

## Analysis of Violence in Intimacy

Shuyi Peng<sup>1</sup>, Yuqin Lin (Alex)<sup>2</sup>, Qizhen Li (Kingsley)<sup>3</sup>

<sup>1</sup>Xishan Senior High School, Jiangsu 210000, China.

<sup>2</sup>Quanzhou Experimental School, Fujian 350000, China.

<sup>3</sup>International Department of Chongqing No. 1 School, Chongqing 400000, China.

### Abstract

**The recent Hangzhou Wife Killing Case and a series of violent behaviors in intimate relationships have aroused widespread social concern and anxiety and fear of some female groups. This article analyzes the violent behaviors in intimate relationships with specific cases such as the murder of wives in Hangzhou and the burial of dead bodies of female college students in Nanjing. The causes of violence in intimate relationships are analyzed in detail through the three major factors of physiology, psychology and society. At the same time, it proposes methods to solve violent behavior in intimate relationships.**

### Keywords

**Intimacy; Violent behavior; How to avoid.**

## 1. Introduction

Intimate relationship is an indispensable experience in each of us, including husband and wife relationship, love relationship, mother-child relationship and so on. We obtain happiness and satisfaction through intimate contact and communication with loved ones in intimate relationships, and satisfy our need for love in a strong emotional dependence and attachment to others. However, intimate relationships inevitably bring a lot of trouble. With the deepening of intimate relationships, differences in values, daily habits, social status gaps and other aspects have led to contradictions and conflicts between the two parties in the intimate relationship, which may lead to extreme behaviors such as physical violence or spiritual violence. To control and solve this problem, it is necessary to analyze the case, analyze the root causes and propose specific solutions.

## 2. Case Analysis

### 2.1. Hangzhou Wife Murder Case

In the early morning of July 5, 2020, the criminal suspect Xu Guoli was killed while his wife was sleeping in Hyeri due to conflicts in family life. After being divided, he was scattered and abandoned. According to relevant reports, from the time when the suspect Xu Guoli originally wrote, directed and performed his wife's disappearance, to the police collecting 6,000 hours of surveillance video, 38 tons of manure water was extracted, washed, and screened underground, and the woman's DNA was finally extracted from it. The organization confirmed that Ms. Lai had been dismembered and killed; this act caused widespread concern and discussion in the society. According to relevant persons in the case, the suspect Xu Guoli had committed domestic violence in his previous marriage with his ex-wife, Ms. Guan, (such as violent acts such as pinching Ms. Guan's neck). This was also the main reason for the divorce between Ms. Guan and the suspect. . In the two existing intimate relationships of the suspect, Xu Guoli, from the beating in the first paragraph to the brutal killing of his wife in the second paragraph, he showed varying degrees of violent behavior, which gradually progressed and became more intense. The

suspect Xu Guoli has been arrested through the case. This incident has aroused widespread concern among the public, and has also triggered more people's deep thoughts on issues such as physical violence in intimate relationships such as domestic violence.

## **2.2. The Burial Case of A Female College Student in Nanjing**

On the evening of August 4, 2020, the Menghai County Public Security Bureau issued a case report that Li Qianyue, a 21-year-old Nanjing female college student who had lost contact for 26 days, was killed and buried by her boyfriend and two people.

On July 9, her boyfriend Hong and two accomplices lured Li Qianyue to the suburbs of the city to kill and bury her body. Through the knowledge of Li Qianyue's former friends, she is beautiful, kind, positive, optimistic, and simple, but her boyfriend's personality is completely opposite. Hong is 1.9 meters tall, burly, machismo, and never shows weakness in daily life. From the cover of his circle of friends holding an AK rifle, it can be seen that he has a strong interest in firearms and weapons. At the same time, Hong was also very mysterious, as a war reporter and official second generation, forbidding his girlfriend to post his photos on social media, and even threatened his girlfriend with death to prohibit breaking up with him. During the one month when his girlfriend lost contact, Hong appeared extremely calm and composed, and even accompanied his girlfriend's parents to report the crime. The comments of people around Hong are strikingly similar: "extreme", "unreliable" and "frightening". This shows that extreme personalities are more likely to produce violent behavior.

