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**PSYCHOSOCIAL COMPLAINTS OF WIVES OF MILITARY  
PERSONNEL ON PEACE KEEPING MISSION: THE KENYAN CASE**

**BY**

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**DEPARTMENT OF PSYCHOLOGY**

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*Psychosocial  
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## DECLARATION

This project report is my original work and has not been presented in any other University for the award of a degree.

Signature: PAuma  
Auma Pamela, A. Apiyo

28.10.2005  
Date

This project report has been submitted with my approval as University Supervisor.

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Signature: Prof Augustine Nwoye  
Prof Augustine Nwoye

13/02/07  
Date

## **DEDICATION**

I hereby dedicate this work to those who are especially dear to me that's my Family and God.

## ACKNOWLEDGEMENTS

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## ABSTRACT

This study was designed to explore the psychosocial complaints of wives of Military Personnel on peacekeeping mission. The study was considered significant in that it was the first of its kind in Kenya. Although Kenyan Armed Forces first participated in peacekeeping operations in 1979 in Rhodesia (Zimbabwe) where a small Kenyan Army contingent was developed within the auspices of the Commonwealth, no study has been carried out to determine how the wives of the Military Personnel left behind are coping in the face of their husbands' absence.

A survey research design was used for the study. The sample for the study was composed, drawn from two Armed Forces camps, namely the Moi Air Base and the Langata Barracks. These were used to represent the Air Force and the Kenyan Army respectively. On the whole wives of Military Personnel on peace mission took part in the study.

An attitude scale and a questionnaire formed the instruments for data collection. Data were analysed by means of descriptive statistics.

The findings show that wives of Military Personnel on peacekeeping mission are beligered by a number of psychosocial problems among which are loneliness, fear that the husbands might loose their lives during the mission, children missing their fathers and lack of guidance and counseling on how coping could be achieved.

Implications of the study were drawn and some recommendations were made to influence the review of military peacekeeping policies in favour of these wives.

# CHAPTER 1

## INTRODUCTION

### 1.1 Background of The Study

In communities around the world it has long recognized that participation in warfare can cause difficulty and problems for the combatant and his family.

The U.N has often been called upon to prevent a dangerous situation from escalating into war, to persuade opposing parties to settle their differences at the conference table rather than on the battlefield, and to help restore peace when conflicts occur. In Cambodia, war led to 'fratricidal strife and produced such terrible carnage and such harrowing scenes of misery and death, that outsiders felt bound to intervene' (Auchnicloss, 1992). Similarly, in Yugoslavia, U.N "saw a need for intervention in Bosnia so that the Serbs would be stopped from persecuting Muslims..." (Auchnicloss, 1992). However, if need for peacekeeping is justified, we ask what would lead to the complaints by soldier's wives.

The experience of war can have a negative impact on the emotional and mental well being of people as was found out from studies of Vietnam War veterans returning to the USA from Vietnam war (1970s). For police as well as military families, traumatic duty experiences and emotions that follow are a genuine disruption of emotional attachment and bond (Scaturo & Hay man, 1992). It was found that married soldiers had higher rates of PTSD than unmarried soldiers (Solomon et al 1987). Solomon (1987) attributed these results to many of the added pressures of marriage, including leadership, companionship, and taking care of one's family and other marital responsibilities. Married soldiers carried traumatic symptoms back to the family, which made many of these responsibilities, seem more difficult.

The second contingent of Australian soldiers sent to Rwandan Mission (1995) faced a range of challenges including exposure to working with a population with very high rates of H.I.V. Col. Pearne (1995) asserts that personnel in Rwanda faced the threat of contracting H.I.V. since thirty percent of town dwelling Rwandans were H.I.V. positive. Eighty-five percent of the personnel suffered from fear of infection. This was another issue that made deployment of personnel stressful to families especially wives.

War penalized women when it came to division of labour. Military conscription has twisted cultural practices to free men from traditional obligations and chained women to greater number of household and food-security chores.

Peacekeeping mission similarly turns the family into a single parent/woman headed household. This could be a temporary role or a permanent role if widowhood results. Widowhood frequently changes the social and economic roles of women in the household and community. Life becomes more trying in either case since there is little or no assistance from relatives due to the breakdown of traditional support systems. This paper tried to find out how role changed loneliness, fear among other factors affected women's attitude to peacekeeping mission.

The first UN peacekeeping operation was an observer mission known as UNTSO, set up in Palestine in 1948 following the first Arab-Israel War. The first UN peacekeeping force was UNEF 1, which was deployed before Egypt and Israel following the Suez crisis in 1956.

“African troops were first deployed for peacekeeping duties in July 1960 during the Congo crisis. Troops drawn from ten African states served in UNOC. They were from Ethiopia, Ghana, Liberia, Senegal, Morocco, Mali, Sierra Leone, Sudan and Tunisia. Ethiopia provided the first African military commander for a UN peacekeeping force Lt. Gen. Kebede Guebre who commanded UNOC between 1962 and 1963.”

The Kenyan Armed Forces first participated in peacekeeping operations in 1979 in Rhodesia (Zimbabwe) where a small Kenya Army contingent was deployed within the ambit of the Commonwealth, to supervise and monitor the ceasefire that preceded the first national elections leading to independence.

Kenya had consistently participated in the U.N peacekeeping operations since 1989 when she sent military observers and an infantry to Namibia. Currently, Kenya ranks number 6 out of the 90 countries that contribute military and civilian police to the UN operations. To date, Kenyan U.N peacekeepers have served in 16 different countries in Africa, the Middle East, the Balkans and Asia. She has contributed military observers, staff officers, civilian police monitors and infantry troops. The period of deployment of the personnel has varied from mission to mission in accordance with the complexities of each conflict situation. This has ranged from one to eight years.

Currently, Kenyan peacekeeping contingents are in deployment in (9) different countries. She's the third largest troop contributing Nation to U.N peacekeeping operations in Africa, after Nigeria and Ghana. Kenya has currently contributed 1,874 personnel including 54 U.N military observers, 70 civilian police and 1,750 troops. Kenya has elaborate training programme for peacekeeping operations staff. Peacekeeping staffs are therefore, given mission specific training. This comprehensive curriculum has enabled the country to produce highly trained peacekeeping staff.

Kenya has also hosted several U.N peacekeeping seminars and as such has been chosen to host the African regional Headquarters. The U.N department for peacekeeping operations sponsored the training.

