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Risk Factors Influencing Intimate Partner Killing of Women by Men in Namibia: A Qualitative Study of Unafflicted Women in Windhoek and Walvis Bay

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Abstract

There is increasing interest in intimate partner killing (IPK) popularly known as 'passion killing' in some parts of the world, especially Southern Africa. Namibia continues to record increasing number of women's deaths at the hands of their intimate partners (IPs). Men continue to murder their IPs due to various risk factors associated with IPK. Therefore, this study explored risk factors influencing intimate partner killing of women by men in Namibia during intimate relationships. Purposive sampling technique was used in the selection of the study's participants. Women from Walvis Bay and Windhoek, Namibia participated in the face-to-face, semi-structured interviews. The study collected data from 14 women who were neither directly nor indirectly related to victims of IPK nor knew someone who had died as a result of IPK. Subsequently, verbatim transcription of interview recordings of the 14 participant in which they narrated why some IPK victims were murdered as they read or heard them from different media platforms was undertaken. Participants mentioned that men murder their IPs due to jealousy, cheating, poverty as well as alcohol and substance abuse. The findings revealed that the common IPK risk factors are cheating, poverty, jealousy and alcohol abuse and drugs. The risk factors influencing IPK of women by men in Namibia during intimate relationship provide essential insights into developing policy interventions aimed at strict laws and regulations in acquiring and storing of ammunitions in communities in Namibia and suggest a review of existing laws regarding sentencing of IPK murderers.

Keywords: intimate partner killing; intimate partner; gender base violence; violence against women; risk factors; domestic violence

Introduction

For the past two decades, women in Namibia have lost their lives in different ways at the hands of their boyfriends, husbands, fathers of their children or former lovers. Research on violent crime tends to focus on homicide and on rape and sexual assault with a limited focus on IPK (WHO, 2012). Intimate partner killing (IPK), once thought to be uncommon, has become one of the most concerning crimes in Namibia. IPK (also known as 'passion killing') refers to murder of one person by a person whom he/she is or was involved with in a romantic relationship. An intimate partner (IP) includes the woman's husband, boyfriend (dating or cohabitating), ex-husband (divorced or separated) or ex-boyfriend, same sex partner or a rejected would-be lover (Abraham et al, 2013). Namibia has recognised the impact of intimate partner

violence (IPV) with the establishment of the Domestic Violence Act No.4 of 2003. The Domestic Violence Act No. 4 of 2003 does not say anything on IPK. The Namibian Government is not doing anything to discourage IPK when it comes to policy and legislation; IPK is treated like any other murder case.

Incidences of IPK which happened in the month of November 2018 confirm the seriousness of IPK in Namibia. On the 5th November, a 39-year-old woman was found with her throat slit in her home at Swakopmund, and her 29-year-old boyfriend had committed the crime and ended his own life later (Hartman, 2018). A week later, on the 14th November, a 46-year-old man shot and killed his wife before turning the gun on himself at Oshakati *(*Haidula, 2018). A week later, on the 23rd November, a missing teacher's body was found near Tsintsabis after her disappearance for some days, and her boyfriend, who is the perpetrator, a bus driver, also ended his life few days later (Haidula, 2018). In a span of just one month, six (6) women lost their lives due to IPK, and the perpetrators had ended their lives too after killing their victims.

