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**Influence of Self-Monitoring on Intermittent Explosive
(IJHSS) Disorder among Female Inmates' Violence Towards Male
Partner in Selected Women Prisons, Kenya**



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Influence of Self-Monitoring on Intermittent Explosive Disorder among Female Inmates' Violence Towards Male Partner in Selected Women Prisons, Kenya

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Abstract

Purpose of this study was to evaluate the influence of one of the cognitive strategies that is: self-monitoring, on intermittent explosive disorder among female inmates' violence towards male partners in selected women prisons, in Kenya.

Methodology: The study was anchored on Social cognitive theory by Albert Bandura and self-evaluation maintenance theory by Abraham Tesser. The study used an Ex Post Facto research design. The study was carried out at Langata and Thika Women Prisons. Quantitative data was obtained from the sampled inmates using questionnaires; while qualitative data was collected using interview guides from the prison key informants. The study incorporated 8 constables, 4 counsellors, 3 chaplains as key informants. Stratified and proportionate simple random sampling was used to select a sample size of 307 inmates. Quantitative data was analyzed using both descriptive and inferential tests.

Findings: There was a statistically non-significant negative relationship between self-monitoring and intermittent explosive disorder, [$r(257) = -.114, p = .068$]. This demonstrated that the increase in intensity of self-monitoring indicators, such as: identification of negative/positive thoughts; identifying the target behavior; focusing on tasks among the inmates; decreased the severity of intermittent explosive disorder thoughts and behavior such as: - rage, irritability, racing thoughts, violence, aggression, yelling and intimidation.

Unique Contributions to Theory, Policy and Practice: Based on these findings, the study recommended prison management through the ministry of Interior and Coordination in Kenya to provide cognitive mindfulness interventions and positive counselling among female inmates on individual self-monitoring behavior towards male partners. Cognitive self-monitoring would provide solutions on inmates on post-traumatic stress, revitalize mental health to decrease violence. This would reduce women imprisonment; develop self-esteem for positive behavior change. The study findings would add knowledge to the practicing counsellors, prison stakeholders, policymakers and researchers on the use of self-monitoring as a tool of cognitive restructuring strategies in behaviour change.

Keywords: *Intermittent Explosive Disorder, Violence, Male Partner Relationship, Self-Monitoring, Self-Regulation, Cognitive Behavior Strategies.*

BACKGROUND STUDY

Women's Intermittent Explosive Disorder (IED), among various communities, families have been long dismissed as a ridicule; non-effective and as hysterical state of expression especially towards men. Women's IED takes place when one is unable to control aggressive impulses resulting into assaultive crime in a relationship. (Mati, 2022, citing Banarjee et. al.; 2014) on women criminality; indicated that the role of the criminal justice societal norms influenced women to be victims not perpetrators despite engagement and execution of crimes in the society. Although both genders experience provocative anger which may result to violence, many societies consider females' anger as culturally unacceptable; while men repressed anger outburst is seen as normal under all circumstances. Women's level of rage, irritability, and the speed of racing thoughts to react violently towards men, alter the way of viewing risks and underestimating chances of bad outcome (Coccaro & Lee, 2020). However, unexpected sudden out-burst of rage, violence to close intimate relationships, causes psychological trauma, fear, and intimidation. In reiteration, such situations; partners in relationships result into hatred and violence towards each other (Brooks, Martin, Broda & Poudrier, 2020). Although women are described as emotionally happy and mostly kind, Coccaro and Lee (2020), found women to be more aggressive with sudden outbursts; without any thought reframing, self-monitoring towards men when their needs are not met; or their status unrecognized in the family.

Clare and Montague (2020), investigated intermittent explosive disorder among heterosexual partners in America. The study highlighted that, through generations; women keep anger feelings, with negative attitudes without giving room to problem solving and self-monitoring in relationships. As a result of prolonged silence between partners; hatred, anger inspiring violence towards each other takes place in the relationship. The study revealed that women with hidden anger lacked self-monitoring abilities towards their relationships to sort out issues. Women lacked the abilities of agreeableness, commitment, intentions of maintaining and protecting their relationship without incidences of out bust and uncontrollable behaviour leading to violence.

In a similar study carried by out by Machado, Santos, Matos (2023) in Portugal, found that among most men seeking medical attention suffered from intimate partner victimization. Members of the community considered men suffering as non-authentic and baseless. These men suffered from levels of depression, anxiety, low esteem, loneliness, and fear caused by a violent partner in relationship. The female partners lacked emotional self-awareness and self-control to help the men navigate life challenges with clarity of controlled and monitored thoughts instead of intimidating them. Machado et al. (2023), concurs with Storey et al. (2023), that victimized men overlook women violence towards them; fail to consider and prevail over the impact of women lack of self-control effects over their mental health.

According to African cultural norms and values; women violence towards men is unacceptable. However, according Gateri, Ondicho and Karimi (2021) women violence towards men is escalating. Tshoane, Olutola, Bello and Mofoken (2024), studied women violence towards men in three urban provinces of South Africa where; recovery shelters to aiding men from victimization

had been put up. In Kenya, Pike (2020), highlighting on the neglected boy child in Kenya; explored the harsh attitude of women towards men in Nyeri, Central Kenya. A survey conducted by Maendeleo Ya Wanaume (Progress for Men) in Kenya, 2018, indicated that women violence had been triggered by stressful living conditions, drug abuse and sudden upward mobility among women.

