

Article

## The Role of Family Tolerance in Reducing Domestic Violence: A Social Study

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**Abstract:** Domestic violence is a social problem that still haunts families even with the growing awareness, legalization, and attempts to enforce human rights. This paper will analyse how family tolerance can help in minimizing domestic violence in marital relationships and in this case, the paper will look at how good social values can help in the prevention of conflict and stability. The proposed study is descriptive survey research design and is founded on the sample of 70 families chosen among the local community. A structured questionnaire was used to collect the data; it was created to assess the levels of tolerance and the prevalence of domestic violence. The data were analysed using statistical tools, such as means and standard deviations, and the independent samples t-test were used to conduct inferential analysis to determine the differences depending on gender. The results have shown that the greater the tolerance and mutual respect between the spouses, the lower the domestic violence is. Communication, emotional intelligence, and positive conflict resolution were reported as some of the major causes of this relationship. The findings also indicate that the relationship between tolerance and domestic violence does not have any statistically significant differences based on gender. The research points to the significance of tolerance as a core social value that helps to strengthen the family and minimize the conflict in marital relationships. It also highlights the importance of increased awareness, education and social interventions that are meant to enhance tolerance among couples. The study suggests that future studies should involve bigger and more varied samples and mixed methods in order to have a better understanding of how social values can be used to prevent domestic violence.

**Keywords:** *Family tolerance, domestic violence, marital relationships, social values, family stability, social survey*

## Introduction

Domestic violence is a well-known social issue that has been known to afflict families in all societies and has serious psychological, social and economic impacts (Bancroft et al., 2011; Pandey, 2028; Wahhab et al., 2023; Brockstedt et al., 2025). It is the different types of abusive behaviour that are committed in the family environment such as physical, emotional, sexual and economic violence (Raufu, 2025). This kind of violence does not only damage people but also affects the stability of the family, as well as social unity (He, 2025).

Over the past few decades, there has been an increasing interest in the research of the underlying causes of domestic violence and finding effective ways in which it can be prevented (Wynter et al., 2025). One of the issues that can help in curbing domestic violence is the existence of tolerance in marital relationships (Bari et al., 2025). The family tolerance is the skill of the spouses to show understanding, acceptance and respect even when there is disagreement or conflict (Zelviana & Eren, 2024). It is an indicator of willingness to deal with differences constructively instead of using hostility and aggression (Rizwan et al., 2020).

The family tolerance is a key component in the establishment of healthy communication, emotional stability, and respect among the couples (Ariansyah, 2021). By spouses being in a position to communicate openly, listen to each other and solve the conflict by engaging in a dialogue, the chances of the conflict escalating into a violent behaviour is greatly minimized. In this regard, tolerance is a safeguarding element that improves the quality of relationships and peaceful coexistence.

Moreover, tolerance also helps in building a supportive family environment where the members feel valued, respected and safe (Sağlam & 2018). Such environment does not only enhance marital relationships, but also affects children and other members of the family positively since values like respect, empathy and non-violence are internalised (Ivana, 2022). On the other hand, the absence of tolerance can cause the tension, misunderstanding, and conflicts to be more prominent and it can ultimately lead to domestic violence (Li et al., 2021).

It is necessary to note that the decrease in domestic violence should be a holistic process, which involves legislation, social education, support, and cultural transformation. Nevertheless, tolerance in the family is also one of the key aspects that should be encouraged in this process because it directly affects everyday communication and conflict management styles of spouses.

As such, the paper aims to investigate the importance of family tolerance in minimising domestic violence, where the emphasis will be on how the tolerance among the spouses can help in minimising the conflict and ensuring that family relationships are stable and healthy.

### **Literature Review**

Domestic violence is a multifaceted phenomenon that has attracted a lot of studies in the social sciences due to its interplay of various psychological, social, and cultural variables. It is widely known as a pattern of abusive behaviour in intimate or family relations, which is often related to the imbalance of power, conflict, and poor communication (World Health Organization, 2021). Studies have always shown that domestic violence has dire effects on individuals, families and the larger social constructs. The literature on the topic is increasing to emphasize the significance of positive relational values, including tolerance, empathy, mutual respect, in the minimization of conflict and violence in families. The concept of tolerance, especially, has been operationalized as the capacity to tolerate differences, handle disagreements in a positive manner, and be emotionally regulated in case of interpersonal conflict (Enright and Fitzgibbons, 2015). In the marriage life, tolerance is important in helping to create understanding and minimize chances of aggressive reactions.