Unfortunately, Kenya has lost 21 personnel as a result of its participation in peacekeeping operations. 4 of them missing in action. (See Appendix 1 & 2)

## **1.2 Statement of the Problem**

Since deployment is viewed as a temporary separation, wives' issues are ignored. It is assumed that wives of peacekeepers are aware of Military Policy which expects the soldier/officer to work anywhere without questioning. It is also assumed that the soldier should be able to endorse enough money to family as he goes away, and that everything will be alright during his deployment. Although such policies exist, it appears that things are not always going well in families of peacekeepers. Unresearched speculations indicate wives of peacekeepers have a lot to worry and complain about concerning their husbands' participation in peacekeeping operations.

It is unfortunate that not many researchers have directed their attention towards exploring the nature and types of their complaints and the view of these wives on what needs to be done to improve their situation.

Put in question form therefore, the major problem of this study is:

What were the chief complaints of wives of Kenyan Military peacekeepers?

How could these complaints be classified?

## **1.3 Research Objectives**

The aim of this study was to find out the psychosocial complaints of wives of military personnel deployed on peacekeeping mission. Specifically the study sought to:

- a) find out the key complaints of wives of Kenyan Military peacekeepers in foreign missions.
- b) determine the types of complaints made by the wives in the face of their husbands' participation in peacekeeping mission.
- c) determine if the nature and types of these complaints differed according to the location of the mission, age of marriage, religion and level of education of the wives concerned.

#### **1.4 Research Questions**

1. What are the chief complaints of wives of Kenyan Military personnel on foreign peacekeeping mission?
2. How can these complaints be classified?
3. Do the complaints of wives of military personnel on foreign peacekeeping mission differ according to the location of the mission, age of marriage, religion and educational background of the wives?

#### **1.5 Significance of the Study**

This study was considered significant to the Kenyan society in that: -

- It will inspire more research work into this field in Kenya.
- It will enable the officers in charge to design a more pro-active strategy to reduce or eliminate the difficulties encountered by the wives of soldiers in deployment
- It will enable the officers in charge to design follow-up strategies to reduce or eliminate the difficulties encountered by the wives of soldiers and soldiers themselves on return from deployment.

- It will enable those in authority to view positively the idea of institutional counseling for those soldiers on deployment and their wives before and after the mission.
- It will enable the organization to appreciate the importance of the family and its role in enhancing the personnel's productivity.

## **1.6 Scope And Delimitations of The Study**

The study was conducted in MAB – Eastleigh and in Langata Barracks-Nairobi among civilian wives of military personnel whose husbands are away on peacekeeping mission as at then, and those whose husbands have come back from mission within the last five years.

It was confined to civilian wives living within the camps because they were within easy reach. Husbands of female military personnel have been excluded from the study since this would make the researcher require more time and money, as it would be too wide a research topic. However, it is a possible research area.

## **1.7 Assumptions Of The Study**

The overall assumptions of the study were that: -

- The respondents would give information accurately to the request of the researcher.
- Respondents' whose husbands were on peacekeeping mission two years ago would clearly remember and still have strong feelings of that experience.

MAB and Langata barracks have similar characteristics with other military establishment in the country and therefore the findings could appropriately be generalized for these establishments.

## 1.8 DEFINITION OF TERMS

**Attitude:** Beliefs and feelings a person holds towards a stimulus object, issue or event understood attitudes are assumed to impel behaviour and guide its form and manner.

**Complaints:** Reasons for not being satisfied, statements a person makes to show lack of satisfaction.

**Peacekeeping Forces:** Are made up of troops provided by member states and are financed by the International Community. Soldiers have weapons but can use them only in self-defense.

**Peacekeeping Mission:** Involves a United Nations presence in the field (normally including Military and Civilian Personnel) to implement or monitor the implementation of arrangements relating to the control of conflicts (cease-fires, separation of forces etc.) and their resolution (partial or comprehensive settlements) and/or to protect the delivery of humanitarian relief.

**Peacekeeping Operations:** Involves Military observer Missions, made up of unarmed Officers, peacekeeping forces or a combination of both.

## 1.9 ABBREVIATIONS

D.E.O.	-	District Education Officer
DRC	-	Democratic Republic of Congo
DSC	-	Defense Staff College
H.I.V.	-	Human Immuno-deficiency Virus
M.A.B	-	Moi Air Base
MONUC	-	United Nations Mission to the Democratic Republic of Congo
P.S.T.D	-	Post Traumatic Stress Disorder
S.P.S.S.	-	Scientific Package For Social Science
U.N.	-	United Nations
UNAMSIL	-	United Nations Mission in Sierra Leone 1999 to-date
UNEF	-	United Nations Force
UNM	-	United Nations Military Observers in various countries all over the World with particular mention of the following: Sierra Leone, Chad, Zimbabwe, Iran-Iraq, former Yugoslavia, Kuwait, Kosovo, Cambodia, Namibia Western Sahara, Mozambique, Liberia, DRC, Angola, Ethiopia and Eritrea.
UNMEE	-	United Nations Mission in Eritrea and Ethiopia 1990 to-date.
UNMOP	-	United Nations Military Observer Police.
UNOC	-	United Nations Operation in Congo
UNOSOM	-	United Nations Operations in Somalia
UNPROFOR	-	United Nations Protection Force (Yugoslavia) 1992 – 1995
UNTAG	-	United Nations Transition Assistance Group (Namibia) 1989.
UNTAET	-	United Nations Transitional Administration in East Timor 1999–2001
UNTSO	-	United nations Supervision Organisation
U.S.A.	-	United States of America
W.H.O.	-	World Health Organization

## CHAPTER 2

### REVIEW OF RELATED LITERATURE

#### 2.1 Introduction

This chapter contains a review of related literature. In the first section of this chapter, two classes of theories have been reviewed. Two family systems theories and some selected attitude formation and change theories are discussed. In section and two, studies of deployment of military personnel in foreign countries and in African countries are reviewed. The third section contains the research hypothesis.

#### 2.2 Theoretical Framework

This is divided into two sub-sections. The first is the family systems theories and part two is the attitude formation and change theories

##### 2.2.1. Human validation process model

This approach by Virginia Satir emphasizes communication as well as emotional (Satir Baldwin, 1983, Satir & Bitter, 2000). She stresses enhancement and validation of self-esteem, family rules, congruence versus defensive communication patterns, sculpting, nurturing triads and family mapping, and family life- fact chronologies. It emphasizes factors such as making contact metaphor, reframing emotional honesty and clear communication among others.