Review of Literature

A research study conducted in Chile found that economic disadvantage which lead to poverty is one of the factors that contributes to gender-based violence (GBV) against women (Robles, 2012). The killing of intimate partners is part of GBV. This has led to the acknowledgement that Namibia has a high rate of GBV – if not the highest in Africa – and the most recent cases are a further reminder of the extent of GBV in Namibia. Women are more often victims of IPV and intimate partner homicide (IPH) than men (Enander et al, 2021). This was confirmed by Felser (2014) who noted that each year, four million women suffer assault at the hands of an IP. Another period that could contribute to IPK in opposite-sex intimate relationship is at the ending of relationship when a man becomes threatened by a clear indication of a change or loss in a romantic relationship (Felser, 2014). IPK occurs in all social strata, but there is some evidence of population disparities, across socio-economic and ethnic groups and particular a higher prevalence for vulnerable members of the community such as women who come from a poor economic background (Felser, 2014). Felser (2014) further indicated that a common pattern of domestic abuse in intimate relationship which may also lead to IPK is that, the perpetrator alternates between violent, abusive and apologetic behaviour with apparently heartfelt promises to change and that the abuser could be very pleasant most of the time until that one fateful day where the abuse will lead to death. Women are more often victims of IPV and intimate partner homicide (IPH) than men (Enander et al., 2021). Another period that could contribute to IPK in opposite-sex intimate relationship is at the ending of relationship when a man becomes threatened by a clear indication of a change or loss in a romantic relationship (Felser, 2014).

Gender inequality and the overwhelming domestic responsibilities placed on women make it difficult for women to pursue their dreams successfully and to rise to the level of men in local communities as independent women. There is evidence of the influence of IPK on socio-economic status and cultural influence. A Chilean study argued that poverty increases the risk of violence between intimate partners (Robles, 2012). This is explained further in the notion that precarious economic disadvantages raise the level of stress and conflict between intimate partners, especially concerning their relationship with regard to money, jealousy and micro-managing of the dependent IP (Robles, 2012). On the other hand, women who are empowered through education, economic and social status enjoy more protection from violence (Jewkes et al., 2002). Alcohol has a disinhibiting effect which can fuel violent conflicts as it reduces

one's ability to control one's movements and emotions (Mathews, 2010). Evidence further shows that at times, men drink so as to gather the courage to be violent towards their intimate partners.

Theoretical Framework

Introduction

IPK is a pressing public health and human rights issues globally, representing the most extreme form of violence. In Namibia the intersection of gender-based-violence, socioeconomic factors, cultural norms and systemic failures creates a unique landscape of IPK. This theoretical framework aims to explore the various risk factors influencing IPK of women by men in Namibia, drawing on patriarchy, gender roles and expectations, economic dependence, cultural acceptance of violence, legal and institutional frameworks.

Conceptualizing Patriarchy

Patriarchy, defined as a social system where men hold primary power and dominate in roles of political leadership, moral authority, social privilege, and control of property, significantly influences gender-based violence, including IPKs. In Namibia, patriarchal norms are deeply embedded in cultural and societal practices, contributing to the risk of IPV and IPKs. This framework explores how patriarchal structures and attitudes act as risk factors for intimate partner killings of women by men in Namibia.

Patriarchy operates through a complex set of norms and beliefs that dictate gender roles and relationships. In many Namibian communities, traditional norms uphold male dominance and female subservience, legitimizing violence against women as a means of maintaining control (Hess & Winfield, 2005). These cultural norms shape individual behaviors and societal responses to IPK, often trivializing or justifying acts of violence within intimate relationships.

2. Gender Roles and Expectations

Patriarchal structures reinforce rigid gender roles, where men are expected to be aggressive and assertive, while women are often socialized to be passive and submissive. This socialization can lead to situations where men feel entitled to exert control over their partners. Studies have shown that men who subscribe to traditional notions of masculinity are more likely to perpetrate IPK (Berkowitz, 2009). In Namibia, this is exacerbated by cultural narratives that equate masculinity with dominance and aggression.

Economic Dependence

Economic factors are closely linked to patriarchal structures. In Namibia, many women face economic dependency on their male partners, limiting their options to leave abusive relationships. This dependency is often rooted in educational disparities and limited access to economic opportunities for women, perpetuating a cycle of violence and control (Banda, 2007). Economic power dynamics in relationships can escalate conflicts, leading to increased risks of IPKs when men perceive their authority as threatened.

Cultural Acceptance of Violence

In patriarchal societies, violence against women is often normalized and culturally accepted. In Namibia, some communities may view intimate partner violence (IPV) as a private matter, discouraging external intervention. This cultural acceptance can deter victims from seeking help and embolden perpetrators,

contributing to a higher incidence of IPK (Pereira et al., 2019). The invisibility of IPKs within these communities further perpetuates the cycle of violence.

