (16.7)
A few times	6 (12.5)
Monthl	14 (29.2)
Weekly	3 (6.3)
Daily/Almost daily	16 (33.3)
Told me I was crazy, stupid or not good enough	
Not in the past 12 months	8 (16.7)
Once	6 (12.5)
A few times	2 (4.2)
Monthly	11 (22.9)
Weekly	13 (27.1)
Daily/Almost daily	8 (16.7)
Hit me with a fist or object, kicked or bit me	

Not in the past 12 months	3 (6.3)
Once	11 (22.9)
A few times	7 (14.6)
Monthly	9 (18.8)
Weekly	8 (16.7)
Daily/Almost daily	10 (20.8)
Kept me from seeing or talking to my family or friends	
Not in the past 12 months	8 (16.7)
Once	13 (27.1)
A few times	1 (2.1)
Monthly	9 (18.8)
Weekly	4 (8.3)
Daily/Almost daily	13 (27.1)
Confined or locked me in a room or other space	
Not in the past 12 months	6 (12.5)
Once	10 (20.8)
A few times	4 (8.3)
Monthly	13 (27.1)
Weekly	11 (22.9)
Daily/Almost daily	4 (8.3)
Kept me from having access to a job, money or financial resources	
Not in the past 12 months	9 (18.8)
Once	3 (6.3)
A few times	7 (14.6)
Monthly	11 (22.9)
Weekly	10 (20.8)
Daily/Almost daily	8 (16.7)

The **table 6** represent the responses of respondents on anxiety (Using Generalized Anxiety Disorder-7 (GAD-7) on the feeling nervous, anxious or on edge at the pre 21.7% indicated not at all but was improved after the intervention (52.1%). On not being able to stop or control worrying, 14.6% were not worried at all at the pre session while it improved to 45.8% after the intervention.

On worrying too much about different things and trouble relaxing 14.6% and 29.2% indicated not at all at the pre session while there was improvement for both items after the intervention.

Some (22.9%) of the respondents indicated not at all that they felt afraid as if something awful might happened at the pre session compared to 52.1% at the post intervention session. 18.8% of the respondent at pre intervention and 41.8% at post intervention said not at all do they repeat, disturbing memories, thoughts, or images of a stressful experience from the past, 14.6% before and 31.3% after intervention indicated that they did not repeat, disturbing dreams of a stressful experience from the past.

Few (10.4%) before and 29.2% after the intervention indicated that they did not suddenly act or felt as if a stressful experience were happening again (as if you were reliving it), 10.4% before and

31.3% after intervention were not feeling very upset when something reminded you of a stressful experience from the past.

When something brought to mind a traumatic event from the past, few people (18.8%) before and 21.1% after intervention said they did not feel physical reactions (such as sweating, chest pain, or heart palpitations). Additionally, 22.9% of those surveyed before the intervention and 35.4% afterward reported that they avoided thinking about, discussing, or feeling the effects of a traumatic past incident. Before the intervention, 18.8% of respondents said they avoided certain circumstances or activities because they recalled painful events from the past. After the intervention, 35.4% of respondents said they did not do this.

Some (14.6%) and 29.2% of the respondents did not feeling distant or cut off from other people and feeling emotionally numb or being unable to have loving feelings for those close to you, but 35.4% and 39.6% indicated after intervention.

On being “super alert” or watchful on guard and feeling jumpy or easily startled, 20.8% indicated of it not at all but 31.3% and 39.6% were not watchful on guard and did not feel jumpy or easily started

Table 6. Assessment of Symptoms of Post Traumatic Disorder (Using the PTSD Checklist for Civilians (PCL-5)

Variable, N=48	Pre-Intervention Freq (%)	Post Intervention Freq (%)
Repeated, disturbing memories, thoughts, or images of a stressful experience from the past?		
Not at all	9 (18.8)	21(43.8)
A little bit	8 (16.7)	15(31.3)

