

ABSTRACT

Social and Psychological Factors Influencing Psychological Help Seeking in Male Victims of Intimate Partner Violence and its Review in Islam

The experience of men as victims of Intimate partner violence (IPV) is rarely considered by society. So far, not many men, especially IPV victims, have reported it, so there has not been much research and scientific literature on this case. This study aims to describe the dynamics of social and psychological factors that influence the seeking psychological help for male victims of IPV. Additionally, the study will explore Islamic perspectives on social and psychological factors in seeking psychological help for male victims of IPV. This research used a case study design, with sample subjects consisted of nine participants who were drawn from three groups; male survivors of IPV, psychologists who had treated male survivors, and significant others to male survivors. Data collection was conducted using interview methods. The data analysis used thematic analysis. The results showed that 1) Male victims of IPV often experience social barriers in the form of gender stigmatization and toxic masculinity, as well as psychological conditions that affect professional psychological help-seeking. 2) In the Islamic view, it is advisable to seek psychological help even if he is male, avoiding prejudice towards others as a strategy for preserving social harmony, coupled with reliance on faith and perseverance in confronting challenges, constitutes a significant psychological resource for overcoming adversity. The findings of this study are anticipated to inform the development of male shelter, the establishment of specialized gender neutral support services, and the implementation of psychoeducational programs addressing gender, healthy relationships, and violence prevention.

Keywords: Violence, Help-Seeking, Professional Psychological.