A number of studies have indicated that there is a strong correlation between marital harmony and less domestic violence. As an example, Fincham and Beach (2010) state that effective communication and emotional management of couples is the key to stable relationships and avoiding the issue of violence. On the same note, Worthington (2006) adds that forgiveness and tolerance are essential processes that couples may use to overcome conflict and regain trust.

Regarding domestic violence prevention, social learning theory can be used as a valuable approach to behavioural patterns acquisition as individuals learn by observing and interacting (Bandura, 1977). Based on this view, people who grow up in settings that are characterised by tolerance and respectful communication will have higher chances of engaging in non-violent behaviours in their relationships. On the other hand, exposure to conflict and violence can heighten the chances of replicating the same patterns.

Empirical research both in the Arab and foreign settings also substantiates the role of tolerance in curbing domestic violence. As an illustration, Alhazmi (2023) emphasizes the role of educational and social intervention in fostering tolerance and violence prevention in the family contexts. Likewise, Mumford et al. (2020) discovered that the tolerance to conflict is linked to a reduced level of relationship abuse, especially in younger groups.

Although this was found, domestic violence is a long-standing problem, partly because of the very strong cultural norms, gender roles, and social expectations, which normalise or legitimise some types of violence (Heise, 2011). The victims may be deterred to report abuse by social pressures and stigma in most societies including Arab contexts thereby reducing the effectiveness of intervention strategies. On the whole, the literature indicates that tolerance is a significant element in ensuring healthy family relationships and minimizing domestic violence. Nevertheless, the further empirical studies are required to learn more about the functioning of tolerance in the context of certain cultural background and how it can be successfully incorporated into prevention programmes and social policies.

### **Research Problem**

Domestic violence is a social problem that has not been solved despite the heightened awareness, changes in the law, and social interventions that are meant to curb the vice. Although much effort has been devoted to structural, economic, and psychological factors that lead to domestic violence, very little has been done to identify the contribution of positive social values, especially family tolerance, in reducing such behaviour.

Tolerance in marital relationships is a multidimensional and intricate concept that involves emotional, behavioural and cultural aspects, thus it is not easy to quantify it. Furthermore, the causes and effects of domestic violence are not always properly evaluated because of fear, stigma, or social pressure, and such a situation makes it even more difficult to accurately determine the causes and effects of domestic violence.

Considering such difficulties, it is necessary to study the connection between family tolerance and domestic violence to understand better whether tolerance can be a protective factor to curb violent behaviour in the family. In line with this, the following is the key question that this study aims to answer: *How is family tolerance connected with domestic violence?*

### **Objectives of the Study**

This study aims to:

1. Examine the relationship between the level of tolerance between spouses and the occurrence of domestic violence.
2. Identify the factors that influence the level of tolerance within marital relationships.
3. Explore the role of tolerance as a preventive factor in reducing domestic violence.
4. Provide recommendations for improving intervention strategies and social policies aimed at reducing domestic violence.

5. Raise awareness of the importance of tolerance in promoting healthy and stable family relationships.

### **Research Questions**

The study seeks to answer the following questions:

1. To what extent does tolerance between spouses contribute to reducing domestic violence?
2. What factors influence the level of tolerance within marital relationships?
3. What strategies can couples adopt to enhance tolerance and prevent domestic violence?

### **Hypothesis of the Study**

The study is based on the following hypothesis:

**H<sub>0</sub>:** There are no statistically significant differences in the effect of family tolerance on reducing domestic violence attributable to gender.

### **Significance of the Study**

The given study will help to raise awareness and knowledge about the significance of tolerance in marital relationships and how this concept could help to decrease cases of domestic violence. It offers information that can be useful in fostering the positive social values like mutual respect, understanding, and positive communication among spouses.

This study can also be used by policymakers and social institutions to formulate programmes and strategies that will enhance the stability of families and minimize domestic violence. Besides, the research contributes to the existing body of literature by examining the connection between tolerance and domestic violence in a social context, thus providing a foundation to subsequent studies in the same area.

