



STUDY SUMMARY

THE DO KADAM BARABARI KI ORE PROGRAMME, BIHAR, INDIA: ENGAGING BOYS TO PREVENT VIOLENCE

STUDY FINDINGS AT A GLANCE

This intervention, targeting boys and young men aged 13–21, provided gender transformative life skills education and sports-coaching in Patna district, Bihar. It aimed to promote egalitarian gender attitudes and the rejection of violence against women (VAW) amongst these boys and young men, to prevent them perpetrating violence themselves and to encourage them to act to stop incidences of violence in their environment.

The intervention resulted in positive changes in boys' attitudes around gender roles and acceptability of VAW. It also influenced boys to take some action to stop the perpetration of VAW by others in their environment. However, there was weak or no evidence of a positive effect on boys' levels of perpetration of both non-contact violence (e.g. bullying and stalking) and physical and sexual violence. Study findings also revealed the success of engagement strategies such as cricket coaching, youth clubs and trained peer mentors. They also confirmed that the impact of the intervention was greater for boys who attended activities regularly.

BACKGROUND

The Do Kadam Barabari Ki Ore (Two Steps Towards Equality) programme was implemented in Bihar, India. It aimed to prevent violence against women (VAW) through raising awareness about women's rights, changing traditional notions of masculinity and female subordination, promoting women's agency, building support systems to help women at risk of violence, and preventing incidences of violence within the participants' immediate environment.

It consisted of four interventions (see our Programme Summary) involving married women and men, young men

and boys, elected representatives, frontline health workers, and communities. The four interventions were conducted in the districts Nawada and Patna in Bihar, and were developed and conducted independently of one another, in different geographic areas, with no overlap.

This study brief summarises one of the four studies conducted to evaluate the impact of the programme. This brief focuses on the results of the intervention with adolescent boys and young men, which aimed to promote attitudes and practices among them to prevent VAW.

CONTEXT OF BIHAR

- The state of Bihar is one of the least developed states with 34 percent¹ of the population estimated to be living below the poverty line (2011–12), and with high numbers of people belonging to disadvantaged castes.
- Bihar records the highest incidences of women experiencing intimate partner violence (IPV) in India. According to the most recent national survey (2015–2016), 45 percent of ever-married women (15–49 years of age) in Bihar reported experiences of spousal emotional, physical or sexual violence in their lifetime—with 41 percent of women reporting having suffered physical violence². In previous 2005–2006 national survey (conducted before the intervention), emotional, physical, sexual IPV among women in Bihar was 61 percent—with 56 percent of women have suffered physical violence.³
- In Bihar, there are low levels of female literacy, limited female agency, with high prevalence of gender inequalitarian attitudes that condone the perpetration of violence against women in marriage—In 2015–2016 national survey, 53 percent women and 38 percent men justified wife beating.⁴ 57 percent of women and men alike justified wife beating in the 2005–2006 national survey (conducted prior to the intervention).⁵
- Among young men and women in Bihar, 20 percent had witnessed their father beating their mother, and 55 percent and 11 percent respectively had experienced violence perpetrated by a parent. Attitudes that justify violence against women and girls are prevalent among them, with 44 percent of young men and 58 percent of young women condoning women should be beaten.⁶
- The intervention was based in Patna district, where the state capital and six percent of the state's population are located.⁷



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DESCRIPTION OF THE INTERVENTION TARGETING BOYS

- The programme was implemented among 13–21 year old boys who were members of 15 youth clubs that are supported by the Nehru Yuva Kendra Sangathan (NYKS)⁸ programme of the Ministry of Youth Affairs and Sports .
- Patna district, where this intervention was carried out, has a total of 102 NYKS clubs. Each club contained an average of 30–40 members and all members were invited to participate.
- Delivered over 18 months, the intervention provided 42 weekly one-hour gender transformative life skills education session and 36 weekly one hour cricket coaching sessions.
- Gender transformative life skills sessions addressed issues such as gender roles and attitudes, forms of violence against women and girls, respectful behaviour towards women and positive masculinities. These sessions were facilitated by trained peer mentors, and involved participatory methodologies, with role playing and discussions on case studies.
- A team of core trainers and cricket coaches oversaw the programme and coached the peer mentors.
- There were also community events organised by the boys to build gender egalitarian attitudes at community level.