Legal and Institutional Frameworks

Patriarchal norms are often reflected in the legal and institutional frameworks of a country. In Namibia, while laws against domestic violence exist, enforcement is frequently weak, and cultural attitudes can undermine legal protections for women (Makarau, 2018). This lack of effective legal recourse perpetuates a sense of impunity among perpetrators, increasing the risk of fatal outcomes of IPK in IPV situations.

Methods

Participants

The population of Namibia from where the sample was drawn at the time of data collection in 2021 was estimated at 2540 905 million (World Population Review, 2022). The target population from which the study sample was drawn was as follow. Walvis Bay has a total population of 61 300, and of this total, 32 700 are female, and 28 600 are male (World Population Review, 2022). In total, 14 participants, 8 women from Walvis Bay and 6 women from Windhoek in Namibia took part in the study.

Instruments

Grounded theory was used in the study. Participants were recruited through purposive sampling. Our inclusion criteria were: (a) female between ages of 18-65; (b) participants should not have direct or indirect experience of gender-based violence, domestic violence, intimate partner violence or intimate partner killing; (c) participants should not have indirect or direct relationships or connection with an individual who had died as a result of IPK, be it a family member, a close friend to the deceased or the deceased relative; (d) participants must be aware of the incidents of IPK in Namibia. If a concept or phenomenon needs to be understood because little research has been done on it, it merits a phenomenological study. The study was exploratory-descriptive in nature as the researcher wished to investigate the phenomenon of IPK incidents in Namibia. During exploratory design, new ideas and assumptions are generated in qualitative research as this approach implies that the researcher would be willing to study new ideas or possibilities and would not allow predetermined ideas to direct the research (Creswell, 2013). The purpose of the study was to describe the situations and events of IPK incidents and how IPK incident victims were murdered in Namibia. The authors aimed at exploring intimate partner killing incidents perpetrated by men in Namibia towards their intimate partners and the manner in which victims were killed.

Procedure

The authors collected data through semi-structured in-depth qualitative interviews of women from two regions in Namibia where incidents of IPK were highest at the time. The aim was to gain a clear understanding of how IPK is committed. An audio-tape recorder was used to record the interviews. The approximate duration of the interviews was 40 minutes (30-45 minutes). Walvis Bay is a harbour town in Namibia, and Windhoek is the capital city. There is an influx of people into Walvis Bay and Windhoek for employment opportunities, and this could be why IPK incidents were the highest in the two cities as unemployment and poverty remain high in the town and the city. The interview guide focused on risk factors regarding IPK incidents views of unafflicted women. This criterion demonstrates transparency and justifications of the results. The degree of neutrality and mindfulness of the recordings was applied during the interviews. To ensure confirmability, participants had the opportunity to provide further details during the interviews, and no passages in the transcripts were taken out of context. The initial codes, themes, sub-

themes and interpretation of results were developed under the guidance of the co-author to assure credibility of data. Controlling the literature helped the author focus on knowledge relevant to the objectives of the study.

Ethical Consideration

Ethical approval for this study was obtained from Nelson Mandela University' Faculty Postgraduate Studies Committee (EPGSC) and the Research Ethics Committee (Human) (REC-H). A permit to collect data in Namibia valid for a period of one year was issued to the researcher by National Commission on Research, Science and Technology (NCRST); clearance to conduct research by relevant authorities was also obtained from gatekeepers of Walvis Bay town and Windhoek city where participants were invited to part take in data collection. Informed consent was obtained from the participants before the commencement of interviews. Participants were informed that should they start feeling uncomfortable during the interviews, they could withdraw from the study at any time without explanation. Anonymity and confidentiality were guaranteed to participants as they were given codes which represented their identities in the study. Participants were informed that recording the interviews was confidential, and with their permission, they were asked to sign consent forms in order for interviews to be audio-recorded. As the study was of a sensitive nature, care was taken during the interviews to affirm the process and not to cause distress. A psychologist and social worker were at the participants' disposal for participants who wished to seek emotional and mental assistance after the interviews.