## **2.3. The Case of Killing A Wife in A Freezer in Shanghai**

On October 18, 2016, Zhu Xiaodong had an argument with his wife Yang Liping at his home, during which Zhu Xiaodong strangled Yang Liping's neck with his hands and died of mechanical suffocation. Later, Zhu Xiaodong hid his wife's body in the freezer. In the following three months, Zhu Xiaodong pretended to be Yang Liping and contacted the family and friends of his deceased wife through WeChat. On February 1, 2017, Zhu Xiaodong surrendered. On June 4, 2020, in accordance with the execution order issued by the Supreme People's Court, Shanghai Second Intermediate Court executed Zhu Xiaodong, the intentional murderer.

Zhu Xiaodong's parents divorced since childhood, and his family was poor. He graduated from vocational high school at the age of 19 and entered society. With a bit of beauty, Zhu Xiaodong was unwilling to be mediocre. He signed up for the draft and worked in many shopping malls, but he could not settle down. He is impetuous, narcissistic, and glib. However, Yang Liping, a key college graduate who is a good girl, is especially fascinated by his so-called rebellious atmosphere, regardless of his family's opposition to marry him. After the marriage, Zhu Xiaodong derailed, wrote a death pledge, and purchased "Death Anatomy Table" online, which made people think of his subsequent brutal methods of killing his wife, which made people shudder.

## **3. Analysis of the Causes of Violence**

### **3.1. Physiological Factors**

#### **3.1.1. Hormonal Regulation**

Hormonal regulation directly affects a person's mood and controls his behavior. Among them, alcoholism, drug abuse, and sexual behavior in intimate relationships often directly affect the secretion of human hormones.

The main effect of alcohol is to suppress nerves, but some people are excited or even have difficulty controlling their emotions. This is due to the weakened sensitivity of the brain to inhibition and the inability of the nerves to function properly. As drinking increases and loses restraint and family pressure, the feeling and tendency of violence will increase. Alcoholism will

reduce or even lose self-control to varying degrees, and then form violent behaviors harmful to society, leading to illegal and criminal behaviors. Criminal jurists and criminologists in various countries believe that violence caused by alcoholism is harmful to society to a certain extent. Alcoholism is extremely harmful to society because it leads to dangerous behaviors and constitutes serious social violence. Alcoholics generally believe that alcoholism is an important way to vent the powerful psychological potential caused by internal conflicts and psychological contradictions. Alcoholics often use alcohol to eliminate their worries and relieve the psychological feelings of emptiness, timidity and failure.

Drug abuse has many harms. Some chemical components in the medicine have a certain negative effect on the body's hormone secretion. Long-term abuse of narcotic drugs can lead to emotional vulnerabilities between husbands and wives, resulting in wives and family breakdown. Long-term use of psychotropic drugs and volatile organic solvents is hallucinogenic and mentally dependent, affecting the central nervous system and hormone regulation, leading to cognitive decline and behavioral disorders in drug abusers, and it is easy to breed violent behavior.

Sex is an instinctive reaction and a way to reproduce offspring. Through the secretion of hormones in the body caused by sexual behavior, both partners can obtain physical satisfaction, shorten the distance between each other, and add happiness to the marriage. Marriage is the legal background of sex. But in contemporary society, according to surveys, a quarter of families in China are facing asexual marriages. This shows that in every 4 groups of families, 1 group of families is facing asexual marriage. The survey results show that 26.1% of Chinese families are facing "asexual marriages"—no one-off life for a month. Moreover, this data shows an upward trend with age. The proportion of "asexual" couples aged 41-50 has reached 28%, and the proportion of "asexual" couples over 50 has reached 45%. Professor Pan Suiming of the Institute of Sexual Sociology of Renmin University conducted a survey: Among the 3,824 married or cohabiting men and women, more than 25% of them did not even live a one-time life each month; in the last year, even Those who had no one-time life accounted for 6.2%. Sex plays an extremely important role in love. Sex brings physical and psychological joy, relieves the pressure of life and work, promotes the secretion of hormones in the body, and enhances the body's immune function. The lack of sex life makes it difficult to obtain a sense of happiness in marriage, which leads to a deterioration of the relationship between the husband and wife. There will be some hidden worries subconsciously." Freud also pointed out: abstinence is harmful to the body. In severe cases, both men and women can have neurotic symptoms, such as insomnia, loss of appetite, and withdrawn personality.