STUDY DESCRIPTION

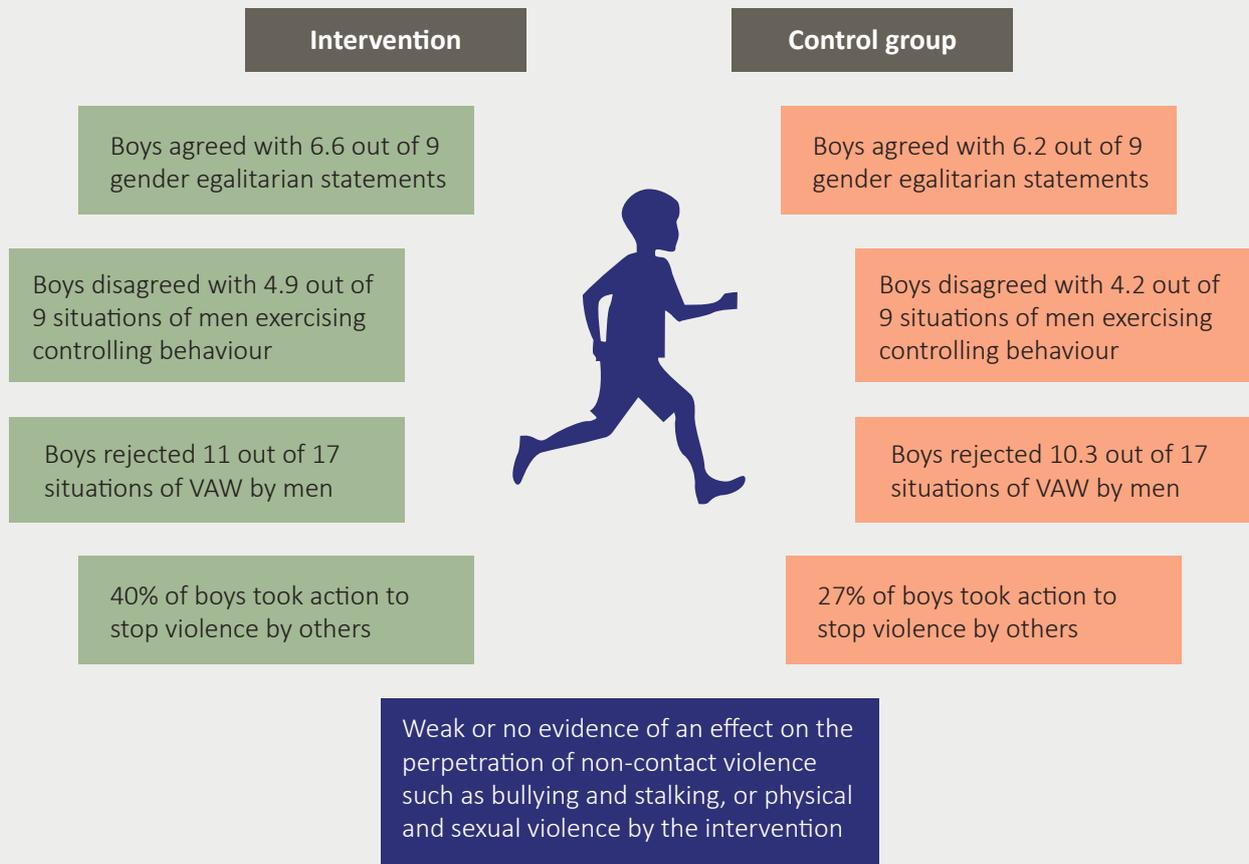
WHAT?	HOW?	WHO?	WHEN?
Evaluation of the impact of the intervention with adolescent boys and young men to promote egalitarian gender attitudes and rejection of violence against women in Bihar.	Cluster randomised trial comprising quantitative panel surveys with NYKS members before launching the intervention and at its conclusion.	<p>Baseline survey: 1,149 unmarried boys aged 13–21 who were listed as members of the selected, functional, NYKS clubs within the regions;</p> <p>Endline survey: repeat interviews with 90% of baseline respondents;</p> <p>In-depth interviews: 32 boys at baseline, based on survey responses; 28 of the 32 boys at midline; 24 of the 32 boys at the endline.</p>	<p>Baseline: May–July 2013;</p> <p>Endline: January–March 2015, following the completion of the intervention;</p> <p>In-depth interviews: before the intervention, about 6–7 months after starting the intervention, and after the intervention was completed.</p>

OUTCOMES

- Boys attitudes about gender equality and the acceptability of violence;
- Boys action to stop violence perpetrated by others;
- Boys perpetration of non-contact violence (bullying and stalking);
- Boys perpetration of physical and sexual violence.

KEY FINDINGS

ENDLINE SURVEY 2015 RESULTS



Changes in attitudes towards violence

The findings revealed that the intervention had increased boys' gender egalitarian attitudes—When probed⁹ about gender roles and notions of masculinity, boys in the intervention arm agreed with 6.6 of 9 gender egalitarian attitudes, compared to 6.2 reported by those in the control arm (effect estimate 0.40, $p \leq 0.05$).