Data analysis

All participants were interviewed in English. Entire interview transcripts were utilised in the analysis. The author first listened to the interviewed and typed the interview recordings to get the data. The author then devised an analytical framework which was derived from interrogating literature on the topic "how do you describe one of the most painful incidents of intimate partner killing you have heard of in the country?" Data were dissected into text segments using a pre-defined coding framework (Tesch, 1990). Themes emerged from the created text segments (Ndungu et al., 2022). The dissecting process allows for new categories to be added should they emerge; therefore, new categories were added to the initial coding framework (Ndungu et al., 2022). Emerging themes were grouped into themes which were derived from the transcripts. The study used code saturation where authors suggested that data saturation in ground theory could be reached at nine (9) in-depth structured interviews (Aldiabat & Navenec, 2018). Since data was analysed after each participant was interviewed for the observation of data saturation, data saturation was reached after participant Number 14 was interviewed.

Results

Table 1: ***Themes on the risk factors regarding IPK incidents views of unafflicted women in Namibia***

Themes	Sub-Theme
Infidelity	• Cheating
Financial Support	• Poverty
Escalating Alcohol and Substances Abuse	• Alcohol and Drugs

The main themes, which emerged from the face-to-face semi-structured interviews with selected female participants regarding the risk factors of IPK incidents views of unafflicted women are listed in table 1.

The qualitative nature of this research study made it necessary to investigate the reasons underpinning risk factors of IPK incidents. Participants mentioned reasons they had heard of regarding why many women had lost their lives at the hands of their IPs. Their responses confirmed that there are definite problems that society needs to address to reduce the alarming incidences of IPK. Challenges that selected women mentioned during the interviews led to the sub-themes of poverty, cheating and alcohol and drug abuse discussed below.

Infidelity

Participants indicated that the causes of IPK incidents in Namibia could be cheating/infidelity, ego/pride and jealousy. Men offer to take care of women who cannot afford to care for themselves because of their disadvantaged economic status background. Women in return, because of poverty, try to have multiple sexual partners. This is cheating which is compensated by money to be able to take care of themselves. In turn, this makes men jealous because men have egos, and once their ego is bruised, they can end up killing their IPs. This is what the first participant said during the interview:

1ANMU2020: "It's probably cheating…". Most participants acknowledged and concurred that cheating is the leading cause of IPK by saying: 2BNMU2020: "Cheating – the partner found out that the person was cheating . . ."

3CNMU2020: "It's probably cheating in a relationship. Once a man, let's just say, they are in a relationship for a long time and the [one] partner is really committed to the other, but then the other partner is not that serious with the [first] one's feelings, or does not take the other partner serious[ly] and they end up cheating".

6FNMU2020: "… jealousy and cheating, so ja. Let me say my partner won't live with the fact that I cheated on him; that's what most men believe: that a lady cannot cheat. So it's obvious if I cheat, he will not live with the fact that I cheated. And jealousy, okay, let me say I cheated with a friend maybe there was other problems, and then maybe we were arguing, and then a friend came to accompany me, and then it led to other things though I cheated and he will be like she can't cheat with my friend so, ja…". The remarks of the preceding participants were confirmed by other four who said that: 8HNMU2020: "Some women have the tendency of cheating on the men without telling them: No, I don't want to be with you anymore." 9INMU2020: "On the other hand, cheating also contributes to these killings . . .".

11KNMU2020: "Infidelity . . . a lot of the cases that I've heard or that have come to my attention were due to cheating…".

13MMNU2020: "Jealousy, where one partner thinks that the other is cheating . . . maybe they do not communicate through the phones or either chatting, checking up on the other partner . . . Cheating promotes anger and jealousy . . .".