### 3.1.2. Genetic Inheritance

5-Neurotransmitter system abnormalities such as serotonin, dopamine and catecholamines are related to many mental disorders and behavioral abnormalities, and their concentration levels will affect the brain activity areas used to control anger and are responsible for the degradation of these neurotransmitters. The level of expression of the MAOA gene will directly affect the body's emotional changes and control behavior. Studies have shown that low expression of the MAOA gene can easily lead to alcoholism, aggressiveness and anti-social behavior. Therefore, the MAOA gene is widely regarded by the scientific community as a "violent gene."

The exploration of the MAOA gene began in the Netherlands in 1990. The anti-domestic violence coalition formed by a group of women suffering from domestic violence proposed that men's violent behavior may be genetically related and contain related "violent genes" in their bodies. In 1993, three years later, geneticist Brunner discovered that the MAOA gene mutation on the x chromosome may be related to violent behavior, so it was named "violence gene" and "warrior gene". At the same time, scientists also discovered that the MAOA gene can be inherited, which means that violent fathers may give birth to violent sons. Individuals with

MAOA gene mutations may have antisocial personality characteristics, are more sensitive, impulsive, and prone to violence against other people.

The amygdala is very sensitive to social cues. It transmits signals through the connection with the prefrontal cortex to influence individual attention and emotional motivation of behavior. MAOA-L (MAOA-LPR low activity variant) carrier's amygdala and ventromedial prefrontal cortex (vmPFC) are strongly functionally coupled, and MAOA-L men continue to be highly active when they receive uncertain social cues. The amygdala makes it easy for them to regard this uncertain social suggestion as a signal of hostile meaning, reducing the individual's ability to control self-behavior, and leading to violent behavior.

### **3.1.3. Human Instinctive Aggressiveness**

Combining Freud's theory with this view, it is believed that from ancient times to the present, humans have a natural aggressiveness. This aggressiveness exists in the internal body structure of human beings and constitutes an internal driving force that needs to be released regularly to ease it. The internal pressure of the human body, and this mechanism of sexual violence tends to be more obvious in men. Therefore, most of the perpetrators in intimate relationships are male.

## **3.2. Psychological Factors**

### **3.2.1. Pathological Psychology**

After the occurrence of domestic violence, the violent party is collectively referred to as violent men. As a group of people, violent men are more likely to show symptoms of psychological disorders than non-violent men, and these symptoms are manifested in the following aspects.

In terms of anxiety and depression, violent men suffer from the same stimuli as non-violent men, and the negative emotions shown by violent men are significantly different from those of non-violent men. Moreover, the test scores for pathological depression, borderline personality, hysteria, neuroticism, anxiety, alcohol and drug abuse were significantly higher than those of the nonviolent group. Violent men have more personality disorders than non-violent men, especially anti-social personality and marginal personality. Anti-social personality is usually manifested as non-compliance with social norms, disregarding or infringing on the rights of others. This type of person is highly aggressive, lacks shame, unplanned behavior, and cannot learn from experience; borderline personality usually manifests as emotional disability. Stable, impulsive, lack of rational thinking. Most violent men have the above characteristics. They have a strong and unstable desire for interpersonal relationships, and they will intermittently destroy important relationships in life; their perception of themselves is also unstable, and they cannot bear the anxiety of loneliness and abandonment. Violent men in their love or marriage life with their partners are always occupied by thoughts that "partners will reject or abandon them", and thus perform some irrational behaviors, such as beating their partners and causing them physical violence. Compared with non-violent men, violent men have a higher degree of attachment and desire for control to their partners, and have strong jealousy, and even find it difficult to tolerate normal communication between their partners and other opposite sexes. In the case of the burial of the body of a female university student in Nanjing, Hong had an extreme desire to control his girlfriend, demanding that her identity be kept secret, she was not allowed to post on friends, and even threatened her girlfriend with death.