Satir's approach differs from Bowen and Whitaker's approaches. This is because Bowen applies rational thinking in emotionally saturated systems and Whitaker develops his methods out of existential and psychoanalytic root. Whereas Satir is inclined towards Carl Rogers thinking.

Guided by this theory, it is assumed that spouses will be able to communicate appropriately and effectively during this period of separation.

### **2.2.1.2 Structural Family Model**

Salvador Minuchin's Central idea is that an individual's symptoms are best understood from the interaction patterns within a family, the nature of the family, the presenting problem, and the process of change (Colapinto, 2000). The family is considered a basic human system, which is composed of a variety of subsystems. Subsystems are typically determined by factors such as gender, age, common interest and role function.

Structural family therapy aims at reducing symptoms of dysfunction and bringing about structural change within the system by modifying the family's transactional rules and developing more appropriate boundaries Colapinto (2000) points out that by releasing family system is able to mobilize resources and to improve member's ability to cope with stress and conflict.

Feminist interventions designed to save the woman at the expense of the family unit criticizes Minuchin's theory which is often used in favour of men at the expense of women.

Guided by this theory it is assumed that when the husband leaves home for peacekeeping mission, he is temporarily released from his role as head of family and this enables his wife to cope with the conflict of deployment Vis a Vis staying home with the family. She is empowered to make decisions during his absence.

## **2.2.2. Theories of attitude formation and change**

One method of knowing consists of beliefs and attitudes, which are fixed, in our minds. Rocco and West (1998) have named these beliefs and attitudes “psychosocial”. Psychosocial, they state, are “internalized, uncritical acceptance of assumptions gained through socialization and acculturation.

Most contemporary attitude theories have their origin in two major schools of thought. Many learning theories are based on the stimulus- response approach while most cognitive theories are influenced by field theory (Fishbein, 1975).

Fishbein purports that whenever a new concept has been learned, however, a new stimuli is associated with it and the meditative reaction elicited by these new stimuli will also become conditioned to the concept and change towards it.

### **2.2.2.1. Social learning theory**

Attitudes are acquired when we observe the behaviour of others. When one acquired behaviour after observing another person, the observer person is referred to as a model. According to Albert Bandura, vicarious learning is acquired by observing someone else receiving rewards and imitating their behaviour and by desisting another being punished for it. The study assumes that wives of observe the coping strategies practiced by wives whose husbands are also on deployment and learn from them.

### **2.2.2.2 Field Theory**

Beisser (1970) suggests that it is not possible to change something about ourselves by trying to be different. According to his paradoxical theory of change, we change when we become aware of what we are as opposed to trying to become what we are not. An increased in

awareness, will allow re-identification with the self from which he or she is alienated (Breshgold, 1989)

Guided by this theory wives are a target for the study to enable them identify their weaker points, for example, financial management; and improve on these.

### **2.2.2.3 Rosenberg's Value – Expectancy Theory**

Rosenberg (1966) defined an attitude as a relatively stable, effective response towards an object further observed that an attitude is accompanied by a cognitive structure made up of the beliefs about the potentialities of the stimulus object for obtaining or blocking the realization of valued states. He further pointed out that the more a given action or policy was instrumental to obtaining positively valued goals, the more, favourable the person's attitude towards the object.

Guided by the this theory it is assumed that wives of military personnel on deployment will develop a positive attitude towards peacekeeping mission if they realize that their families have something to gain. She will motivate her spouse to go on mission without any reservations.

### **2.2.2.3 Heider's Balance Theory.**

This theory holds that a balance configuration exists if the attitude towards the parts of a casual unit are similar in which case it can be either positive or negative (Heider, 1946). In this theory, beliefs are dichotomous in that attitudes or sentiments bear either positive or negative evaluation. Balance theory is restricted to positive or negative attitudes, that is, a person either likes or dislikes some other entity. The implications of the balance principal is that a person's attitude towards an object may be influenced by his or her beliefs about the object and by the evaluations of the related attributes.

Guided by this theory it was assumed that a wife may either like or dislike the peacekeeping mission depending on what she has heard of other wives experience. For example, if soldiers have lost lives in the fear of losing her spouse and thus dislike the exercise

## **2.3 Related Studies**

In this sub-section, we reviewed studies done in the area of military deployment and the wives psychosocial reactions. This review was divided into two sections: the first section looked at deployment to foreign countries based studies while the second one reviewed deployment to African countries based studies.

### **2.3.1 Foreign Based Studies**

There has been a lot of interest on the outcome of deployment of soldiers and military officers. Since peacekeeping mission is one aspect of deployment, studies on deployment and family adjustment, deployment and marital relationships will be reviewed to try and understand how women react and cope during the spouses' absence.

For instance, Nice (1981) carried out a study on 65 wives of enlisted Navy personnel with deployment as the dependent variable. The results were that Navy Family separation had no significant effect on measures of self-esteem, loneliness, health opinions, marital adjustments, physical symptoms and stress for separation and non-separation wives. Family separation had no significant effect on the marital adjustment or stress levels of husbands or wives.

Schumm, Hemesath, Bell, Palmer-Johnson & Elig (1996) concurs with his findings that there was no significant change to marital satisfaction during deployment to desert Storm

A study by Frankel, Snowden & Nelson (1992) on 75 wives of Navy personnel investigated family vulnerability, family type, family resources, Appraisal and problem-solving and coping. The findings were that the block of variables representing coping and problem-solving behaviours significantly contributed to the prediction of change for all of the models concern with individual adjustment and the model focusing on marital adjustment.

The appraisal block was significant for two personal adjustment outcomes (depression and dysphoria). Wives who tended toward appraising the upcoming deployment as more of a challenge than a threat improved in relation and strain strategies was consistently predictive of poor individual adjustment.

These findings parallel those of Patterson & Mccubbin (1984) on deployment and Family adjustment where wives experience the least distress coped by accepting the lifestyle, being optimistic, developing self-reliance and self-esteem.