## **Methodology**

### **Research Design**

This research paper will be descriptive research design to explore how family tolerance can be used to mitigate domestic violence. The descriptive method is suitable to study social phenomena as they are in the real world and in determining the relationship between variables without controlling them. It provides an opportunity to systematically gather and examine information on tolerance and domestic violence in marital relationships.

### **Population and Sample**

The study population will be the families in the local community. A random sampling method was used to select a sample of 70 families so as to have representativeness and to reduce sampling bias. Both

husbands and wives were used as the sample, which enabled a complete picture of tolerance and domestic violence as viewed by both sides.

### **Data Collection Instrument**

The instrument used to collect data was a structured questionnaire that was tailor made to suit the objective of this study. The questionnaire was divided into two major parts:

*The demographic variables in the first section were age, gender, and educational level.*

The second part consisted of questions that assessed the extent of tolerance and domestic violence, on the basis of a five-point Likert scale with strongly disagree to strongly agree.

### **Validity and Reliability**

To ascertain the validity of the instrument, the questionnaire was checked with a panel of seven experts in the field of sociology, psychology, and family studies. Their comments were taken to improve the wording and relevance of the items such that the instrument was able to measure the intended constructs. The internal consistency of the questionnaire was evaluated on the basis of Cronbach alpha, which provided the coefficient of 0.832, which is a high level of internal consistency and proves the appropriateness of the instrument to the study.

### **Data Collection Procedure**

The survey was administered to the respondents through suitable data collection tools, such as direct distribution, and where feasible, online survey. The participants were educated about the study objective and their consent was received before the study. The data collection process was confidential and anonymous.

### **Data Analysis**

Statistical Package of the Social Sciences (SPSS), version 23 was used to analyse the collected data. The characteristics of the sample and answering the research questions were described with the help of descriptive statistics such as frequencies, percentages, means, and standard deviations.

Besides, inferential statistics was used to test the hypothesis of the study. The independent samples t - test was employed to determine the existence of statistically significant differences in the relationship between tolerance and domestic violence according to gender.

### **Ethical Considerations**

The research was conducted in accordance with ethical research. The participants were made aware of the study objectives and assured that they were free to participate. Anonymity and confidentiality were highly ensured and the data were utilized in academic use only.

## Results

### Descriptive Results

To examine participants' perceptions regarding the role of tolerance in reducing domestic violence, descriptive statistics (means, percentages, and response levels) were calculated for each questionnaire item.

**Results Related to the First Research Question:** To what extent does tolerance between spouses contribute to reducing domestic violence?

To answer the first research question, means, percentages, and response levels were calculated for the items related to the contribution of tolerance to reducing domestic violence. The results are presented in Table 2.

**Table 2**

*Participants' Responses to Items Related to the Role of Tolerance in Reducing Domestic Violence*

No.	Item	Mean	Percentage	Level
1	Increasing tolerance and respect between spouses can reduce domestic violence	3.24	64.80%	Moderate
2	Communication and understanding between spouses enhance tolerance and reduce domestic violence	3.75	75.04%	High
3	Education and awareness of the importance of tolerance can reduce domestic violence			

As demonstrated in Table 2, the participants were mostly in agreement that tolerance among spouses helps in the reduction of domestic violence. The greatest average score was obtained regarding the item concerning communication and understanding between spouses ( $M = 3.75$ ), which suggests that the respondents considered effective communication to be a significant tool of tolerance improvement and violence prevention. The education and awareness item also had a high mean score ( $M = 3.64$ ), which is an indication of the perceived value of learning and social awareness as a way of promoting tolerance. The question about the direct effect of tolerance and mutual respect in lowering domestic violence received a moderate mean score ( $M = 3.24$ ), and this may indicate that as much as the participants acknowledge the need to be tolerant, they also consider domestic violence to be a result of various factors and not just tolerance.

In general, the results show that tolerance is significant in alleviating domestic violence in marriage relationships.

**Results Related to the Second Research Question:** What factors influence the level of tolerance within marital relationships?

To answer the second research question, means, percentages, and response levels were calculated for the items related to the factors influencing tolerance within marital relationships. The results are presented in Table 3.