2.0 Self-Monitoring

Mark Snyder (1970), introduced the concept of self-monitoring, as a self-report scale to determine how self-monitoring influences a person's behaviour in various situations. Self-monitoring is a strategy that teaches self-assessment on how to change a target behaviour with a purpose of attaining a better life and behaviour. Robson and Howard (2020), analyzed the relationship of individuals self-monitoring and childhood life experiences. Childhood experience influence positively or negatively self-monitoring behaviors in partner's relationship. Patriarchal cultural norms negatively impact on individual self-monitoring abilities, such as: emotional control, self-awareness in interpersonal relationships. Lack of respect, thought reframing, self-monitoring may likely result to challenges, violence in relationships.

Self-monitoring involves personal regulations of recording, check listing and tracking the target behaviour towards achieving expected results. Though it does not create new skills or knowledge, self-monitoring does increase or decrease the frequency, intensity, or duration of existing behaviour. Self-monitoring help in gaining attention, complete assignment and remaining on the targeted task (Fuglestad & Levert, 2022). For example, making a personal checklist on weight loss, sleeping habits and emotions for a period of time; enhances positive behavior, monitor behavior and control violent thoughts.

Self-monitoring encourages positive new skills, thoughts, wellbeing and a flow in life. Self-regulation and monitoring increases the self – awareness, achieve the target behavior to make achievement towards solving individual problems. Self-monitoring improves behaviors on mentally challenged, personal health, and wellbeing of other people (Mattison & Pinkelman 2020).

According to Avina et al. (2022), Self- monitoring interventions in cognitive therapy helps clients to understand how to control, manage anxiety and negative responses towards events and situations. To provide positive behaviour change, the individual observes and records own activities or make a check list of the behaviour; to improve on his own record. Self-monitoring involves learning, memory retention and motivation to remember, check mark, and concentrate on the required task targets. Self-motoring interventions are related to seeking wellbeing in health, moods, exercises, eating habits, social activities, relationships and academic performance (Leone&Hawkins, 2022).

From another study, Leone and Yoyo (2023), examined the importance of self-monitoring in close relationships dissolutions. Dissolution of high self-monitoring relationship was associated with loss of shared values and interests among the partners.

High self-monitoring partners in relationships improved personal control and avoided impulse emotion reactions. Although extroverts, keep healthy self-monitoring relationships; they maintain social boundaries in their interactions using self-monitoring strategies in relationships. Low self-monitoring relationship is associated with loss of personal compatibility, low monitored shared interests and less behaviour change to fit in a loving relationship.

According to Leone and Hawkins (2022), self-monitoring interventions in relationships require avoidance of push button behaviour to brainstorm issues. High self-monitoring techniques keep focused on relationship; for example, by use of verbal communication, external support, create humor as opposed to low self-monitored relationship.

Rad, Abolghasemi, Shakerinia (2024), elucidates that self-control in IED can be due to discrepancy in emotional cognitive control and behavioral inhibition of impulses in a situation; hindering aggressive behaviors and hostility towards other people. Deficit of self-control further, causes rumination of thoughts which affects memory; increase anger, sadness, depression and lower self-esteem in a relationship.

(Fuglestad, & Levart, 2022; Lee et al., 2021) explored self-monitoring as an assertion that individuals can exercise to control behaviour as they interact with other people. For example, individuals with higher level of self-monitoring are inspired by state of gaining high status, while individuals with low self-monitoring strive to establish equal level of status. High levels of self-monitoring inspire abilities to seek for lasting relationship contrary to the low self-monitoring individuals. Bandura (1986) on self-efficacy, concurs that attaining self-regulation depends on individuals' levels confidence to motivate new positive ways towards well-being and peaceful human relationships in the society.

In a study carried out by Lee et al. (2021), individual self-monitoring defines individual's abilities on cognitive affective motivation towards relationships and wellbeing.

The study also found that personal self-monitoring encourages behaviour change through individual assignment on; keeping records, note taking, completing assignments, time management, reframing thoughts and positive attitude towards work.

According to Lin Wang and Zhang (2020), self-monitoring is a healthy development that uses self-control to achieve the expected goals. Self-control also improves managing of anxiety, thoughts, responses towards events and situations in behaviour change. The individual observes and records own activities, or makes a check list of the behaviour in order to improve on his own expectations.

According to Leone and Hawkins (2022), self-monitoring strategies are important in maintaining appropriate relationships according to the expected norms and values of the society. Self-monitoring interventions in a relationship requires kindness and love, and positive thinking. Harris and Orth (2020), highlights that individual level of self-esteem in social relationship determines self-regulation and harmony in a partner close relationship. Therefore, use of self-monitoring minimizes the use of violence, intimidation and conflicts in relationships.