In another study working with a sample of Navy wives, Nelson, Marlowe & Grandin (1987) using Pearlin and Schoder Dyphoria scale, Jacobson's Marital happiness scale, original health items and original scale of overall satisfaction discovered that working and non-working wives do not differ on stress or satisfaction when their husbands are deployed. Non-working wives who value efforts to develop interpersonal relationships and social support indicated that they were significantly less satisfied with overall Navy life.

Hiew, C.C (1992) research on Canadian families also found out that wives' negative perceptions about social support after father absence were negatively related to behavioral adjustment and academic performance of their children.

Schumm, Bell & Gade (2000) carried out a study on the effects of a military overseas peacekeeping deployment on military quality, satisfaction, and stability among 113 Army

members. The results were that scores on marital satisfaction and marital quality do not change permanently as a result of overseas deployments. There was a decline in marital satisfaction during the pre-deployment and deployment phases relative to before joining the peacekeeping force and after returning to other duties or civilian life. Marital instability was not uncommon among the deployed soldiers over a two-year period, but it was highest for those who said the marriages were in trouble a few months prior to the deployment.

The above findings are supported by a study carried out by Schumm, Hemesath, Bell, Palmer-Johnson and Elig (1996), which related that deployment on military service during desert storm had no significant change to marital satisfaction.

Using questionnaires, McCarroll, Ursano, Thayer, Newby, Norwood & Fullerton used 26,835 participants namely Army couples to find out the relationship between deployment and spousal aggression by U.S. Army soldiers, it was discovered that deployment had a significant effect on self-reported spousal aggression by active duty men and women. The probability of severe aggression increased with the length of deployment. The Army rate of aggression was higher (2.5%) than the civilian rate (.05%)

Yeatman (1981) conducted a study on 258 parents of children whose fathers were away on deployment. The study aimed at finding out the child's behaviour and somatic problems during the separation. The findings were that of 100 families in the sample, 66 reported a problem with at least one child. Out of 152 children from those families, 51 (34%) had disciplinary problems, 28 (19%) had phobias, and 17 (11%) had a fall in school grades. Multiple somatic complaints, poor self-image and a feeling of punishment were also not uncommon. Of 97 families, 37 (38.1%) reported readjustment problems when the father returned.

This is supported by Jensen et al (1989) who conducted a study on father absence and its effects on child and maternal psychopathology. Using the five point Likert scale and the seven point Likert scale they carried out a survey among 213 families. They found out that the total number of periods of father absence was not associated with child reported symptoms of depression and anxiety. Child reported symptoms of depression and anxiety, and teacher reported child behaviour problems both covaried with level of family stress, but not with maternal psychiatric symptomology. In contrast, mother reported child behavior problems covaried with level of family stress and maternal psychiatric symptoms.

In summary research has revealed many factors associated with civilian wives of military personnel deployed on peacekeeping mission and what leads to their complaints. These factors include the following:

Family vulnerability and lack of self-esteem (Patterson and Mccubbin, 1994), Family environment and satisfaction (Hendrix, Jurich & Schumm) among others.

Some of these earlier findings will be corroborated in the present study since they towards the suggestion that the personnel's wives need to have a more positive attitude towards peacekeeping mission. It is this that the current study will seek to ascertain.

### **2.3.2 African Based Studies**

There is very little that has been done on wives complaints towards peacekeeping mission in Africa. Most complaints of wives are from Refugee women and those who would like to be recruited in the peacekeeping mission as employees. It appears that local researchers have ignored this area concentrating instead on other areas like refugees.

A few researchers have also done studies on the role of the African woman in peacekeeping mission in traditional studies carried out on missions in Africa will be referred to in this

paper. There are however several studies done on peacekeepers in Africa which can also be related to this study. It is assumed that soldiers from Africa and Kenya being participants in these missions, their wives will undergo similar, or almost similar experiences.

In one study utilizing a sample of 500 wives of soldiers who had been deployed to Somalia for operation restore hope: Bell, Schumm, knot & Ender (1999) investigated communication means and problems, spouse stressfulness of deployment. The results of the study indicated that having problems with communication was related to taking longer for first contact, but was reduced by reliance on telephones. Units that deployed later relied more on unit e-mail. Higher echelon units had fewer problems and units in key cities had faster communication home as they used exotic means more often and electronic media rather than e-mail.

Raschmann, Patterson & Schofield on the other hand found out that their study among male pilots revealed the most common marital discord complaint as communication problems. The discrepancy may require reconciliation through further research.

A study carried out by Okulate and Oguine at 68 Nigerian Army Reference Base Hospital, Yaba, Lagos in Nigeria involved Nigerian soldiers engaged in Peacekeeping missions in Liberia and Yugoslavia. Using case illustrations, the study sought to describe patterns of homicidal violence among soldiers from the same Country or soldiers from allied forces and to suggest possible reasons for the attacks.

The subjects under study were six Nigerian military personnel who attacked other Nigerians or soldiers from allied forces with homicidal intent. Post homicidal interviews among the perpetrators were combined with evidence obtained at military courts to produce case studies.

Among the conclusions drawn from the results were that a clearly defined length of duty in the mission areas and adequate communication with home could reduce maladjustment.

Smith (2001) carried out studies on peacekeepers returning to Nigeria from Sierra Leone. His findings were that 11% of the peacekeepers were HIV positive – more than double Nigeria's then – current HIV prevalence. This was attributed mainly to low HIV awareness: among surveyed peacekeepers and soldiers from the National Army, only 23% could cite at least three HIV-transmission routes, 38% reported not being worried about AIDS, and only 39% had used a condom during their last sexual encounter (McGinn et al 2001).

Major Ebulu S.O. (2004) concurs with the above findings when he states that in Africa, rates of HIV infections among African militaries may be as high as 60% in Angola and DRC and probably even more in Zimbabwe and South Africa. Studies have revealed that Kenya Army buries at least two soldiers every week.

According to Hodson, on 164 personnel in Rwanda, four months after deployment, good social support is preventative for the development of traumatic symptoms.

The research has also highlighted the need for care of families of personnel while individuals are on deployment. Difficult family situations lay personnel at greater risk of developing chronic trauma symptoms.

This is supported by Nthobari & Ndayiziga (2003:16) in their studies on the role of the traditional African woman in peacekeeping. Among the Burundi, they discovered, the traditional African wife exercised a considerable influence over her husband although it was reported that authority was forced to remain discreet, as it was a controversial issue in society, which should view it as weakness on the part of the husband. The wife was usually

discreet in public, but become an influential adviser of her husband in the intimacy of the bedroom.