### **3.2.2. Morbid Personality and Multiple Personality**

Violent men have more anti-social personality and borderline personality problems, and extensive personality deviation or personality disorders. Domestic research shows that the perpetrators have a more obvious extraverted personality, suggesting that the perpetrators of domestic violence tend to lose control of their emotions and appear offensive under the influence of impulse. Compared with non-violent men, violent men lack the necessary

emotional control for themselves. When stimulated, they do not try to calm themselves down like non-violent men, but take violence as the first choice to solve problems. When arguing or disagreeing with their partners, violent men are likely to have lost their ability to think rationally when they become emotionally agitated. Their hearts have long been occupied by anger, and their first thought is not to explain to their partners to obtain reconciliation. Instead, it is forcing the partner to agree to their own ideas. If the partner does not agree, then the next behavior is likely to change from quarreling to violence. In their inertial thinking, violence is the fastest and most effective way to get others to surrender to them. Moreover, most of their partners are women. Even if they have thoughts and actions to resist, they will fail because of differences in body shape and physical strength. Violent men usually regard the fact that their partners no longer resist as a symbol of their success, and will adopt the same violent behavior the next time a similar incident occurs, or even worsen it. This should also prove the saying that most people say "there are only zero and countless domestic violence."

Individuals with multiple personalities have two or more different identities or personality states. These different personalities each have their own behavior habits, ways of thinking, and their own living environment and perceptions of themselves. They take turns to guide a person's behavior. The sub-personalities of multiple personalities are independent and separate from each other. When one personality appears, the others will automatically exit. At any time, there is a dominant personality, and the behavior of a person is controlled by the dominant personality. Which personality dominates, completely follows the principle of "which personality is most suitable for the environment and needs at the time, which kind of personality is activated and appears". Some men usually have a mild personality and do not see the existence of violent tendencies at all. They are not really violent male groups. They may suffer from multiple personalities without realizing it. The master personality is gentle, so his partner will not think that he is violent when getting along with him; and when a quarrel breaks out, the master personality may not be able to adapt to such situations or control the situation. He hates quarrels, and At this time, the personality that has the advantage of such a situation will appear, and the master will automatically exit. And when another personality appears, his personality is completely opposite to the master personality; the master personality is gentle, this personality may be violent. The violent personality chooses to resolve the quarrel with his partner by violent, and he does not show mercy. The violent personality may feel that he has helped the master to deal with this situation, but in fact his behavior will bring the master Troubled. When the violent personality resolves the matter (that is, after the violence is completed), the master personality comes back. He doesn't know what just happened, and he doesn't know what the other personality is doing. All he sees is the injured partner. Personality may be confused or guilty, but he cannot prevent such things from happening next time. Because when the next dispute occurs, the violent personality will still take the place of the master to deal with the same things violently, and the master cannot prevent another personality from coming out to replace him. When another personality comes out, he can only choose to exit. When the master cannot control the occurrence of such things, violent behavior continues to cycle.

### 3.2.3. Female Masochistic Tendency

Nietzsche once said: "If you go to a woman, don't forget to bring a whip!" Among Freud's three types of masochistic tendencies, there is one type of femininity. Horney's view of female masochism also believes that the physiological differences between the two sexes provide a certain basis for women's masochistic tendency. Therefore, some women often choose to acquiesce and tolerate the violence of their male partners, and some women even consciously irritate their male partners through words and actions in order to satisfy their self-confidence latent abuse needs.