Partner relationship with high self-monitoring techniques keep focused on the relationship by using verbal communication, investing resources in the relationship, seek external support, and humor as opposed to low self-monitored partner. Low self-monitored relationship has indications of being antisocial, unresponsive to demands of others and lacking initiative to adjust their behaviour to fit situations (Grecucci et al., 2020).

Self-monitoring interventions are also important on academic performance especially on students who rely on prompts. Such students have difficulties in learning, with limited awareness to understand their environment, and of confidence to accomplish their desires. Use of self-monitoring interventions keep the students on track on their tasks and increase the rate of performance to achieve the target. Abid Aziz et al. (2019) carried a study among children experiencing language impairment and challenges in problem solving in learning. Use of signs to point out words assisted the students to learn. To achieve this, the student required patience, self-regulation of thoughts and commitment to allow attentiveness in the learning process. This fosters independence in functioning, time management and accuracy to achieve to complete the expected task. However, according to Zimmerman (2023), self-education requires self-regulation to make personal programs to carry out activities, engage personal attributes to succeed in learning. Deficit of self-regulation leads to challenges, maladaptive behaviour such as, aggression and anger in completing tasks and relationships.

To achieve self-monitoring skills to modify behaviour among intellectually challenged persons, require constant behavior reinforcement, creating self-awareness to achieve the expected targets. For example, people experiencing autism spectrum disorder (ASD), Conduct Disorder (CD) and Attention Deficit Hyperactivity Disorder (ADHD) with characteristics of language deficit, require patience, self-regulation and well directed communication to allow them develop better knowledge to modify behaviour (Abdul Aziz et al., 2019; Li, Y. Chen, Zhang&Gilson, 2019).

According to Billore, Anisimova and Virontis (2023), association between self-regulation and positive attitudes in behaviour relationships is significant. Low self-regulation leads to ignorance of the expected rules and norms. For example, during the COVID epidemic some people ignored the rules imposed on keeping distance and wearing masks in public places. This led to the spreading of the virus since some people lacked individual self-regulation, responsibility to protect themselves and others around them. In this study, inmates experienced deficit of self-regulation in their behavior leading to violence and committing of crimes.

Fernandez et al. (2023) used self-control as a technique of self-monitoring to test the effectiveness of anger management among two groups of students. Reversible design was employed, engaging cognitive abilities such as relaxation, flexible talk, and logic reasoning for three weeks. The students recorded their feelings on a card showing levels of annoyance, rage and irritability. Self-monitoring only showed marginal improvement in intensity compared to self-control.

In a similar study, Tahira, Anjum, Anis (2023), examined the significance of self-monitoring technique and psychotherapy on the treatment of anxiety disorder among university students in

United States. Anxiety is a mental disorder with symptoms likely to affect academic performance and risk of developing depression especially among students taking examinations. Use of self-monitoring and psychotherapy may enhance control of anxiety by recording the decreasing or increasing of frequency, intensity of anxiety behaviour. This is achieved by cognitively moderating the link between negative thoughts, emotion and body sensation that causes fear when taking examinations. The students self-regulated themselves, develop skills to self-assess and to gain approval from others. Although self-monitoring techniques may take time to treat anxiety; the students learnt to be individually responsible to monitor their feeling and thoughts, while psychotherapy takes place at the discretion of the therapist.

Research Methodology

Mixed methodology was adopted to guide the collection and analyzing of quantitative and qualitative data in the study. An Ex Post facto research design was used in this study because the independent variable Cognitive Restructuring Strategies (CRS) and the dependent variable Intermittent Explosive Disorder (IED) are already manifested in the inmates. The researcher conducted the study in two women prisons in Kenya, Langata and Thika women prisons, Kenya. The study selected 30% of the population into the sample. Kothari (2009) proposed that 10-30% of a population is reliable for a study. Convenience sampling was used by the researcher to recruit the key informants; this was according to the duty roster of the day. Data collection tools for the study were questionnaire for the inmates and an interview schedule for the prison constable, chaplains and counsellors. Piloting of research questionnaires for the inmates was conducted at Minimum Risk Level Women Prison in Langata, Kenya. The data collection instruments were a questionnaire for the sampled female inmates. The questionnaire gathered information on independent and dependent variables indicators according to the study objectives. The data was cleaned and coded in MS Excel 2016 then exported into SPSS version 26 (SPSS-26) for analysis. Descriptive and inferential analysis were carried out in SPSS. Categorical variables were summarized as frequencies and corresponding percentages. The researcher sought approval from the school of Social Sciences, Mount Kenya University through Department of Psychology, Humanities and Languages to allow the researcher to get ethical clearance from Mount Kenya University Review Committee.

Results and Findings

Descriptive Analysis of the Self-Monitoring Scale

The findings on responses on items in the self-monitoring scale (Appendix III – Part D) are discussed in this sub-section. The measurement was on a 5-Point Likert Scale ranging from strongly disagree, disagree, neutral, agreed to strongly agree. In analysis of this scale, a no response has been added as the 6th point in the Likert scale. The responses in percentages are presented in Table 1.