Moderately	14 (29.2)	6(12.5)
Quite a bit	6 (12.5)	2(4.2)
Extremely	11 (22.9)	4(8.3)
Repeated, disturbing dreams of a stressful experience from the past?		
Not at all	7 (14.6)	15(31.3)
A little bit	3 (6.3)	13(27.1)
Moderately	11 (22.9)	7(14.6)
Quite a bit	9 (18.8)	7(14.6)
Extremely	18 (37.5)	6(12.5)
Suddenly acting or feeling as if a stressful experience were happening again (as if you were reliving it)?		
Not at all	5 (10.4)	14(29.2)
A little bit	9 (18.8)	15(31.3)
Moderately	11 (22.9)	8(16.7)
Quite a bit	15 (31.3)	7(14.6)
Extremely	8 (16.7)	4(8.3)
Feeling very upset when something reminded you of a stressful experience from the past?		
Not at all	5 (10.4)	15(31.3)
A little bit	11 (22.9)	15(31.3)
Moderately	9 (18.8)	8(16.7)
Quite a bit	13 (27.1)	5(10.4)
Extremely	10 (20.8)	5(10.4)
Having physical reactions (example, heart pounding, trouble breathing, or sweating) when something reminded you of a stressful experience from the past?		
Not at all	9 (18.8)	13(27.1)
A little bit	7 (14.6)	12(25.0)
Moderately	13 (27.1)	16(33.3)
Quite a bit	4 (8.3)	1(2.1)
Extremely	15 (31.3)	6(12.5)
Avoid thinking about or talking about a stressful experience from the past or avoid having feelings related to it?		
Not at all	11 (22.9)	17(35.4)
A little bit	8 (16.7)	19(39.6)
Moderately	13 (27.1)	5(10.4)
Quite a bit	12 (25.0)	6(12.5)
Extremely	4 (8.3)	2(4.2)
Avoid activities or situations because they remind you of a stressful experience from the past?		
Not at all	9 (18.8)	17(35.4)
A little bit	13 (27.1)	15(31.3)
Moderately	11 (22.9)	12(25.0)
Quite a bit	5 (10.4)	3(6.3)
Extremely	10 (20.0)	1(2.1)
Trouble remembering important parts of a stressful experience from the past?		
Not at all	4 (8.3)	12(25.0)
A little bit	13 (27.1)	18(37.5)
Moderately	16 (33.3)	8(16.7)
Quite a bit	6 (12.5)	6(12.5)
Extremely	9 (18.8)	4(8.3)
Loss of interest in things that you used to enjoy?		
Not at all	7 (14.6)	15(31.3)
A little bit	13 (27.1)	15(31.3)
Moderately	12 (25.0)	11(22.9)
Quite a bit	5 (10.4)	2(4.2)
Extremely	11 (22.9)	5(10.4)
Feeling distant or cut off from other people?		
Not at all	7 (14.6)	17(35.4)
A little bit	3 (6.3)	13(27.1)
Moderately	11 (22.9)	8(16.7)
Quite a bit	9 (18.8)	4(8.3)
Extremely	18 (37.5)	6(12.5)
Feeling emotionally numb or being unable to have loving feelings for those close to you?		

Not at all	14 (29.2)	19(39.6)
A little bit	8 (16.7)	12(25.0)
Moderately	9 (18.8)	11(22.9)
Quite a bit	6 (12.5)	3(6.3)
Extremely	11 (22.0)	3(6.3)
Feeling as if your future will somehow be cut short?		
Not at all	11 (22.9)	17(35.4)
A little bit	5 (10.4)	9(18.8)
Moderately	13 (27.1)	14(29.2)
Quite a bit	8 (16.7)	3(6.3)
Extremely	11 (22.9)	5(10.4)
Trouble falling or staying asleep?		
Not at all	9 (18.8)	16(33.3)
A little bit	5 (10.4)	10(20.8)
Moderately	13 (27.1)	7(14.6)
Quite a bit	9 (18.8)	11(22.9)
Extremely	12 (25.0)	4(8.3)
Feeling irritable or having angry outbursts?		
Not at all	5 (10.4)	10(20.8)
A little bit	13 (27.1)	19(39.6)
Moderately	16 (33.3)	11(22.9)
Quite a bit	3 (6.3)	2(4.2)
Extremely	11 (22.9)	6(12.5)
Having difficulty concentrating?		
Not at all	9 (18.8)	15(31.3)
A little bit	15 (31.3)	18(37.5)
Moderately	12 (25.0)	11(22.9)
Quite a bit	7 (14.6)	3(6.3)
Extremely	5 (10.4)	1(2.1)
Being “super alert” or watchful on guard?		
Not at all	10 (20.8)	15(31.3)
A little bit	7 (14.6)	17(35.4)
Moderately	16 (33.3)	9(18.8)
Quite a bit	6 (12.5)	3(6.3)
Extremely	9 (18.8)	4(8.3)
Feeling jumpy or easily startled?		
Not at all	10 (20.8)	19(39.6)
A little bit	4 (8.3)	8(16.7)
Moderately	12 (25.0)	11(22.9)
Quite a bit	9 (18.8)	6(12.5)
Extremely	13 (27.1)	4(8.3)