### 3.3. Social Factors

#### 3.3.1. Pressure from Real Life

Adults in society need to face pressure from work and society. This pressure not only comes from the family, but also from the expectations and goals given by the boss or the company for the work. Therefore, many people will overestimate this expectation. Amplify and transform it into their own pressure. At the same time, due to their own reasons and excessive anxiety, they have been reprimanded by their bosses for failing to complete the tasks assigned by the company. For some people, they can ingeniously transform these pressures, but for some people In other words, their way of transforming pressure is to vent their dissatisfaction through violence.

According to research, men's violence against women in intimate relationships is more likely than women's violence against men, but women are also likely to commit violence. At the same time, work and family pressures are applied in many ways, whether they are women who have just entered the workplace or Becoming a child's mother is extremely prone to emotional instability, leading to the formation of violent behaviors, ranging from insulting relatives and friends around, closing oneself, and violent. Either way, it will bring harm to oneself or relatives and friends. influences.

For young people, their violent behavior is a manifestation of the way young people cope with stress. Violent behavior is a way of stress in young people's lives. Studies have shown that adolescence is a critical period for physical and psychological development, as well as a period of high incidence of psychological conflicts and emotional and behavioral problems. They must bear pressure and burdens, such as taking exams, studying, and making friends and communicating with elders. Therefore, facing anxiety will trigger their psychological conflicts and emotions. As adolescents' cognitive and volitional development is still in the immature stage, their response to negative events is not mature, and many negative behaviors such as violence are inevitable. Therefore, there are frequent violent incidents in the romantic relationships of contemporary young people.

#### 3.3.2. Childhood and Native Family

Growing up in a family with violent experiences and having an unhappy childhood will greatly affect the individual's future violent behavior. Sources of violence in families are usually divided into two types: witnessed violence between parents and parental violence directly directed at the person (such as corporal punishment, etc.).

People with violent tendencies and behaviors tend to have a much higher percentage of witnessing domestic violence and experiencing violence in childhood than those without. Research shows that 52% of violent people come from violent families, while only 17% of nonviolent men come from violent families.

Similarly, in the relationship between contemporary college students in my country, the investigator conducted an anonymous self-filled questionnaire survey of 1,130 college students from 7 universities in Beijing. Results 50.8% of the 1130 college students had a relationship experience in the past year, and the proportions of experiencing and committing romantic violence were 16.9% and 11.1% respectively. The rates of physical violence, emotional abuse, and sexual violence were 14.1%, 10.6%, and 9.9%, and the rates of physical violence, emotional abuse, and sexual violence were 8.0%, 7.1%, and 3.7%. 509 college students (45.0%) had experiences of being abused by their parents during their childhood. Among them, 41.6 were beaten with bare hands, beaten with objects, were humiliated in front of others, and witnessed a parent fight or their parents beat their siblings, respectively, 41.6 %, 24.9%, 13.1% and 24.5%. The Tulane University School of Medicine conducted sampling and analysis of 80 children (5-15 years old) in the New Orleans area and found that the more family misfortunes (domestic violence, family member injury) children experience, the shorter their telomeres will be.

Telomeres and human aging It is related to various diseases including cognitive decline. Therefore, the source of violence in the family is very likely to damage the health of the child.

In native families, children from single-parent families often have more psychological problems such as difficulties in interpersonal communication. The long-term absence of one parent or the derailment of one parent may make the child extremely attached or extremely disgusted with one of the gender roles. The rigid relationship between parents and frequent quarrels can also stimulate children's emotional disorders. At the same time, the native family that spoils their children overly will make their future intimate relationships behave as demanding, dissatisfied with desire, insatiable, and doing their own way.