Table 1: Self-Monitoring Response (%)

Statement	SD		D		N		A		SA		NR		Total
	f	%	f	%	f	%	f	%	F	%	f	%	
I am less committed in relationships	35	13.6	47	18.3	39	15.2	79	30.7	56	21.8	1	0.4	257
I self-check on my self-awareness	5	1.9	26	10.1	38	14.8	113	44.0	72	28.0	3	1.2	257
I tend to focus more on self - help on my activities than expecting others to help me.	12	4.7	24	9.3	23	8.9	104	40.5	92	35.8	2	0.8	257
I keep track of my own activities, new experiences to improvement.	15	5.8	14	5.4	32	12.5	110	42.8	84	32.7	2	0.8	257
I strategize on my performance in my assignment	7	2.7	19	7.4	44	17.1	111	43.2	70	27.2	6	2.3	257
I keep on to get details of my activities and behaviours	18	7.0	21	8.2	36	14.0	113	44.0	64	24.9	5	1.9	257
I do things aiming to do my best at all times	12	4.7	0.5	1.9	25	10.5	80	31.1	130	50.6	2	1.2	257
I monitor my past behaviour to connect with the present.	16	6.2	30	11.7	24	9.3	91	35.4		35.8	4	1.6	257
I can easily track my behaviour when focused towards achieving a goal	18	7.0	4	1.6	34	13.2	101	39.3	96	37.4	4	1.6	257
I forget the past wrong done	39	15.2	37	14.4	32	12.5	75	29.2	72	28.0	2	0.8	257

Source: Researcher, 2023**Self-Monitoring Response****Key**

SD- Strongly Disagree

D- Disagree

N- Neutral

A- Agree

SA- Strongly Agree

NR- No Response

Responses on self- monitoring

Findings on self-monitoring responses were as follows: On I am less committed in relationships 13.6 %strongly disagreed, 18 .3 % disagreed, 15.2% were neutral, 30.7 % agreed, 21.8% strongly agreed while 0.4% had no response. As regards item: I self-check on my self-awareness 1.9% strongly disagreed, 10.1% disagreed, 14.8% were neutral; 44.0% agreed, 28.0 % strongly agreed, while 1.2% had no response. On item: I tend to focus more on self-help on my activities than expecting others to help me 4.7 %strongly agreed, 9.3% disagreed, 8.9% were neutral, while 40.5% agreed, 35.8% strongly agreed, 0.8% had no response. As regards item I keep track of my own activities' new experiences to improvement 5.8 % strongly agreed, 5.4% disagreed, 12.5% were neutral, 42.8% agreed, 32.7 % strongly agreed, while 0.8% had no response. Concerning item, I strategize on my performance in my assignment 2.7% strongly disagreed, 7.4% disagreed; 17.1% were neutral, 43.2% agreed, 27.2% strongly agreed, while 2.3 % had no response. With regard to item I keep on to get details of my activities and behaviour a 7.0% As for the item I do things aiming to do my best at all times 4.7 % strong disagreed; 1.9% disagreed, 10.5% were neutral, 31.1% agreed, 50.6 strongly agreed, while 1.2% had no response. With reference to another item, I monitor my past behaviour in connection with the present 6.2% strongly disagreed, 11.7% disagreed, 9.3% were neutral, 35.4% agreed, while 35.8 % strongly agreed, 1.6% had no response. On item I can easily track my behaviour when focused towards achieving a goal 7.0% strongly disagreed, 1.6 % disagreed, 13.2% were neutral, 39.3% agreed, 37.4 % strongly agreed; while 1.6 % had no response. On item I forget the past wrong done 15.2% strong disagreed, 14.4 % disagreed, 12.5 % were neutral, 29.2% agreed, 29.2% strong agreed, 28.0 strongly agreed, 0.8 % had no responses.

Inferential Analysis of the Self-Monitoring Scale

Hypotheses: There was no statistically significant influence of self-monitoring on intermittent explosive disorder among female inmates' violence towards male partner in selected women prisons, Kenya.

Analysis of self-monitoring indicators was done on identification of negative/positive thoughts, identifying the target behaviour and focusing on tasks using percentages and counts and the results are presented in Table: 2

Table 2: Self-monitoring Indicators

			Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Identification	of	68	26.5	26.5	26.5
	negative/positive thoughts					
	Identifying	the	150	58.4	58.4	84.8
	behaviour	target				
	Focusing on tasks		39	15.2	15.2	100.0
	Total		257	100.0	100.0	

Source: Researcher, 2023

Self-monitoring indicators: 26.5% of the participants were able to identify negative and positive thoughts; 58.4% of the participants identified their target behaviour; while 15.2% could focused on tasks. The third objective was to assess the influence of self-monitoring on intermittent explosive disorder among female inmates' violence towards male partner in selected women prisons, Kenya. The descriptive findings are presented on Table 3.