Financial support

Participants noted that poverty is one reason why men are killing women. Men offer to take care of women who cannot afford to care for themselves because of their disadvantaged economic status background. In return, because of poverty, women try to have multiple sexual partners who offer them money to take care of themselves, or once they get jobs and can take care of themselves, they end up wanting to end the relationship. The first participant stated that:

1ANMU2020: "… Most violence actually happen[s] because of … severe poverty, unemployment, financial assistance".

Most participants acknowledged and concurred that poverty is the main cause of IPK by saying: 3CNMU2020: "Most violence actually happen[s] because of … severe poverty, unemployment…". 6FNMU2020: "… I can say [it] is poverty so that the man will obviously kill the lady because [she] ate up the money".

Other participants said that jealousy and lack of emotional intelligence displayed by both women and men are the causes of IPK. They said that:

4DNMU2020: "As I have said already, the causes [include] jealousy, loss of finances [invested] into the partner . . .".5ENMU2020: "Short-tempered and just not matured, there is no maturity." 6FNMU2020: "They are controlled by jealousy, and most men cannot live with the fact of a woman is cheating; they believe woman [may] not cheat." 8HNMU2020: "They go cheat, and then the men find out, and this also triggers men too, that hatred builds up in the man also and the jealousy." 10JNMU2020: **"**In most cases, what I hear is they feel like they date or when they have their relationship, they love each other and end up expressing their love by buying or doing things for their loved ones. And if one happens to end a relationship [for] reasons, say, for instance, that person no longer wants to continue with the relationship, she does not love him anymore. They feel like: "No, she played me, she has my money, I bought her a car, and I bought her what."? Sometimes feelings fade away if you end the relationship and feel like you bought this person a phone, a very expensive phone, and this is what I get in this relationship. I sweat[ed] for this phone; I sold this and that for her to get this phone. Every Friday, I'm out there taking this lady out".

11KNMU2020: "Poverty, coming from a home where you cannot afford what you want and need sometimes and then you have this person whom you see as an opportunity for you to get what you want and then when you are finally in that place, you realise that you don't really need them anymore and they find that hard to accept." 12LMNU2020: "In most cases, it would be because of wealth or having to leave your partner . . . when a lot of girls have ego and pride, when they have been with a person for a long time, and they get an education". 13MMNU2020: "Jealousy, where one partner thinks that the other is cheating . . . maybe they do not communicate through the phones or either chatting, checking up on the other partner . . . Cheating promotes anger and jealousy . . .".

Escalating alcohol and substance abuse

Concerning the causes of IPK incidents, it was noted from participants' responses during interviews that men murder their IPs when they are under the influence of alcohol or intoxicated with substance abuse. Participants said that alcohol and drugs were a factor. In support of the above sentence, below are similar comments from five of the interviewees:

1ANMU2020: "It's probably… alcohol abuse in a relationship. Most violence actually happen[s] because of alcohol abuse in a relationship or sexual and psychological violence occur[s] because of alcohol…" 2BNMU2020: "… there is this thing where men give their girlfriends or their wives, they offer them money without the ladies asking for money but at the end, the men end up killing the ladies because that memory of them giving them money comes to their minds and when the person says "No I don't want you any more" or have misunderstandings, they end up just killing the women/men." 3CNMU2020: "It's probably alcohol abuse in a relationship. Most violence actually happen[s] because of alcohol abuse in a relationship or sexual and psychological violence occurs because of alcohol, severe poverty, unemployment, financial assistance. Too much financial assistance from a man can also lead to intimate killing, especially when the woman decide[s] to leave the man. Also mental and emotional distress".

5ENMU2020: "Alcohol and drugs . . . so I think its alcohol, drugs [alcohol and drug abuse] and short-tempered and just not matured, there is no maturity".
6FNMU2020: "Alcohol abuse, when people are drunk and doing something under the influence of alcohol, you are not yourself under the influence of alcohol. They are controlled by jealousy, and most men cannot live with the fact of a woman is cheating; they believe women [may] not cheat".
8HNMU2020: "Men abuse the alcohol and drugs too much . . . some women have the tendency of cheating . . . this also triggers men. That hatred builds up in the man also and the jealousy . . .".
14NNMU2020: "They were drunk . . . Alcohol plays a major role. It's alcohol, and then when I realise the next day, my wife or my girlfriend is dead. Sometimes it can be drugs, especially Walvis Bay is a hub for drugs. Where I live in Kuisebmund township, drugs can play a major role as well, just like alcohol . . .".