In the case of killing his wife in the freezer in Shanghai, Zhu Xiaodong grew up in a divorced family. He has depended on his mother since childhood and has poor family conditions. After the incident, Zhu Xiaodong's mother's attitude was also heinous, from constantly denying the crime of shirking her son, thinking that the daughter-in-law was very "strange" and "stubborn", and then shutting down the 100,000 yuan decoration fee paid by the woman's home at the time of marriage. Not to mention, there is no feeling of gratitude, which shows the selfishness and hypocrisy in her heart. Growing up in such a mother and family environment, Zhu Xiaodong's crimes seem to be well-founded.

Therefore, it is not difficult to see that childhood experiences and the original family directly affect a person's physical and mental development from a young age. This early experience of abuse may reduce individual self-esteem, increase tolerance for violence, and regard violence as intimacy. Normal phenomena in relationships can be said to be the main source of violence in intimate relationships in the future.

### **3.3.3. The Influence of Traditional Ideas and Patriarchy**

Since the abolition of the feudal marriage system in my country, equality between men and women has become a legal requirement. However, traditional ideas and feudal ideas are still difficult to eradicate. Male chauvinism remains supreme, and the moral restraint on women remains unabated. What is ridiculous is that the folks still circulate sentences similar to "fighting is relatives, cursing is love", "the bedside quarrels and bedside peace" and other sentences. This is obviously the public's lack of understanding of intimacy. Violence is just a way for both partners to express their closeness. Similarly, many people believe that conflicts between husband and wife are often personal matters of both parties, and it is difficult for the outside world to intervene, and victims will also choose to endure and silence because of their personal image and "family scandals cannot be publicized". In this regard, society lacks moral restraint and pressure, which has spawned more and more vicious incidents.

In terms of physical fitness and economic income, men have certain advantages over women. At the same time, women's awareness of their own rights is weak, resulting in men still in a strong and dominant position in intimate relationships. With the development of the times and the deepening of emerging concepts, women have begun to further pursue personal interests and social resources, requiring society to give them equal opportunities and conditions as men, and are no longer satisfied with the limitations of family and marriage, choosing to enter the workplace, Into society. This trend has gradually threatened the dominance of men. In the conflict of intimacy, women no longer cowardly but rise up to resist. Therefore, many men will become angry and use physical violence to resolve conflicts by virtue of their personal advantages. Use your control to force the woman to do what she wants.

When the two parties are in a reverse position, such as men's income is not as high as women's, this will induce men's sense of crisis and lack of security, and thus choose to use violence to gain control. The subjective resource test shows that among 67% of the subjects, if the wife has more education and a higher income than the husband, the possibility of violence against the wife will increase.

## **4. How to Avoid or Stop Loss Violence In Time**

### **4.1. Personal Level**

#### **4.1.1. Psychological Consultation**

Psychological counseling refers to the process of using psychological methods to provide psychological assistance to those who have problems in psychological adaptation and seek to solve them. Visitors use language and other communication media to describe, inquire and discuss their own psychological discomfort or psychological obstacles to the counselor, with their support and help, find out the cause of the psychological problem and analyze the problem through joint discussion. The crux of the problem, and then seek out the conditions and countermeasures to solve the problem in order to restore the psychological balance, improve the ability to adapt to the environment, and improve physical and mental health. If you find that your partner has violent tendencies or hidden dangers in an intimate relationship, it is recommended to seek professional help from a professional psychological counselor immediately. Violence is a gradual process. It is very likely that violence tends to be discovered early from minor violence at the beginning to severe violence at the end. It helps to avoid the encouragement of later violence and protect the personal safety of the injured party from being affected. The more the victim condones the occurrence of violence and chooses to remain silent, the more likely it is that his personal safety will be harmed, and the violent behavior will have a serious impact on the victim's physical and mental health, leaving unhealable wounds or severe psychological trauma. It is even directly life-threatening. Therefore, for the first signs of violence, the victim is advised to seek professional help immediately to avoid future troubles.