Becker (2003) investigates the role played by women in the practice of peace restoration ritual in the aftermath of war. Her findings show among other things that women play a strategic role in the spiritual healing of the wounds of war in Namibia. The healing rituals they engage in tend to purify and cleanse the war returnees of bloodguilt. The killer had to be purified with magic rites; otherwise his desire to kill would spread to other people disturbing the communal peace. He was perceived as a danger to the community. Any man who killed another person had to undergo a purification rite or else the dead man's ghost would drive him insane (Loeb, 1962). Becker (2003) reveals the role of the woman as a psychological/spiritual healer.

Similarly, in Angola and Mozambique, purification rituals are performed for returning soldiers so that they may be reincorporated into their communities. In Native American communities returning soldiers underwent sweat lodge rituals, which are seen both as spiritual and physical purification ceremonies and also as opportunities for personal growth and healing (Wilson, 1989)

In summary, it can be said that not much has been done locally on the Kenyan woman's complaints about peacekeeping mission. However the studies reviewed here have revealed worthwhile information which agree with studies done elsewhere in Africa from this review it has emerged that the African woman has always been involved in peacekeeping right from the traditional days.

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## **2.4 Summary Of Reviewed Literature**

From the literature reviewed in this section, various major themes have emerged. It has emerged that while spouses are away on deployment, wives are faced with various problems ranging from the mild to the extreme.

Foreign researchers have dwelt on problem areas such as poor communication, stress due to lack of social support, and effect of father's absence on children among others. African based researchers have dwelt mainly on H.I.V issues and pathological issues affecting the soldier. It has also been realised that most Kenyan researchers have not taken an interest in deployment and the complaints of peacekeepers' wives

The process of improving peacekeeper's wives attitudes towards peacekeeping mission will require an understanding of the variables that affect how they view peacekeeping mission. Wives' psychosocial complaints need to be listened to and studied, for the welfare of not only the family but also that of the soldiers/officers. This current study was necessary as it sought to bridge this gap.

## **2.5 Conceptual Framework.**

These women's difficulties are, however, different from the ones presented by psychology and psychiatry and therefore call for psychosocial interventions. The term 'psychosocial' should be linked with 'well-being', in other words that people's psychosocial well-being is part of their general health (Ahearn 2000).

WHO defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (Ahearn 2000:4). Most definitions of the term 'psychosocial' are based on the idea that a combination of psychological and social factors

are responsible for the well-being of people and cannot necessarily be separated from one another. The term directs attention towards the totality of people's experience rather than focusing exclusively on the psychological aspects of health and well being, and emphasizes the need to view this issues within the interpersonal contexts of wider family and the community networks in which they are located.

Ager (2001) describes psychosocial interventions as the integration of social and psychological approaches to prevention of mental health problems and social difficulties.

Baron (2002) in the 1997 Regional workshop in Kenya states: The word psychosocial simply underlines the dynamic relationship between psychological and social effects, each continually influencing the other. Baron points out that this suggests that each person is made up of an integration of the following:

The mind, thinking, emotions, feelings, behavior are the psycho-or psychological components.

The environment, culture, economics, traditions, spirituality, interpersonal relationships with family, community and friends and life tasks.

It is crucial that we know the socio-demographic factor and the attitudes of the peacekeeping wives if we are to identify reasons for their psychosocial complaints. Wives attitude will determine how effectively they adjust during their spouse's absence and on his return, and to what extent the soldier able to remain stress free.

1. The rational element based on knowledge. Civilian wives of military personnel need to know:

What peacekeeping mission is all about, policies of Armed forces, how long the spouse will be away from the family.

2. The emotional element, based on the intensity of attitudes or feelings

What wives have heard and seen other soldiers' wives in the community undergo/experience while their spouses are away on deployment may make them support it or be against it. Emotions become negative if based on fear or uncertainty of the outcomes of peacekeeping mission or positive, based on love or hope for reward i.e. compensation.

3. The practical element, based on personal skill in the new behaviour wives need self esteem which will manage them confident that she will manage to manage the family for the duration of to manage the family for the duration of husbands' absence while away from home.

The conceptual framework illustrates how some factors under study related with and influence other.

The peacekeepers' wives undergo varied expectations change, so do their feelings.

These challenges occur in stages.

### **Stage 1: Before Mission**

The personnel's wives are mainly excited and happy with the news of the impending deployment. This is because they expect their standards of living to change due to husband's extra remuneration package. Other women feel proud & honoured because their husbands have a noble duty to carry out, whereas, depending on the relationship in the

marriage at the time, other foresaw freedom to exercise their rights or to continue with other issues i.e. education etc.

### **Stage 2: During Mission**

When the women experience communications problems, delay in getting financial support the excitement waves worry, anxiety and even fear set in. Negative information from the country of deployment leads to uncertainties, confusion and even depression.

If there's no social support group, then loneliness becomes the order of the day. These feelings lead to some behaviour patterns. Among these are:- dependency, unfaithfulness, and other complaints.

### **Stage 3: Counselling**

If clients (women) undergo counseling and get group support they are able to cope with the situation.

