

# The impact of alcoholism on domestic violence: A criminological perspective.

Lena Chalise\*

Faculty of Medicine and Health Sciences, Norwegian University of Science and Technology, Norway

## Introduction

Alcoholism and domestic violence are deeply interconnected social issues that have significant implications for individuals, families, and society. Alcohol abuse has been identified as a major risk factor for intimate partner violence (IPV) and other forms of domestic abuse. Criminologists, psychologists, and social scientists have long studied the relationship between excessive alcohol consumption and violent behavior within households. This article examines the criminological perspective on how alcoholism contributes to domestic violence, the underlying mechanisms linking the two, and potential interventions to mitigate their impact [1].

Numerous studies have highlighted alcohol consumption as a critical factor in the perpetration of domestic violence. Alcohol impairs judgment, reduces self-control, and increases aggression, all of which contribute to violent behaviors. Research suggests that alcohol is present in a significant proportion of domestic violence incidents, with some studies estimating that nearly 50% of cases involve alcohol use [2].

Criminological theories provide valuable insights into the relationship between alcoholism and domestic violence: This theory posits that crime occurs when a motivated offender encounters a suitable target in the absence of capable guardians. Alcohol consumption increases motivation for aggression while simultaneously reducing a person's ability to de-escalate conflicts [3].

According to this theory, individuals learn behaviors through observation and reinforcement. Children exposed to alcohol-related domestic violence may internalize aggressive behavior as a normative response to stress and conflict [4].

Robert Agnew's General Strain Theory suggests that individuals experiencing strain, such as financial stress or emotional distress, may turn to alcohol as a coping mechanism. In turn, intoxication can lead to aggressive reactions towards family members. Alcohol weakens cognitive control and lowers inhibitions, making individuals more likely to act on aggressive impulses. This explains why individuals who would not typically engage in violent behavior may do so when intoxicated [5].

Studies have identified several patterns in alcohol-related domestic violence: Alcohol-fueled aggression often escalates

from verbal abuse to physical assault. Alcohol-dependent individuals are more likely to engage in recurrent domestic violence incidents [6].

While men are more commonly the perpetrators, women who abuse alcohol are also at risk of engaging in violent behavior. The consequences of alcohol-induced domestic violence are severe and multifaceted: Victims often suffer physical injuries, emotional trauma, and long-term psychological disorders, such as PTSD [7].

Children in violent households may develop behavioral and emotional issues, increasing their risk of becoming future perpetrators or victims. Perpetrators may face criminal charges, loss of employment, and social stigma, while victims often experience isolation and financial dependence [8].

Many victims and perpetrators refuse to acknowledge the role of alcohol in domestic violence, making intervention difficult. Shelters, counseling services, and rehabilitation programs may be underfunded or inaccessible to those in need. While restraining orders and mandatory arrest policies exist, they often fail to address the root cause of alcohol-induced aggression [9].

To mitigate the impact of alcoholism on domestic violence, a multi-pronged approach is required: Integrating substance abuse treatment with domestic violence interventions can help break the cycle of abuse. Cognitive-behavioral therapy (CBT) has shown effectiveness in reducing alcohol-related aggression. Providing victims with support networks, financial assistance, and housing options can facilitate escape from abusive environments [10].

## Conclusion

Alcoholism plays a significant role in domestic violence, with criminological theories providing insights into the mechanisms that drive alcohol-induced aggression. The consequences of alcohol-related domestic violence extend beyond the immediate victims, affecting families and society at large. While barriers to intervention exist, evidence-based strategies such as integrated treatment programs, behavioral therapies, and policy changes can help reduce the incidence of alcohol-fueled domestic violence. A collective effort from policymakers, law enforcement, healthcare providers, and communities is essential to addressing this critical issue.

---

\*Correspondence to: Lena Chalise, Faculty of Medicine and Health Sciences, Norwegian University of Science and Technology, Norway. E-mail: lena.c@kusms.edu.np

Received: 03-Feb-2025, Manuscript No. AARA-25- 161188; Editor assigned: 04-Feb-2025, PreQC No. AARA-25- 161188 (PQ); Reviewed: 18-Feb-2025, QC No. AARA-25- 161188;

Revised: 23-Feb-2025, Manuscript No. AARA-25- 161188 (R); Published: 28-Feb-2025, DOI: 10.35841/aara-8.1.249

## References

1. Leonard K. Domestic violence and alcohol: what is known and what do we need to know to encourage environmental interventions?. *Journal of Substance Use*. 2001;6(4):235-47.
2. Galvani S. Alcohol and domestic violence: Womens views. *Violence against women*. 2006 ;12(7):641-62.
3. O'Farrell TJ, Van Hutton V, Murphy CM. Domestic violence before and after alcoholism treatment: a two-year longitudinal study. *Journal of Studies on Alcohol*. 1999;60(3):317-21.
4. Easton CJ, Mandel DL, Hunkele KA, Nich C, Rounsaville BJ, Carroll KM. A cognitive behavioral therapy for alcohol-dependent domestic violence offenders: an Integrated Substance Abuse–Domestic Violence Treatment Approach (SADV). *The American Journal on Addictions*. 2007;16(1):24-31.
5. Coulthard S, White C, Paranamana N, Sandaruwan KP, Manimohan R, Maya R. Tackling alcoholism and domestic violence in fisheries—A new opportunity to improve well-being for the most vulnerable people in global fisheries. *Fish and Fisheries*. 2020;21(2):223-36.
6. Kaysen D, Dillworth TM, Simpson T, Waldrop A, Larimer ME, Resick PA. Domestic violence and alcohol use: Trauma-related symptoms and motives for drinking. *Addictive behaviors*. 2007;32(6):1272-83.
7. Markowitz S, Grossman M. Alcohol regulation and domestic violence towards children. *Contemporary Economic Policy*. 1998;16(3):309-20..
8. Conner KR, Duberstein PR, Conwell Y. Domestic violence, separation, and suicide in young men with early onset alcoholism: Reanalyses of Murphy's data. *Suicide and Life-Threatening Behavior*. 2000;30(4):354-9..
9. Stanley S. Intimate partner violence and domestic violence myths: a comparison of women with and without alcoholic husbands (a study from India). *Journal of comparative family studies*. 2012;43(5):647-72.
10. Gorman DM, Labouvie EW, Speer PW, Subaiya AP. Alcohol availability and domestic violence. *The American journal of drug and alcohol abuse*. 1998;24(4):661-73.