Discussion

The themes of infidelity, financial support and escalating alcohol and substance abuse are discussed in this section. Participants expressed their views on why men kill their lovers. Women were asked to give reasons for believing why certain victims were killed by their lovers. The study found that men kill their partners due to cheating, poverty and alcohol and substance abuse; the identified sub-themes are discussed in this section.

Infidelity

The study found that one of the causes of IPK is sexual infidelity and poverty. This study put sexual infidelity into the category of environmental stress, a central concept of the social structural theory of violence. The environmental stress theory assumes that the stress and frustration of the tendency to be unfaithful among some couples lead to IPK. In some cases, abusive behaviour arose. The theory holds that violence in human relations arises from traditional and institutionalised feminism, patriarchy and masculinity. The social structural theory views violence as a response to stress in which if one partner is unfaithful, the response to the infidelity as a stress factor will be violence, which then ends in IPK. The theory views violence as a response to stress, frustration or threats to identity. As the social structural theory intersects with feminism theory, they identify three basic circumstances distorting the modern psyche which must be faced if infidelity is to be dealt with. According to Connell (2005), these are extreme egoism, the idea that married partners possess each other and the acceptance of the inequality of the sexes in terms of physical and emotional experience.
Infidelity is also rooted in the microsystem of Bronfenbrenner's ecosystem which suggests that typical relationships in this echelon are bi-directional within the microsystem (Guy-Evans & Mcleod, 2023). This means that one's reactions, like having sexual affairs with other people besides the IP, will affect how the IP will treat the partner they are in a romantic relationship. This is evident when the IP murders his/her beloved.

Financial support

Participant statements are supported by a study conducted by a group of scholars which found that women from poor backgrounds who have support systems other than their relatives were protected from intimate partner violence (IPV), suggesting that support systems offer women some forms of protection and financial independence (Jewkes et al., 2002). In support of the participant statements, studies further revealed that the unequal distribution of opportunities, along with stressors individuals experience as a result of poverty (financial worry, poor health, crowded living conditions), are the leading causes of

frustration in lower-class families that results in domestic violence (DV) (Eralp & Gokmen, 2023). The participant statements are supported by a report in The Namibian newspaper dated 02 November 2018 (Hartman, 2018), which stated that a woman, 39, was found with her throat slit. The crime was attributed to her boyfriend, 29, who lived with her and her young daughter. There is a relationship between poverty and IPK.

Findings suggest that gender inequality and the overwhelming domestic responsibilities placed on women make it difficult for women to pursue their dreams successfully and rise to the level of men in their communities as independent women. There is evidence linking IPK with socio-economic status and cultural influence. A Chilean study stated that poverty increased the risk of violence between intimate partners (Robles, 2012). A further explanation is that economic disadvantages raise stress and conflict between intimate partners, especially about money, jealousy and micro-managing the dependent IP (Robles, 2012). On the other hand, women who are empowered by their education and economic or social status are more protected from violence (Jewkes, 2002). So, it is easier for a financially independent woman to walk away from an abusive relationship compared to women who are financially dependent on their intimate partners.

Studies show how personality traits, often construed as heritable characteristics, often predict reports of well-being, using both cross-sectional and longitudinal designs. Numerous other individual variables, like optimism; life management strategies; intentional activities; empathy; emotional intelligence; independence and interdependence, have been investigated as factors accounting for reported differences in well-being (Ryff, 2013). A potential IP lacking the well-being features described here may lack optimism and simultaneously display jealousy and insecurity.