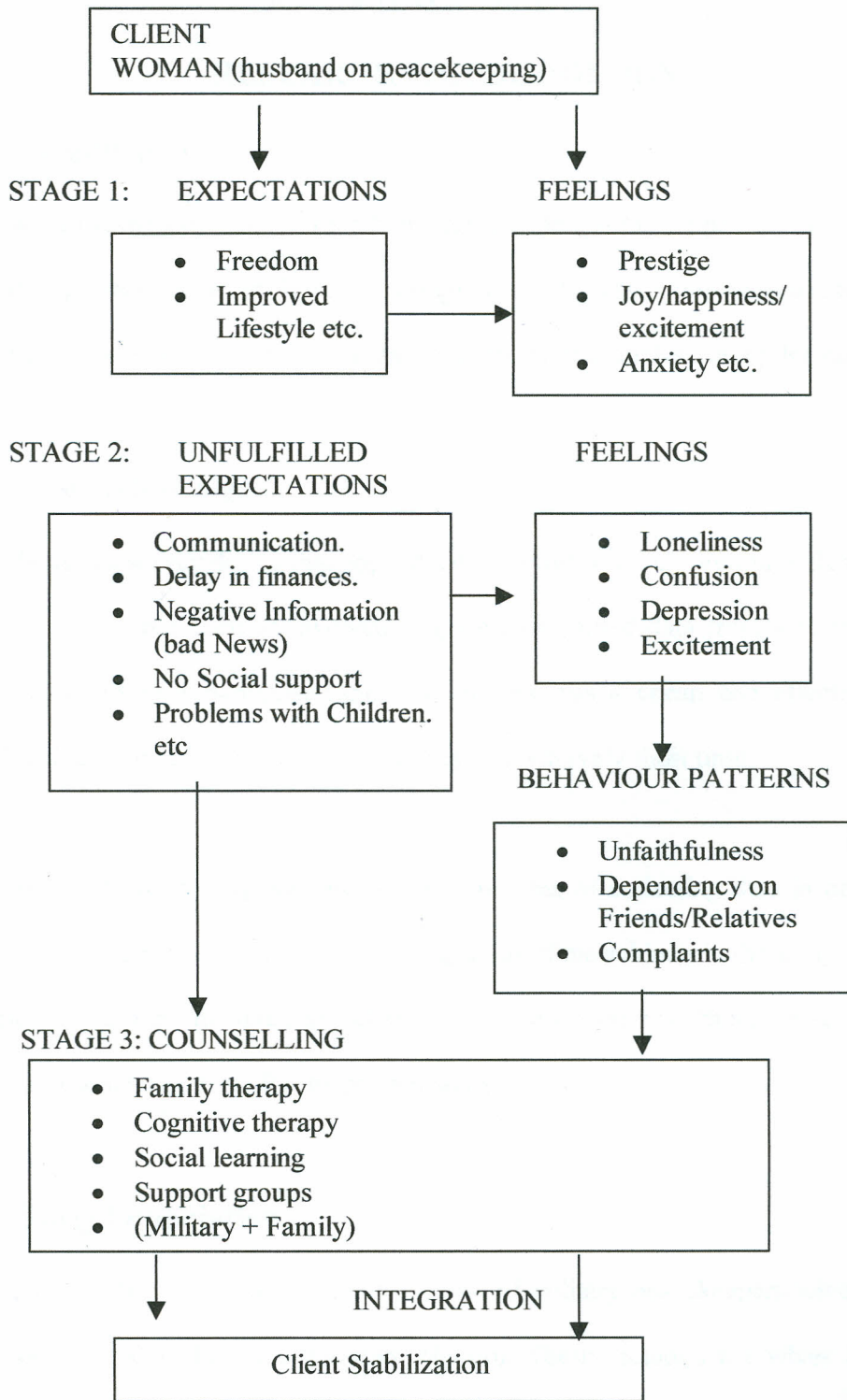


Fig. 1.0 – Conceptual Model

## CHAPTER 3

### RESEARCH METHODOLOGY

#### 3.1 Introduction

This chapter presents the research methodology and design for the past study. In doing so, the following were discussed: Research design, area of study, study population, sampling technique, instrumentation, validation, data collection, data analysis and pilot study.

#### 3.2 Research Design.

The study used a survey design that applied a descriptive research. Verma & Beards (1981) described survey as a method involved in getting of limited data from a relatively large number of cases at a particular time. This design was a cheap and effective way of collecting data from a large number of sources in a relatively short time.

Gay (1981) defined descriptive research as a process of collecting data in order to test hypotheses or to answer questions concerning status of the subjects in the study. Therefore, this type of research attempted to determine and report the way things were. Hence the decision to use it as a design for the present study.

#### 3.3 Target Population.

The population for this study comprised wives of military peacekeepers wives living in MAB Nairobi and in Langata Barracks, Nairobi. These included the wives of military personnel who were currently away on peacekeeping mission and those whose spouses completed the exercise in the last two years.

These women had been chosen for the study because they were within easy reach, and may have had an opinion to share on the subject of the present investigation.

### **3.4 Sampling Technique**

The study adopted the purposive sampling technique. This process took into consideration the following variables:

- Gender/sex of respondents
- Spouse being on mission
- Period of time spouse had been back from peacekeeping mission.
- Spouse' rank at work place i.e. soldier or officer

In this way the study subjects were selected in such a way that the existing sub- groups in the population were more or less reflected in the sample. For this study, 40% of the target population was used. Mugenda and Mugenda (1999) maintain that in descriptive research, 10% of the accessible population was adequate for a sample. This research aimed at using a sample of 100 respondents.

### **3.5 Research Instruments**

Data was collected using the questionnaire as the main instrument. The questionnaire comprised of parts A and B. Part A had close-ended questions while Part B had Open-ended questions. The advantage of using the questionnaire in this research was that questions for each of the respondents were framed the same way therefore allowing for uniformity for all the respondents. Part A dwelt on demographic data and had 10 questions. Part B was composed of a list of 25 possible complaints of wives' of military personnel on peacekeeping mission in foreign countries.

The items in this list were to be structured using the Likert five point scale. These points ranged from strongly Agree, Agree, Not sure, Disagree, to Strongly Disagree. The actual

formation of the statements, which wives, had to respond to were thought out by the researcher. The scope covered elements such as appreciation of the exercise, remuneration package, effect on children and the need for marital counseling before, during and after mission.

The respondents were required to respond to the statement by putting a tick under the relevant alternative. The codes were indicated at the top of the columns as shown in Appendix 2.

The items were arranged in form of multiple choices. Thirteen of the statements indicated favourable attitude towards peacekeeping mission while the remaining twelve reflected unfavourable or the reverse attitude. The opposite statements were not necessarily arranged to follow each other consecutively.

### **3.6 Pilot Study.**

Before the actual data collection, the questionnaire was pre-tested for enhancement of its validity and reliability using some selected wives of soldiers who had experienced similar conditions other than those who had been involved in the actual study. Responses from the pilot study were used to modify the tool in wording and format where necessary. Pilot data was also used to check the appropriateness of the proposed data collection and analysis methods.

### **3.7 Analysis Of Data.**

Data analysis was carried out using descriptive statistics in terms of frequency tables, percentages, means and standard deviations. S.P.S.S. was used (Taylor, 1973)

# CHAPTER FOUR

## RESULTS OF THE STUDY

### 4.0 Introduction

The findings of this study on the psychosocial complaints of wives of military personnel on peacekeeping mission are presented below. The presentation will be organized around the key research questions investigated, starting with research question one.