Evidence suggests that the intervention influenced positive peer attitudes towards gender equitable behaviour—In at least three of four situations probed,¹⁰ 20 percent of boys in the intervention arm, compared with 13 percent of those in the control arm, believed that their peers would respect them for demonstrating gender equitable behaviour (effect estimate 7.2, $p = 0.0426$, $p \leq 0.05$).

The intervention succeeded in influencing boys' attitudes about men's right to exercise control over women—Of nine situations probed¹¹ about men exercising control over women, 4.9 situations were rejected by the boys in the intervention arm compared to 4.2 situations rejected by those in the control arm (effect estimate 0.7, $p \leq 0.01$).

The intervention influenced boys attitudes about men's right to perpetrate violence against women and girls—Boys from the intervention arm rejected 11.7 out of 17 situations probed¹² about the right of men and boys to exercise violence against women and girls compared to 10.3 among those in the control arm (effect estimate 1.3, $P \leq 0.001$).

Action taken to stop perpetration of violence by others

40 percent of boys in the intervention arm, compared to 27 percent of those in the control arm, had taken action to stop an incident of violence, such as in situations where men were teasing or verbally abusing a girl or woman, were spreading sexual rumours about a woman or girl, or were perpetrating unwanted touch on a woman or girl—They had informed someone in a position of authority, or taken other action to stop the violence.

Perpetration of violence themselves

There was weak evidence that the intervention had an effect on reducing non-contact forms of violence perpetrated by boys themselves, such as stalking a girl. There was no evidence of an effect on the perpetration of physical and sexual violence.

IMPLICATIONS FOR POLICY, PRACTICE AND RESEARCH

- The intervention made positive changes to boys' attitudes about gender roles and acceptability of VAW. It also influenced boys to take some action to stop VAW perpetrated by others in their environment. This suggests that small group interventions to deliver gender transformative life skills training can have a positive impact.
- However, there was weak or no evidence of an effect on the perpetration of non-contact violence, such as bullying and stalking, or physical and sexual violence, revealing that the intervention needs further development to impact on violence perpetration.
- Nonetheless, during the in-depth interviews, several boys who admitted at baseline and/or midline that they had participated in teasing girls said at endline that they no longer did so. They attributed to their changes in attitudes and behaviour to the intervention.
- Many boys in both intervention and control, but more prominently in the intervention group, self-reported that over the year preceding the interview, they had become better informed and more gender sensitive. In the intervention group, many boys reported that their family and friends had noticed the positive changes in them over the year.
- Findings confirmed that the impact of the intervention was greater for boys who attended activities regularly.
- The study suggests a minimum of attendance in at least half of all sessions of both gender transformative life skills and sports was essential to effect a change in boys' attitudes and practices.
- The provision of cricket coaching was aligned with the particular interests of boys in this setting and proved effective in attracting boys to participate in the gender transformative life skills sessions.
- The use of peer mentors was effective, but this requires intensive capacity building of peer mentors to change their own negative norms and build their capacity and confidence to facilitate interventions.
- The NYKS was an effective platform for this intervention – future programmes can identify effective and inclusive platforms to drive youth and adolescents' participation.
- Further research and practice would be useful to determine the ideal length and curriculum for the intervention to ensure sustainable, long lasting changes in attitudes and behaviours.
- As the intervention had little effect on those who attended irregularly, future programmes can come up with better strategies to improve the involvement of boys and to better manage their work and education related time commitments.

SOURCE DOCUMENTS

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8. NYKS is the largest grassroots level youth organisation in India that engages youth in nation building and providing opportunities for their personal development and skills. See NYKS website (<http://nyks.nic.in>).
9. Situations probed included: women's role in caring for children; women's decision making within the household, including decisions about finances; early marriage of girls; girls' right to education; girls having male friends; women' right to make decisions about marriage; giving dowry.
10. Situations probed included: boys/men's respect related to talking about their problems with their friends, helping their mothers with housework, refusing to beating his wife even if she disobeys him, walking away from a fight.
11. Situations probed included: boys/men telling their sister/wife/girlfriend which friends she can or cannot talk to or see; forbidding her to go out alone; telling her what clothes she can or cannot wear.
12. Situations probed included: perceptions that girls like to be teased by boys; it is a girl's fault if she gets sexually harassed; rape against girls is perpetrated only by persons not related to her; a woman should tolerate violence to keep her family together; if a girl says no, it actually means yes; there are times when a boy needs to beat his girlfriend; there are times when a wife deserves to be beaten by her husband; a boy/man was justified in perpetrating violence against a girl if she talks to a boy, goes out to play, stays out late, does not help with housework, does not obey her elders and has an affair with a boy; a man was justified in perpetrating violence against his wife if he suspects her of being unfaithful, if she goes out without informing him, if she disobeys him, and if she makes a mistake.



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