Only 14.6% of respondents indicated before the intervention that they had never felt an emotion and had not been aware of it until later, compared to 33.3% after the intervention. Only 4.2% of respondents before the intervention and 31.3% after the intervention indicated that they had almost never broken or spilled something because of carelessness, being distracted, or thinking about something else.

Compared to 43.8% after treatment, only 25.0% of the participants said they walked swiftly to get where they were going while ignoring what they were experiencing. Few responders (10.4%) nearly never forget someone's name practically as soon as I hear it for the first time, compared to 35.4% following intervention. In addition, 10.4% of

respondents almost never hurry through tasks without paying close attention to them, compared to 33.3% following intervention. nearly no respondents (22.9%) said they nearly never lost track of what they were doing to get where they were going, compared to 43.9% following treatment.

Very few (4.2%) of the respondents almost never drive places on “automatic pilot” and then wonder why they went there as against a quarter (25.0%) after intervention. Some (10.4%) of the respondents almost never find self-preoccupied with the future or the past as against 43.8% after intervention. And 16.7% of the respondents almost never snack without being aware of eating as against 35.4% after intervention (Table 7).

Table 7. Section F: Mindfulness (Pre-intervention)

Variable, N=48	Pre-Intervention Freq (%)	Post Intervention Freq (%)
I could be experiencing some emotion and not be conscious of it until some time		
Almost always	5 (10.4)	2(4.2)
Very frequently	11 (22.9)	7(14.6)
Somewhat frequently	13 (27.1)	8(16.7)
Somewhat infrequently	7 (14.6)	4(8.3)

Very infrequently	5 (10.4)	11(22.9)
Almost Never	7 (14.6)	16(33.3)
I break or spill things because of carelessness, not paying attention, or thinking of something else.		
Almost always	9 (18.8)	4(8.3)
Very frequently	13 (27.1)	6(12.5)
Somewhat frequently	7 (14.6)	5(10.4)
Somewhat infrequently	13 (27.1)	8(16.7)
Very infrequently	4 (8.3)	10(20.8)
Almost Never	2 (4.2)	15(31.3)
I find it difficult to stay focused on what's happening in the present.		
Almost always	6 (12.5)	3(6.3)
Very frequently	12 (25.0)	5(10.4)
Somewhat frequently	3 (6.3)	1(2.1)
Somewhat infrequently	8 (16.7)	5(10.4)
Very infrequently	7 (14.6)	13(27.1)
Almost Never	12 (25.0)	21(43.8)
I tend to walk quickly to get where I'm going without paying attention to what I experience along the way		
Almost always	9 (18.8)	3(6.3)
Very frequently	20 (41.7)	13(27.1)
Somewhat frequently	9 (18.8)	8(16.7)
Somewhat infrequently	1(2.1)	0(0.0)
Very infrequently	9 (18.8)	18(37.5)
Almost Never	0 (0.0)	6(12.5)
I tend not to notice feelings of physical tension or discomfort until they really grab my attention		
Almost always	5 (10.4)	2(4.2)
Very frequently	16 (33.3)	5(10.4)
Somewhat frequently	8 (16.7)	3(6.3)
Somewhat infrequently	12 (25.0)	7(14.6)
Very infrequently	7 (14.6)	15(31.3)
Almost Never	0 (0.0)	16(33.3)
I forget a person's name almost as soon as I've been told it for the first time		
Almost always	11 (22.9)	2(4.2)
Very frequently	12 (25.0)	3(6.3)
Somewhat frequently	11 (22.9)	4(8.3)
Somewhat infrequently	3 (6.3)	10(20.8)
Very infrequently	6 (12.5)	12(25.0)
Almost Never	5 (10.4)	17(35.4)
It seems I am "running on automatic" without much awareness of what I'm doing.		
Almost always	4 (8.3)	2(4.2)
Very frequently	11 (22.9)	6(12.5)
Somewhat frequently	16 (33.3)	4(8.3)
Somewhat infrequently	12 (25.0)	7(14.6)
Very infrequently	2 (4.2)	14(29.2)
Almost Never	3 (6.3)	15(31.3)
I rush through activities without being really attentive to them.		
Almost always	6 (12.5)	2(4.2)
Very frequently	19 (39.6)	4(8.3)
Somewhat frequently	10 (20.8)	5(10.4)
Somewhat infrequently	2 (4.2)	8(16.7)
Very infrequently	6 (12.5)	13(27.1)
Almost Never	5 (10.4)	16(33.3)
I get so focused on goal I want to achieve that I lose touch with what I'm doing right now to get there.		
Almost always	10 (20.8)	1(2.1)
Very frequently	11 (22.9)	2(4.2)