**Table 3**

*Participants' Responses to Items Related to the Factors Influencing Tolerance within Marital Relationships*

No.	Item	Mean Percentage Level		
1	Marital conflict affects daily marital life	3.81	76.16%	High
2	Marital conflict affects the level of tolerance between spouses	3.80	76.00%	High
3	Age and culture influence the relationship between conflict and domestic violence	3.62	72.32%	High
4	Marital conflict affects psychological and emotional well-being	3.57	71.36%	High

Table 3 shows that the degree of tolerance in marital relationships is dependent on a number of factors. The most positive mean score was stated on the effect of marital conflict on daily marital life ( $M = 3.81$ ), which was closely followed by the effect of marital conflict on the spousal tolerance ( $M = 3.80$ ). Such results are an indication that conflict is among the most influential variables that influence toleration in marital relationships.

The respondents also concurred that age and culture affect the correlation between conflict and domestic violence ( $M = 3.62$ ), which means that the social and cultural context can determine how tolerance can be manifested and supported in the family. Moreover, the impact of marital conflict on the psychological and emotional well-being was rated highly ( $M = 3.57$ ), which indicated that emotional strain can undermine the tolerance and predispose conflict escalation.

In general, the results indicate that relational, emotional and socio-cultural factors influence tolerance.

**Results Related to the Third Research Question:** What strategies can couples adopt to enhance tolerance and prevent domestic violence?

To answer the third research question, means, percentages, and response levels were calculated for the items related to strategies that can enhance tolerance and prevent domestic violence. The results are presented in Table 4.

**Table 4**

*Participants’ Responses to Items Related to Strategies for Enhancing Tolerance and Preventing Domestic Violence*

No.	Item	Mean	Percentage	Level
1	Good communication reduces marital conflict and domestic violence	3.98	79.52%	High
2	Tolerance requires behavioural and cognitive change	3.15	63.04%	Moderate
3	Family counselling helps resolve conflict and reduce violence	3.74	74.88%	High
4	There is a need to raise awareness about tolerance	3.18	63.52%	Moderate

As it appears in Table 4, the participants have identified a number of strategies that can be used to improve the level of tolerance and prevent domestic violence. The role of good communication in the reduction of marital conflict and domestic violence was the highest mean score (M = 3.98), which shows that communication is viewed as the most effective strategy in this respect. The mean score of family counselling (M = 3.74) was also high, which indicates that professional assistance can be of significant importance in conflict management and violence prevention.

In comparison, the behavioural and cognitive change (M = 3.15) and increasing awareness about tolerance (M = 3.18) items were rated in the moderate level. This can be a sign that these strategies though they are known to be important, they may be less immediate or less accessible to the participants compared to communication and counselling. On the whole, the results are that the practical interpersonal strategies, especially the communication and counselling, are considered the most effective approaches to the increase of the tolerance and the prevention of domestic violence.

**Results Related to the Study Hypothesis:** There are no statistically significant differences in the effect of family tolerance on reducing domestic violence attributable to gender.

**To test the study hypothesis, an independent samples t-test was conducted. The results are presented in Table 5.**

**Table 5**

*Independent Samples t-Test for Gender Differences in Tolerance and Domestic Violence*

	Gender	Mean	Standard Deviation	t-value	p-value
	Male	3.68	0.49	0.609	0.543
	Female	3.62	0.49		

Table 5 indicates that male and female participants do not have any statistically significant differences in the relationship between tolerance and domestic violence because the p-value (0.543) is larger than the level of significance of 0.05. The average value of males ( $M = 3.68$ ) and females ( $M = 3.62$ ) is not that different, which also confirms the lack of any gender-based distinctions. In this regard, the null hypothesis is accepted.

### Discussion

The purpose of the current research was to determine the importance of family tolerance in minimizing domestic violence and the factors that determine tolerance in marital relationship and the measures that can be used to increase tolerance. The results can be of great value to understand the importance of tolerance as one of the major social values in the development of healthy family relationships and conflict mitigation.

In relation to the first research question, the findings show that the tolerance among the spouses helps to lessen domestic violence, especially when it is backed by good communication and understanding. The respondents noted that they had a high degree of consensus on the role of communication as one of the mechanisms of improving tolerance and avoiding escalation of conflict. The results are in line with those of the earlier studies, which also highlight the importance of constructive communication and emotional control in ensuring stable marital relationships (Fincham and Beach, 2010). On the same note, Worthington (2006) emphasizes that tolerance and forgiveness help couples to resolve conflict in non-violent manner and reinforce relationship ties.

