

# Cycle of violence

Sociology



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**Cycle of Violence** The “ Cycle of Violence” Theory This is a theory that focuses on domestic violence. Lenore Walker, a researcher and feminist, first introduced it in the 1970. She based this theory on interviews carried out with women who had survived violent relationships. The Cycle of Violence was aimed at describing and predicting the pattern that abusive relationships frequently fall into. Walker singled out three phases that these relationships seemed to cycle through (Walker, 2009).

#### The honeymoon phase

Violent relationships often begin here. The abuser is passionate, caring, gentle, and charming. The abuser may present his or her victim with gifts, do nice things, and make the victim feel loved and accepted.

#### Tension building phase

To Walker, violence acts are generally preceded by times of developing unrest in the relationship. The abuser is likely to be increasingly short tempered, paranoid, or jealous (Walker, 2009). The victim will often try to protect himself or herself by placating the abuser. The victim can do nothing to avoid upsetting the partner.

#### Acting out phase

The abuser becomes violent through physical attacks, intimidating behavior, threats, and emotional abuse to keep the victim in line. In this phase, the victim may be too frightened to seek out the required help.

#### How the theory relates to human behavior

From a psychological view, the cycle of violence is a behavior pattern, deemed as unacceptable. It is because of certain influences and conveyed in particular circumstances like in intimate relationships (McClennen, 2010). It has a basis in general human behavior; it explains how specific forces such <https://assignbuster.com/cycle-of-violence/>

as other people's behavior and the component phases of personal behavior may influence human behavior. Walker argued that victimization, early disclosure to violence, and the consequential antisocial behavior are connected.

Present day application of the Cycle of Violence theory

This theory has been utilized to explain various scenarios, such as the contribution of parent to child abuse in developing violent future generations, particularly in domestic violence (Pagelow & Pagelow, 1984).

The cycle of violence can be used to refer to abusive behavior and domestic violence. It can be used in reference to explain that children who live with domestic violence perceive that abuse is acceptable.

References

McClennen, J. (2010). *Social Work and Family Violence: Theories, Assessment, and Intervention*. New York, NY: Springer Publishing Company.

Pagelow, M. & Pagelow, L. (1984). *Family violence*. Oxford: ABC-CLIO Publishers.

Walker, L. (2009). *The battered woman syndrome*. New York: Springer Publishing.