Table 3: Self-Monitoring on Intermittent Explosive Disorder

		Intermittent Explosive Disorder Indicators							Total	
		Rage	Irritability	Racing thoughts	Violence	Aggression	Yelling	Intimidation		
Self-monitoring Indicators	Identification of negative/positive thoughts	Count	0	0	10	23	19	8	8	68
		% within Self-monitoring Indicators	0.0%	0.0%	14.7%	33.8%	27.9%	11.8%	11.8%	100.0%
	Identifying the target behaviour	Count	7	4	29	30	37	19	24	150
		% within Self-monitoring Indicators	4.7%	2.7%	19.3%	20.0%	24.7%	12.7%	16.0%	100.0%
	Focusing on tasks	Count	6	2	6	5	11	6	3	39
		% within Self-monitoring Indicators	15.4%	5.1%	15.4%	12.8%	28.2%	15.4%	7.7%	100.0%
Total		Count	13	6	45	58	67	33	35	257
		% within Self-monitoring Indicators	5.1%	2.3%	17.5%	22.6%	26.1%	12.8%	13.6%	100.0%

Source: Researcher, 2023

Table:3 indicates that 14.7% of participants with identification of negative/positive thoughts issues experienced racing thoughts, 33.8% experienced violence, 27.9% experienced aggression, 11.8% experienced yelling and 11.8% experienced intimidation. Among those with identifying the target behaviour issues, 4.7% experienced rage, 2.7% had irritability, 19.3% had racing thoughts, 20% had violence, 24.7% had aggression, 12.7% had yelling and 16% had intimidation. Participants

with focus on tasks issues, 15.4% had rage, 5.1% had irritability, 15.4% had racing thoughts, 12.8% had violence, 28.2% had aggression, 15.4% had yelling and 7.7% had intimidation.

The study also sought to test the following null hypothesis:

Ho: There is no statistically significant influence of self-monitoring on intermittent explosive disorder among female inmates' violence towards male partner in selected women prisons, Kenya.

A Pearson correlation was used to test the null hypothesis at 0.05 level of significance. The results of the correlation are presented in Table 4.

Table 4: Correlation of Self-Monitoring and Intermittent Explosive Disorder

		Self-monitoring Indicators	Intermittent Explosive Disorder Indicators
Self-monitoring Indicators	Pearson Correlation	1	-.114
	Sig. (2-tailed)		.068
	N	257	257
Intermittent Explosive Disorder Indicators	Pearson Correlation	-.114	1
	Sig. (2-tailed)	.068	
	N	257	257

Source: Researcher, 2023

Table 4 shows that there is a statistically non-significant negative relationship between self-monitoring and intermittent explosive disorder, [$r(257) = -.114, p = .068$]. This demonstrates that the increase in intensity of self-monitoring indicators (identification of negative/positive thoughts, identifying the target behaviour, focusing on tasks), the decrease in severity of intermittent explosive disorder indicators (rage, irritability, racing thoughts, violence, aggression, yelling, intimidation). Therefore, the null hypothesis that there is no statistically significant influence of self-monitoring on intermittent explosive disorder among female inmates' violence towards male partner in selected women prisons, Kenya is rejected.

From the findings of this study the indicators of self-monitoring are as follows: negative /positive thoughts, identifying of target behaviour and focusing on tasks.

Self-monitoring is a CBT technique used to provide ability to regulate behaviour guide on goals of behaviour change and track the progress. According to (Oyebode et al.2020; Homveld &Kraaimaat,2022), self-monitoring strategy is used to raise individual consciousness of actions and activities for better performance towards the targeted behaviour. Negative thoughts on self-monitoring reduce the means of achieving the expected performance and well-being. Presences of social anxiety and maladaptive social functioning shows traits of neuroticism such as anger and aggression affecting self-control. Negative thoughts act as a defense mechanism to hinder positive attitudes to put the best forward in a task. According to Avina et al. (2022), negative thoughts in self-monitoring inhibiting the self-control towards accelerating accomplishment of the task, causing stress, hopelessness and despair. Positive thoughts as indicators of self-monitoring, improves self-awareness paying attention to tasks and coping mechanism in cognitive functioning. For example, by comforting the self, by saying necessity is the mother of all inventions; this providence resilience, keep on track to regulate individual behaviour. Self-regulating behaviour increase the motivation to make progress in achievement and accomplish a task.

Negative thoughts and behavior such as depressive symptoms, anxiety, hostility, loneliness and irritability, violence forms a barrier in achieving progressive results in self-monitoring.

According to the findings of this study, some of the inmates identified positive and negative thoughts affecting partner relationships. This is an indication of inmate's awareness of thoughts, attitudes and behaviour towards male partners' relationship. Negative thoughts reinforced the IED traits reactions towards male partners. Conversely among the inmates, presence of positive thoughts retrospectively provided self-regulation towards adherence to the society norms and relationships. The positive thoughts enhanced self-regulation towards the prison rules and future modification of targeted behaviour in life.

From the findings of the study, majority of the inmates had the ability to identify targeted behaviour. A targeted behaviour was a chosen behaviour for positive change, modify feelings and thought towards the environment. This means, the inmates had the ability to select and monitor skills to change the violent behaviour towards male partners. Avina et al. (2022), indicate that targeted behaviour should be directly related to behaviour expectations on self-monitoring. The target behaviour also should be specific, observable and measurable for assessment. To succeed in self-monitoring, the targeted behaviour and the initial support prompts have to be explained to the performer, on the importance of changing the target behaviour at that time. This means, to self-monitor; a goal has to be set, monitored and achieved. According to Chester (2023), individual self-monitoring involves individual or assisted independent practice of recording the behaviour, monitoring on the self and graphing the frequency of the behaviour. For example, a diabetic patient requires the assistance of the nurse to explain the importance of monitoring sugar levels and how to achieve that.