Somewhat frequently	10 (20.8)	5(10.4)
Somewhat infrequently	0 (0.0)	9(18.8)
Very infrequently	6 (12.5)	10(20.8)
Almost Never	11 (22.9)	21(43.8)
I do jobs or tasks automatically, without being aware of what I'm doing.		
Almost always	8 (16.7)	1(2.1)
Very frequently	11 (22.9)	3(6.3)
Somewhat frequently	6 (12.5)	3(6.3)
Somewhat infrequently	10 (20.8)	10(20.8)
Very infrequently	8 (16.7)	14(29.2)
Almost Never	5 (10.4)	17(35.4)
I find myself listening to someone with one ear, doing something else at the same time.		
Almost always	2 (4.2)	0(0.0)
Very frequently	9 (18.8)	3(6.3)
Somewhat frequently	14 (29.2)	4(8.3)
Somewhat infrequently	7 (14.6)	5(10.4)
Very infrequently	9 (18.8)	14(29.2)
Almost Never	7 (14.6)	22(45.8)
I drive places on "automatic pilot" and then wonder why I went there		
Almost always	6 (12.5)	2(4.2)
Very frequently	11 (22.9)	4(8.3)
Somewhat frequently	8 (16.7)	8(16.7)
Somewhat infrequently	12 (25.0)	7(14.6)
Very infrequently	9 (18.8)	15(31.3)
Almost Never	2(4.2)	12(25.0)
I find myself preoccupied with the future or the past		
Almost always	3 (6.3)	2(4.2)
Very frequently	12 (25.0)	2(4.2)
Somewhat frequently	11 (22.9)	6(12.5)
Somewhat infrequently	10 (20.8)	7(14.6)
Very infrequently	7 (14.6)	10(20.8)
Almost Never	5 (10.4)	21(43.8)
I find myself doing things without paying attention		
Almost always	8 (16.7)	3(6.3)
Very frequently	15 (31.3)	3(6.3)
Somewhat frequently	12 (25.0)	6(12.5)
Somewhat infrequently	10 (20.8)	5(10.4)
Very infrequently	2(4.2)	7(14.6)
Almost Never	1 (2.1)	24(50.0)
I snack without being aware that I'm eating		
Almost always	5 (10.4)	0(0.0)
Very frequently	16 (33.3)	1(2.1)
Somewhat frequently	11 (22.9)	2(4.2)
Somewhat infrequently	5 (10.4)	10(20.8)
Very infrequently	3 (6.3)	18(37.5)
Almost Never	8 (16.7)	17(35.4)