Scholars contend that poverty increases the risk of violence between intimate partners. This is explained by the notion that precarious economic conditions raise stress and conflict between intimate partners, especially concerning the relationship between money, jealousy and micro-managing the dependent IP (Robles, 2012). Studies conducted in Chile found that victims of DV tend to have a hierarchical ideology of partnerships in which men have the authority. There is also a greater acceptance of both physical and sexual violence. Physical and sexual violence were significantly greater in poor and very poor socio-economic groups, particularly among those who did not finish high school (Robles, 2012). Based on the findings and the literature reviewed, it is evident that the trauma of IPK on the well-being of women in society is a serious concern that requires further scientific and empirical research.

Eralp and Gokmen (2023) argued that poverty makes living conditions more challenging and necessitates living in overcrowded environments with minimum basic services. Frustrations of not being able to access basic services lead to domestic violence which may lead to IPK. A study conducted in Turkey indicates that poverty is one of the most common causes of violence against women (Eralp & Gokmen, 2023). The scholars stated that the reason is that poverty can lead to males feeling powerless as they face the challenges of the big city (Eralp & Gokmen, 2023).

Women depend on men as in most cases, the woman killed had been with the male IP who provided for her and sometimes even sacrificed to pay for her education. The woman attempted to end the relationship when she had finished or was close to completing her studies and knew she could afford to look for a job. This is common in Namibia, as most women travel from rural areas for better lives. However, by contrast, a study conducted in South Africa found that women from a poor background supported by a third party were protected from intimate partner violence. This suggests that support systems offer women protection and financial independence (Jewkes et al., 2002).

Low-income groups confront more negative life events, like IPK, than those of higher economic status, as they have fewer resources for coping with life. Individuals with financial means can simply purchase relief from their problems, which keeps those problems from festering and presenting as violence (Jewkes et al., 2002). Poverty, in most cases, as revealed in the data collected, leads to cheating, and cheating can lead to IPK.

Escalating alcohol and substances abuse

The study found that alcohol and drugs contribute to the killings of women by their IPs. Mathews (2010) stated that alcohol has a disinhibiting effect that can fuel violent conflicts between romantic partners as it reduces one's ability to control one's movements and emotions. This viewpoint is supported by factors identified in the literature consulted for this article as factors increasing the risks of IPK in Namibia where alcohol and substance abuse have been identified as factors, based on some incidents of IPK reported in local newspapers. 20 years back, an incident went viral on social media and news platforms in South Africa when it was reported that a man had beheaded and chopped up the mother of his child before doing the same to other members of the household who were present in the house it was revealed that the perpetrator was heavily intoxicated (Jewkes et al., 2002). Research has shown that alcohol has a disinhibiting effect on people, and if consumed in large quantities, it can fuel violent conflicts as it reduces one's ability to control one's movements and emotions (Mathews, 2010). Statements in the section of results by the interviewees support the evidence which suggests that men sometimes drink to gather the courage and strength to be violent toward their IPs as studies found that there is a strong evidence linking alcohol with domestic abuse or domestic violence (Sontate et al., 2021). Sontate et al., (2021) state that alcohol consumption is likely related to the severity of domestic violence rather than its occurrence. Sontate et al., (2021) further argue that domestic violence is exacerbated by an increase in consumption. A combination of substance use is associated with an above-average risk of adult violent behavior (Sontate et al., 2021).

Controlled substances (drugs) or alcohol abuse can be a way of coping with symptoms of intrusion, avoidance, and hyper-arousal (Resko, 2007). Participants' statements in the result section of this article support the literature concerning some of the most gruesome murders (IPKs) reported frequently in Namibia. Researchers argue that it is not necessarily a man's drinking but the ensuing conflict associated with it that results in violence (Jewkes et al., 2002). A study conducted found that violent men to likely use drugs concurrently confirms some cases of IPK, where the perpetrators admit to being under the influence of certain substances (Sontate et al., 2021).

Conclusion

Based on the participants' answers, the study concludes that poverty, jealousy, cheating, alcohol, and substance abuse were reasons men kill their IPs. Based on the data collected from participants, alcohol and substance abuse, cheating, poverty and jealousy are Namibia's leading risk factors for IPK incidents.

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