Use of cognitive abilities to identify negative or positive consequences of behaviour target was necessary. The aforementioned also boosted performance of what is required to be done as opposed to maladjusted behaviour that interfered with the target behaviour. Low cognitive abilities

enhanced the presence of maladjusted behaviour to hinder the change in targeted behaviour; resulting into violence in partner relationship (Fuglestad & Levert 2022).

According to Chester (2023), self-regulation forms the aspects of self-monitoring in maintaining the behaviour change. To achieve self-monitoring, self-regulation behaviour maintenance is necessary for behaviour change.

In this study, focusing on the tasks refers to total concentration, achievement to be acquired on the targeted behaviour. However, self-control would be necessary to avoid maladaptive behaviour on the focused task (Weiner et al., 2019). This means, lack of self-monitoring and self-control negatively affects individual self-reflection, self-efficacy and self-autonomy to focus on achieving tasks. In this study, influence of IED traits among the inmates, swayed the gains of positive thoughts among the inmates, weakening the virtues related to self-controlling and self-regulation of any focused task in the male partner relationship.

According to Lee, A. (2020) and Lee, M. (2021), Self-monitoring provides opportunities to increase interventions and the capacity to identify and respond to incidences of disruptive behaviour in relationships. This means, self-control procedures focus on making positive statements to accomplish a task by achieving positivity, openness, compassion and communication to continue with relationship. According to LinWang and Zhang (2020), there is a need to identify thoughts dealing with self-control, such as: - attention, motivation, restrained impulses and decision-making in self-monitoring. Aspects of social emotional intelligence are also important in achieving a target behaviour.

Use of positive emotions lower rates of anxiety, depression and development of trust, appreciation, empathy and cooperation in a relationship.

Lack of the mental abilities to act rationally in regulating behaviour affects the achievement of the target behaviour. For example, irrationality in relationship would have indications of blaming, lack of conflict resolution, impulsivity and lack of apology (Scott-Storey et al., 2023). Depleted intrinsic motivational factors such as closeness, acceptance cause suspicion, violence and intimidation in a partner relationship. With reference to (Chester, 2023; Littlefield, 2020) Self-monitoring, becomes necessary in daily life to increase self-awareness of a target behaviour in relationships and to act cautiously to incase a problem arises. This helps in improving relationships and avoid conflicts. According to the findings of this study, deficit on self-monitoring led to overwhelming anger, irritability and consequences that could be managed through the establishment of a behaviour target in partner relationship.

Focusing on a task means concentrating on a specific behaviour to provide expected results. To complete the task adequately, a high level of attention, diligence and resilience has to be maintained. In a study by Weiner et al. (2019), on racing thoughts among bipolar patients, found that the patients lacked self-monitoring abilities. The patients experienced mental instability caused by ADHD, PTSD and depression disorders mounting to low cognitive abilities in self-monitoring task achievement. This concurs with the findings of this study, that female inmates

lacked the necessary self-monitoring concepts, mental calmness to define positive or negative thoughts and how to deal with them in partner relationships.

According to DSM-5, racing thoughts are a flight of ideas leading to anxiety with depressive moods affecting cognitive abilities to self-regulation towards achieving the expected tasks. To achieve focus on an assignment concentration is to achieve a target behaviour. (Lee & Lape, 2020).

Findings from this study concurs with Cheong and Tucker (2022), the study illustrated self-monitoring using electronic gadget interactive voice response to enhance strategies of controlling persons with alcohol abuse disorder without entering into health care system. Through self-monitoring the mode of abusing drugs reduced with the number of times working with interactive voice from the gadget. The level of abstinent increased as the gadget monitoring of lapses increased without interacting with the voice. This means self-regulation and self-control inhibits strong impulses by reducing the frequencies and intensity of the behaviour. The presence of IED traits such as violence, anger irritability among the inmates negatively affected self-management and evaluation of alternative plans of action to avoid violence towards male partner relationship.

The findings of this study concur with (Li., et al. 2019; Lee, 2021) on the use of self-monitoring to make better decisions towards a target thought. The target thought would be achieved by controlling unpleasant emotions, thoughts and feelings that are related to IED. The inmates missed self-regulating abilities, social skills, selective attention and self-control to avoid triggers of violence towards male partners.

Female inmates in this study had deficit of thought identification on negative and positive thoughts (Fuglestad & Levest, 2022). Therefore, this indicated low levels of self-monitoring, self-management, and evaluation of behavior result to impulsive irrational thoughts; a characteristic of intermittent explosive disorders impelling violent behaviour to occur (Seok & Cheong, 2020).