#### 4.1 Research question one: What are the chief complaints of wives of Kenyan military peacekeepers?

Data relating to this question can be found tabulated in table 4.1.1 below:

Table 4.1.1: Complaints of Wives of Kenyan Military Peacekeepers

Complaints	Strongly Agree		Agree		Not sure		Disagree		Strongly Disagree		Mean
	n	%	n	%	n	%	n	%	n	%	
I feel lonely most of the times	54	54.0	33	33.0	1	1.0	5	5.0	7	7.0	4.2200
I miss sexual intimacy	24	24.0	53	53.0	7	7.0	12	12.0	4	4.0	3.8100
I have nobody to discuss family issues with	13	13.0	16	16.0	3	3.0	39	39.0	29	29.0	3.5500
I realize I was not prepared to manage finances on my own	20	20.0	32	32.0	7	7.0	21	21.0	20	20.0	3.1100
I fear that my husband will get involved with another woman	24	24.0	34	34.0	15	15.0	14	14.0	13	13.0	3.4200
I feel like having an extra-marital affair	3	3.0	12	12.0	5	5.0	30	30.0	50	50.0	1.8800
It takes us too long to communicate with each other	12	12.0	28	28.0	0	0.0	35	35.0	25	25.0	2.6700
My children miss their father too	66	66.0	29	29.0	1	1.0	1	1.0	3	3.0	4.5400
My spouse did not leave us with enough money	10	10.0	35	35.0	3	3.0	36	36.0	16	16.0	2.8700
There is too much interference from my husband's relatives	19	19.0	27	27.0	15	15.0	24	24.0	15	15.0	3.1100
I dislike living with relatives	10	10.0	30	30.0	8	8.0	34	34.0	18	18.0	2.8000
I feel left out during social activities	19	19.0	32	32.0	18	18.0	20	20.0	11	11.0	3.2800
Some husbands become violent when they come back from mission	27	27.0	41	41.0	18	18.0	9	9.0	5	5.0	3.7600
No counselling takes place for wives before husband's deployment	73	73.0	24	24.0	0	0.0	0	0.0	3	3.0	4.6400
Neighbours report false issues about wives to husband during his absence	25	25.0	38	38.0	23	23.0	7	7.0	7	7.0	3.6700
Husbands do not spend money wisely when they come back home	32	32.0	21	21.0	18	18.0	15	15.0	14	14.0	3.4200

Administration does not look after family's welfare while spouse is away	27	27.0	25	25.0	8	8.0	30	30.0	10	10.0	3.2900
Some husbands no longer appreciate their wives after deployment	18	18.0	37	37.0	34	34.0	9	9.0	2	2.0	3.6000
Husbands find it difficult to adjust to living with families on their return	12	12.0	29	29.0	32	32.0	18	18.0	9	9.0	3.1700
Deployment leads to many cases of unfaithfulness in the camps	30	30.0	36	36.0	16	16.0	12	12.0	6	6.0	3.7200
Children get out of hand when fathers are absent	12	12.0	35	35.0	8	8.0	37	37.0	8	8.0	3.0600
Father's absence enables family to appreciate them even more	39	39.0	32	32.0	8	8.0	8	8.0	13	13.0	3.7600
Peace keeping mission sometimes leads to divorce	14	14.0	37	37.0	33	33.0	10	10.0	6	6.0	3.4300
I fear that my husband might lose his life during the mission	52	52.0	34	34.0	6	6.0	2	2.0	6	6.0	4.2400
Chances of soldiers acquiring HIV/AIDS during the mission are high	51	51.0	24	24.0	7	7.0	8	8.0	10	10.0	3.9800

From table 4.1.1 it can be observed that the main complaints of the wives of soldiers who are deployed for the peacekeeping mission are that no counselling services are provided for the wives before husband's deployment, their children miss their father during the deployment, they feel lonely most of the times and that they fear that their husband may lose their lives during the mission. However, most of them disagree that they feel like having extra-marital affairs during the absence of the husband.

#### 4.2 Research question two: What are the complaints of wives of Kenyan military peacekeepers on the basis of age, length of marriage, level of education, number of children, income level, and religion?

Table 4.2.1: Complaints on the Basis of Age

Complaints	20-24 years		25-30 years		31-35 years		Over 36 years	
	Mean	Comment	Mean	Comment	Mean	Comment	Mean	Comment
I feel lonely most of the times	4.5000	Strongly Agree	4.5610	Strongly Agree	4.1892	Agree	3.5500	Agree
I miss sexual intimacy	4.5000	Strongly Agree	4.1220	Agree	3.7297	Agree	3.2500	Not Sure
I have nobody to discuss family issues with	2.5000	Not Sure	3.0976	Not Sure	3.8919	Agree	3.9500	Agree
I realize I was not prepared to manage finances on my own	1.5000	Disagree	3.0976	Not Sure	3.5676	Agree	2.4500	Disagree
I fear that my husband will get involved with another women	3.5000	Agree	3.1951	Not Sure	3.5405	Agree	3.6500	Agree