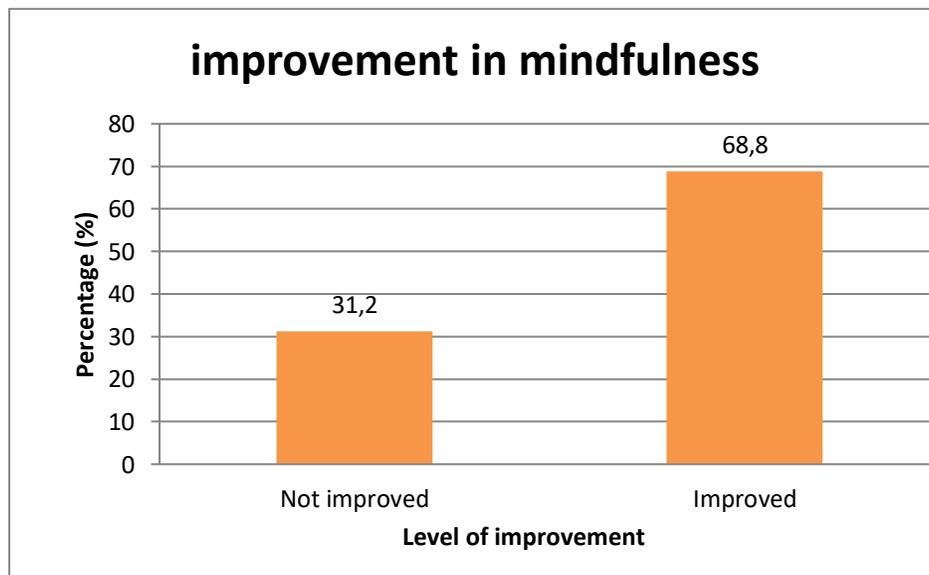


Figure 1. Improvement score on mindfulness program

From the above figure, 68.8% of the respondents were improved with the mindfulness strategies.

DISCUSSION

This study revealed that the majority of the respondents indicated of domestic violence leads to sickness and death of baby in the womb, sexually transmitted infection and pain during sex, increases the chances of miscarriages, still birth and premature deliveries, leads to sadness, stress and suicide ideation. These views of the respondents indicated that majority of the respondent have good knowledge of domestic violence, the reason for the level of good knowledge could be attributed to an increased cases of domestic violence in the society. In similarity to the findings of this study, a good number of the respondents had good knowledge of domestic violence similar reports.^{12–14}

This study showed that the factors that influenced domestic violence are alcohol, drugs and substance abuse, loss of job, poverty, and stress. The easy identification of respondents on the influence of domestic violence showed that many of the respondents may have either experienced or exposed to domestic violence. Similar to a Nigerian study¹⁴ factors associated with domestic violence are partners daily alcohol intake, unemployment status of the partners, husbands' involvement in fights and number of children. Though the comparing study had few similarities to that of the present study, its reported factors cannot be ignored. Another study conducted by Silali¹⁵ to identified factors influencing the spread of domestic violence in western Kenya were social economic status, in fighting of gender roles and power influenced negatively. Another study conducted by Habyarimana¹⁶ with the aim of assessing the determinants of domestic violence in Rwanda reported wealth quintiles (82%), education level of the husband or partner (85%), alcohol status of husband or partner (95%), the ownership of an asset in the form of a house or land (52%) and the societal attitude towards wife-beating.

The efficacy of mindfulness strategies in the reduction of domestic violence, revealed from this study that there was mean difference between the mean score of mindfulness before the intervention and after the intervention. Also, there was a statistically significant difference between the score of mindfulness before intervention and after intervention as the majority of the respondents improved after taking the course. The improvement recorded in this study had shown the efficacy of mindfulness strategy employed and executed. Similarly, In a study that assess the effects of mindfulness and acceptance-based program (MAP) by Rosales-Villacrés et al.,⁷ measures were taken at pre-intervention and post-intervention the results showed increased mindfulness ($p < 0.001$) at the post intervention. This showed the usefulness of mindfulness-acceptance strategies to cope with non-pathological intimate relationship conflicts.

CONCLUSION

Mindfulness strategies had been shown as an invaluable tool in reducing domestic violence among couples in that, two-third of respondent showed significant improvement after participating in the program.

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