The effectiveness of self-monitoring procedure increases attention, accuracy, individual independence and self-construal, in personality while focusing on tasks. According to the findings of this study, self-regulation towards achieving the task was guided by individual behavior; to effectively adhering to self-monitoring procedures to increase attention and concentration and accuracy in thought (Lee, 2021).

Female inmates with characteristics of rage, irritability and racing thoughts had low concentration on accomplishing and focusing on a task. Lack of focusing on a problem at hand cause lack of mental concentration leading to violence. This concurs with a study carried out by Fuglestad and Levest (2022), employees identified with irritability, rage and racing thoughts had low productivity and hindered creativity at the work place. A similar study by Littlefield (2020), on self-regulation assessment, also indicated that personality traits characterized with irritability; racing thoughts are associated with low self-regulation, high neuroticism, impulsivity and low conscientiousness towards carrying out tasks. According to Weiner et al. (2019), irritability and racing thoughts are essentially associated with maniac periods in bipolar disorder occurring due to depression and low self-esteem. This causes impairment of self-control towards other people in relationships.

According to Beamers (2020), aggressive impulses are manifest in violence when self-control fails to inhibit them; characteristics of IED. Presence of self-control in a relationship keeps emotions in check and prevent unnecessary conflicts in partner relationship. In a related study, Brainbridge et al. (2022), indicated personalities with characteristics of violence and aggressiveness inhibit psychoticism with low abilities of non-conformity, unpredictable thoughts and lack self-control in relationships. Such personalities possess unusual beliefs and behaviour that affect behaviour self-management in maintaining forms of relationships.

The findings of this study indicate that personality traits within the influence of social-economic and environmental influences, overwhelmingly contributed to the deficit of self-regulation among the inmates' behaviour towards male partners (Jung et al, 2018).

Beamer (2020), indicate that self-monitoring behaviour through systematic observation and keeping records for specific targets, enhances behave regulation with a positive behaviour change. Self-monitoring provides opportunity for counselling intervention, increase by identify and respond to incidences of disruptive behaviour, listing issues to be tackled and how a therapist checks on how the client copes with techniques adopted in meeting behaviour target.

According to Li, Chen, Zhang, et al; (2019); Lee and Lape; (2020), Self-monitoring procedure is important in guiding individuals suffering from mental disorders; such as autistic children in school. Learning requires a self-monitoring process on paying attention and non-verbal cues affective displays of instructions by the instructor to carry out the task as expected.

Self-management skills are used to do observation and recording the occurrences of the target behaviour. The inmates become adaptive; responsible for their own acquired skills to support a lasting behaviour improvement.

In another study by Weiner et al. (2021) findings showed that patients with racing thoughts, experience mental instability; attention deficit had low cognitive abilities in self-monitoring regulations. This concurs with the findings of this study that female inmates lacked the necessary self-monitoring concepts to cultivate mental calmness to define positive or negative thoughts dealing with their male partners.

Findings of this study concurs with Cheong and Tucker (2022), on self-monitoring strategies of reducing alcohol abuse by listening to a voice to manage urges of alcohol abuse. The more the alcohol abuser listened to the voice, the self-monitoring of the behaviour takes place. Recording of alcohol urge, and consumption become less. This means self-monitoring promotes self-awareness, realize weakness, strength, and self-commitment over behaviour. A study by Hagger et al. (2019), self-monitoring implicitly alters behaviour; individual self-control overrides impulsive habits that play a major role to discontinue negative behaviour.

In this study, female inmates with traits of intermittent explosive disorder experienced depleted self-control, rationality, aggression, violence; lack of empathy towards male partners' relationship. The effectiveness of self-monitoring increases attention; self-construal, accuracy, to operate and manage a new task

Female inmates with characteristics of rage, irritability and racing thoughts experience low concentration on accomplishing and focusing on a task. This concurs with a study carried out by Fordjour et al. (2020), employees identified with irritability, rage and racing thoughts had low productivity and hindered creativity at the work place. A similar study by Littlefield, (2020); Beamers (2020), on self-regulation assessment, indicated that personality traits characterized by irritability, racing thoughts are associated with low self-regulation, high neuroticism, impulsivity and low conscientiousness towards carrying out tasks. According to Weiner et al. (2019), irritability and racing thoughts are essentially associated with manic periods in bipolar disorder; occurring due to depression; experienced low self-esteem and impairment of self-control towards people around them.

Brainbridge et al., (2022), relates violence and psychoticism with low abilities of self-control and self-regulation towards relationships. However, Kip et al, (2021); and Chester (2022) asserts that aggression begins where the self-control stops; affecting self-management to identify strength to realize goals of achieving harmony in a partner relationship. These factors also defer the accomplishment of the task assigned to change the target behaviour in a partner relationship.

Thematic Analysis on Self-Monitoring among the inmates narrated by the prison counsellor

Lack of self-monitoring in a relationship; according to a study by Fanning et al. (2019), causes harm in a situation. Deep thought as a caution before action is necessary.