According to the second research question, the results show that tolerance depends on a number of interconnected factors, such as marital conflict, psychological well-being, and socio-cultural factors, such as age and cultural background. The close relationship between the marital conflict and the loss of tolerance implies that unresolved conflicts can undermine the stability of emotions and predispose the negative interactions. These findings are consistent with the social learning theory (Bandura, 1977), which implies that the behavioural responses of individuals are determined by their social environment and experiences. In this regard, the tolerance of individuals might be diminished by the exposure to constant conflict and the aggression risk is heightened.

In terms of the third research question, the results indicate that communication and family counselling are seen as the most effective methods of improving tolerance and avoiding domestic violence. These findings underscore the significance of effective and interpersonal interventions in fostering positive behaviour in marital relationships. Although behavioural and cognitive changes, including awareness

programmes, were also identified as significant, they were rated at moderate level, thus, it is possible that the participants view them as more long-term or less immediate solutions. This observation highlights the importance of a combination of short-term (e.g. communication skills) and long-term interventions (e.g. education and awareness programmes).

The results in connection to the study hypothesis show that the difference between male and female in the relationship between tolerance and domestic violence is not statistically significant. This implies that tolerance is a universal aspect of gender in determining family relations. This finding is in line with past research which has established no significant differences in the role of relational values in curbing domestic violence between the genders, whereas other studies have indicated the opposite based on the cultural and contextual aspects.

Altogether, the findings of the present research underline that domestic violence is not only a personal problem of behaviour, but a socially conditioned phenomenon that is determined by the relations, communication patterns, and cultural values. Tolerance in the family set-up can thus be an important aspect in minimizing conflict and increasing stability.

These results help to understand the necessity of creating social and educational programmes that would help to increase the level of tolerance, communication skills, and mutual respect between spouses. Moreover, policymakers and social institutions need to think of the inclusion of tolerance-based interventions with family counselling and intervention programmes as a way of dealing with domestic violence.

### **Conclusion**

This paper has explored how family tolerance can be used to minimize domestic violence in marital relationships focusing on the identification of factors that play a major role and the best strategies that can be used to encourage tolerance. The results indicate that tolerance, respect to each other and communication between spouses are important factors that lower domestic violence and increase family stability.

The findings show that tolerance is strongly associated with the quality of interpersonal interaction in the family especially with regard to communication, emotional understanding, and conflict resolution. The lack of statistically significant gender differences is also an indication that tolerance is a universal determinant of marital relationships in both males and females.

In general, the paper makes it clear that domestic violence is not only a personal behavioural problem, but a socially rooted phenomenon that depends on the relations, cultural values, and communication

patterns. Tolerance at family level can thus be a major tool in escalation of conflicts and enhancement of healthy relationships.

### **Implications**

This research has a number of implications in the field of research, policy, and practice.

Practically, the study highlights the importance of establishing intervention programmes aimed at enhancing communication skills, emotional control, and respect to each other between spouses. Family counselling services may be important in instilling tolerance and resolving conflict before it degenerates into violence.

Policy-wise, the findings imply that policymakers ought to incorporate tolerance-based strategies in family support programmes and social policies that would minimize domestic violence. Tolerance, respect, and healthy relationship practices educational programs can also lead to social change in the long term.

In terms of research, the study adds value to the already available literature as it brings out the significance of social values especially tolerance in the explanation and prevention of domestic violence. It gives a basis to the future research to investigate the role of tolerance in various cultural and social backgrounds.

### **Limitations of the Study**

Although it has its contributions, this study has a number of limitations which must be noted.

To begin with, the sample size of 70 families used in the study is rather small and thus the findings might not be generalised. In future studies, bigger and more diverse samples should be taken into consideration in order to increase the strength of the findings.

Second, the research employed a self-reported questionnaire, which can be affected by the social desirability bias. Respondents can have given answers based on the socially acceptable attitudes and not their real behaviours or experiences.

Third, the study design is cross-sectional, which restricts the possibility to determine the causal relationships or to conduct a longitudinal analysis of the attitudes and behaviours changes. Longitudinal designs would give more information on how the tolerance is formed and affects domestic violence in various phases of marital relations.

Lastly, the research concentrated more on tolerance as one variable, whereas domestic violence is affected by a number of interconnected variables. Further studies are advised to embrace more holistic models that put into consideration psychological, economical and cultural factors.

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