#### **4.1.2. Interpersonal Relationship Support**

After violence in an intimate relationship occurs, the victim may find someone close to him for help as soon as possible. At this time, the opinions and suggestions given by close people are very important to the victim, and may directly affect the victim's subsequent actions. Under the damage of prolonged violent behavior, the physical and psychological state of the victims are not stable. When they seek corresponding help from the people around them, the person sought for help should make a rational analysis of the real situation of the victim to comfort those who are emotionally unstable. Victims, and help victims seek help from relevant departments, such as suggesting that victims seek professional help from a psychological counselor. When the victim asks for help, the person who is asked for help should avoid the idea of "being out of the matter". It is recommended that the person who is sought help analyze the harm of violence as a bystander, and accurately convey to the victim that violence is never tolerated. Ideas, let the victim jump out of his own logical thinking and rationally analyze the incident. When choosing a target for help, victims should try their best to choose people with relevant knowledge or who are more rational to seek help to avoid repeating the same mistakes.

### **4.2. Social Level**

#### **4.2.1. Improve Laws and Regulations**

The Anti-domestic Violence Law of the People's Republic of China was adopted at the 18th meeting of the Standing Committee of the 12th National People's Congress on December 27, 2015, and came into force on March 1, 2016. The promulgation of this law is to prevent and stop domestic violence, protect the legal rights of family members, maintain equal, harmonious and civilized family relationships, and promote family harmony and social stability. Even if China introduced this law five years ago, the phenomenon of domestic violence has not been effectively reduced; in some remote areas, domestic violence is still regarded as a norm, and no one cares even if there are many witnesses. This shows that domestic violence The harm and related punishments are not effectively promoted in these areas, and they don't even know that this law has been promulgated. Relevant departments should increase publicity in areas with



high incidence of domestic violence, so that more people can understand the harm caused by domestic violence and the serious consequences of domestic violence, and it is recommended that relevant departments that have not done their responsibilities to protect victims should be strictly investigated and reduced. Relevant government departments that do not act. In addition, even if China has already promulgated an anti-domestic violence law, the laws on violence in intimate relationships (referring to romantic relationships rather than family or marriage) are not complete, which leads to the victims not knowing what to do after violence in romantic relationships occurs. In the case of seeking relevant help, it is recommended that relevant departments improve this law as soon as possible so that the reasonable rights and interests of more victims are protected.

#### 4.2.2. Institutions and Organizations

In response to violence, my country has established a number of non-governmental organizations to provide legal aid to women. For example, Yongji County, Jilin Province, my country has established a "Domestic Violence Avoidance Center." The Fuzhou Women's Federation established the "Anti-Marital Violence Relief Fund" and formed a volunteer team to provide psychological counseling on anti-marital violence. In February 2000, China's first specialized organization against marital violence, the "Anti-Marital Violence Working Group" was established in Beijing. These legal aid agencies are far from sufficient to effectively prevent and eliminate marital violence. This is reflected in the fact that its assistance target cannot cover all victims of marital violence who are living in difficulties. At the same time, aid agencies are also limited by funding sources and lack of professionals. Therefore, under the support and guidance of the government, my country should establish various specialized legal aid agencies for different victims as soon as possible.

#### 4.2.3. News Media

The media industry should pay more attention to violence prevention. From the beginning of the investigation of violence to the publication of this article, media attention to violence has increased exponentially during this period. Violence can cause women to be harmed. Later, the media used the power of public opinion to raise people's awareness and attention to the violent industry, and increased people's vigilance. Lectures and live broadcasts on violence prevention can be conducted on the Internet, and daily materials can be searched online and distributed to students.

## 5. Conclusion

This article starts with recent hot events related to violence in intimate relationships, analyzes the specific causes of violence in detail, and analyzes how to avoid and deal with violence from the personal and social levels. It is necessary for everyone to understand violence in intimate relationships and learn how to avoid them.

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Tangsheng Wang

PhD in Psychology, Wuhan University, Associate Professor, Wuhan University of Technology

Yi Guo

PhD in Philosophy, Wuhan University, Lecturer, Hubei University of Education

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