'We had the usual disagreement over food, eating habits; never considered this as a behavioural problem. I felt angered.....as usual he expected me to calm down..... Impulsively picked a kitchen knife on his chest ran out back door, happened suddenly..... He was no more..... Feel really sorry, should have monitored and censored my thoughts and feelings before action.....now life sentence' [Prison counsellor]

This study concurs with findings of this study, the Prison constable had the following to say about self-monitoring among female inmates, He said:

'while in prison, motivation of acquiring good conduct has been my priorityendurance on prevailing conditions the daily routine has given me adaptive behavior ...keep clean, brush teeth, shower keep time, enjoy types of foods whatever provided. after watching over my sleeping patterns, now adaptation but now look healthy and settled, seeking well- being. Adjustment to prison rules calls for self- regulation..... The self-controlprison is now a second home. While in prison I realized is should seek information on health for example eating habits, diseases, medication Changed my aggressive behaviour into physical activity. Sports became a necessary activity to express my pent – up energy'.

[Prison constable in charge of inmates].

On self-monitoring a constable quoted one of the inmate behavior change on eating habits. Initially the inmate would fake illness to be allowed on special diet.

'After the doctor confirmed I was not sick. Decided..... .. adhere to the prison routine related to eating habits. drinking porridge was irritating to me..... have heart burns, there was no tea, milk or sweet things..... as I was used to. For compliance and self-regulation I enjoy porridge, plain water, cabbage broth and ugali. After three years now I am usedno more sickness. Appreciate everything edible' [Prison constable in charge of female inmates]

A Prison chaplain had a dialogue with an inmate who had previously requested for prayers before exiting the prison after seven years' prison sentence. The inmate shared on self-monitoring strategies for smooth re-entry into the society. The chaplain had the following to quote from the inmate.

'After serving seven years for a crime I committed due to anger and jealousy..... I regret I did not use my God given talents to earn a decent living I will use the experience and the skills have earned from vocational training here in the prison to self-regulate my behaviour, to be contented with my little earning on self-employment occupation. Preferably will trade as vegetable vendor; where most of my customers would women.Secondly, I will shift to cheaper slum dwelling in the outskirts of the town..... Thirdly, will seek a congregation of people, who are unknown to t my background to socialize with them. This will change my lifestyle from a drug seller and all that is related to that. I will regulate my desires of buying expensive items. Leaving a quiet simple life will solve my problems..... Through the jail term I have realized have the capability to earn an honest living.'

[prison chaplain]

5.0 Summary, Conclusion and Recommendation

The findings of the study indicated that there was a statistically non-significant negative relationship between self-monitoring and intermittent explosive disorder. The presence of self-awareness, identification of negative/positive thoughts, identifying the target behaviour and focusing on tasks caused decreased in severity of intermittent explosive disorder. According to the findings of this study, majority of the inmates had ability to identify the target behaviour void of intermittent explosive disorder towards male partners. Identification of negative / positive thoughts and focusing on tasks among the inmates enhanced evasion of intermittent explosive disorder in partner relationships. Therefore, the cause of intermittent explosive disorder among the inmates towards male partners may have been caused by other factors such as environmental and biological influences.

Self-monitoring is a technique used by a counselling therapist to teach clients on how to keep records, graphing medical progress towards treatment on achievement of behaviour change. The counsellor works with the client to identify the problem, set measurable goals based on behaviour and attitude that needs self-monitoring (Nelson Jones 2022). The counsellor also provides clear instructions and modeling on how to record the data graphically indicating changes in behaviour. This promotes behaviour change in self- health, evaluate alternative plans of actions, and increase the effectiveness of social interactions skills (Snyder, 1970). Self-monitoring techniques also present opportunities of regulating intensity of emotions, in various situations. (Cheong & Tucker, 2022). The techniques require individual control, attention, management of stress, prioritizing of activities, impulse control and emotional control. The client manages stress, prioritizes activities, time, and movement to accomplice the identified goal using a check list. Self-monitoring is important in increasing self-awareness of the self and the environment. To meet these targets of behaviour change, individual personality traits play a role in managing stress, impulsivity, control of violence, anger and irritability in behavior (Craanen, 2013). For example, regular routine activities of self-monitoring in keeping food diaries, self-weighing, check blood pressure, blood sugar level would enhance individual confidence, self – efficacy and self-regulation in behaviour change. Accomplishment of such tasks depends on individual personality traits focusing on motivation to achieve the tasks. Self-monitoring is also important in improving relationships by developing adaptive behaviour for better communications and avoid conflicts (Lee et al; 2020)

Social cognitive learning theory played a vital role in this study on analyzing inmates' behaviour on reframing, problem solving, self-monitoring and emotional regulation. The elements of cognitive learning theory, such as observational, modelling process, indicated how individual attention, memory retention, reproduction of the behaviour contribute to affective behaviour reactions. Reinforcing positive behaviour improves the quality of relationship; consequently, reinforcement of negative behaviour causes deterioration of partner relationship. Negative behaviour in a partner relationship such as aggression, irritability, anger, violence may be influenced by biological or environmental factors. However, the inmate's presence of intermittent explosive disorder symptoms could have been influenced by individual personality traits, physiological factors with deficit of thought reframing. This theory; however, fails to consider the influence of genetic conditions, age and mental health conditions to influence intermittent explosive disorder among the inmates; leading to committing crimes.

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