I feel like having an extra-marital affair	1.5000	Disagree	1.8293	Disagree	1.9459	Disagree	1.9000	Disagree
It takes us too long to communicate with each other	1.5000	Disagree	2.4634	Disagree	3.0541	Not Sure	2.5000	Not Sure
My children miss their father too	4.5000	Strongly Agree	4.6098	Strongly Agree	4.3784	Agree	4.7000	Strongly Agree
My spouse did not leave us with enough money	2.0000	Disagree	2.8780	Not Sure	2.7568	Not Sure	3.1500	Not Sure
There is too much interference from my husband's relatives	2.0000	Disagree	2.3415	Disagree	2.8649	Not Sure	3.2000	Not Sure
I dislike living with relatives	3.0000	Not Sure	2.9512	Not Sure	2.4595	Disagree	3.1000	Not Sure
I feel left out during social activities	3.0000	Not Sure	3.4146	Not Sure	3.5405	Agree	2.5500	Not Sure
Some husbands become violent when they come back from mission	3.5000	Agree	3.7317	Agree	3.5405	Agree	4.2500	Agree
No counselling takes place for wives before husband's deployment	4.5000	Strongly Agree	4.7073	Strongly Agree	4.7027	Strongly Agree	4.4000	Agree
Neighbours report false issues about wives to husband during his absence	3.5000	Agree	3.5610	Agree	3.5676	Agree	4.1000	Agree
Husbands do not spend money wisely when they come back home	3.5000	Agree	3.3171	Not Sure	3.4865	Not Sure	3.5000	Agree
Administration does not look after family's welfare while spouse is away	3.0000	Not Sure	3.4634	Not Sure	2.7297	Not Sure	4.0000	Agree
Some husbands no longer appreciate their wives after deployment	3.5000	Agree	3.5610	Agree	3.5135	Agree	3.8500	Agree
Husbands find it difficult to adjust to living with families on their return	3.0000	Not Sure	3.0488	Not Sure	3.1892	Not Sure	3.4000	Not Sure
Deployment leads to many cases of unfaithfulness in the camps	4.0000	Agree	3.9512	Agree	3.5135	Agree	3.6000	Agree
Children get out of hand when fathers are absent	2.5000	Not Sure	2.9268	Not Sure	3.3784	Not sure	2.8000	Not Sure
Father's absence enables family to appreciate them even more	3.5000	Agree	3.9756	Agree	3.5946	Agree	3.6500	Agree
Peace keeping mission sometimes leads to divorce	3.5000	Agree	3.4390	Not Sure	3.2703	Not Sure	3.7000	Agree
I fear that my husband might lose his life during the mission	4.5000	Strongly Agree	4.5610	Strongly Agree	4.1351	Agree	3.7500	Agree
Chances of soldiers acquiring HIV/AIDS during the mission are high	4.0000	Agree	4.0732	Agree	3.9730	Agree	3.8000	Agree

From table 4.2.1, it can be observed that slight differences exist on the complaints of the wives of Kenyan military peacekeepers on the basis of age. From example, while younger women agree that they miss sexual intimacy, the older ones are not sure. At the same time,

while the older women agree that they have nobody to discuss family issues with, the younger ones are not sure.

Table 4.2.2: Complaints on the Basis of the Length of Marriage

Complaints	1-5 years		6-10 years		11-15 years		16-20 years		Over 20 years	
	Mean	Comment	Mean	Comment	Mean	Comment	Mean	Comment	Mean	Comment
I feel lonely most of the times	4.5000	Strongly Agree	4.4722	Agree	4.3590	Agree	4.6000	Strongly Agree	3.1250	Not Sure
I miss sexual intimacy	4.2500	Agree	4.0000	Agree	3.8974	Agree	3.4000		3.1875	Not Sure
I have nobody to discuss family issues with	2.7500	Not Sure	3.0833	Not Sure	3.7949	Agree	4.2000	Agree	4.0000	Agree
I realize I was not prepared to manage finances on my own	3.0000	Not Sure	3.0278	Not Sure	3.4872	Not sure	2.6000	Not Sure	2.5625	Not
I fear that my husband will get involved with another women	3.0000	Not Sure	3.4722	Not Sure	3.2051	Not Sure	4.6000	Strongly Agree	3.5625	Agree
I feel like having an extra-marital affair	1.2500	Strongly Disagree	2.0278	Disagree	1.9231	Disagree	1.4000	Strongly Disagree	1.7500	Disagree
It takes us too long to communicate with each other	2.2500	Disagree	2.4167	Disagree	2.9744	Not sure	3.0000	Not Sure	2.5000	Not Sure
My children miss their father too	4.7500	Strongly Agree	4.4444	Agree	4.5641	Strongly Agree	5.0000	Strongly Agree	4.5000	Strongly Agree
My spouse did not leave us with enough money	3.2500	Not Sure	2.9722	Not Sure	2.6667	Not Sure	3.4000	Not Sure	2.8750	Not Sure
There is too much interference from my husband's relatives	3.0000	Not Sure	3.4722	Not Sure	2.8718	Not Sure	3.0000	Not Sure	2.9375	Not Sure
I dislike living with relatives	3.5000	Agree	3.1389	Not Sure	2.3846	Disagree	3.2000	Not Sure	2.7500	Not Sure
I feel left out during social activities	3.0000	Not Sure	3.3333	Not Sure	3.4872	Not Sure	3.4000	Not Sure	2.6875	Not Sure
Some husbands become violent when they come back from mission	3.2500	Not Sure	3.7500	Agree	3.6923	Agree	4.6000	Strongly Agree	3.8125	Agree
No counselling takes place for wives before husband's deployment	4.7500	Strongly Agree	4.6389	Strongly Agree	4.7179	Strongly Agree	4.6000	Strongly Agree	4.4375	Agree
Neighbours report false issues about wives to husband during his absence	3.2500	Not Sure	3.6389	Agree	3.6667	Agree	4.2000	Agree	3.6875	Agree
Husbands do not spend money wisely when they come back home	3.2500	Not Sure	3.5833	Agree	3.1026	Not Sure	4.2000	Agree	3.6250	Agree

that women who have been married for many years reported that some husbands no longer appreciate their wives after deployment.

Table 4.2.3: Complaints on the Basis of Educational Level

Complaints	None Literate		Primary		Secondary		Tertiary	
	Mean	Comment	Mean	Comment	Mean	Comment	Mean	Comment
I feel lonely most of the times	4.6667	Strongly Agree	4.0714	Agree	4.2281	Agree	4.2308	Agree
I miss sexual intimacy	4.6667	Strongly Agree	3.7143	Agree	3.7368	Agree	3.9231	Agree
I have nobody to discuss family issues with	1.3333	Strongly Disagree	4.0714	Agree	3.5614	Agree	3.5000	Agree
I realize I was not prepared to manage finances on my own	2.0000	Disagree	3.6429	Agree	3.2807	Not Sure	2.5769	Not Sure
I fear that my husband will get involved with another women	2.3333	Disagree	3.6429	Agree	3.2632	Not Sure	3.7692	Agree
I feel like having an extra-marital affair	1.6667	Disagree	1.5714	Disagree	1.8772	Disagree	2.0769	Disagree
It takes us too long to communicate with each other	2.0000	Disagree	2.7857	Not Sure	2.7544	Not Sure	2.5000	Not Sure
My children miss their father too	5.0000	Strongly Agree	4.2857	Agree	4.6842	Strongly Agree	4.3077	Agree
My spouse did not leave us with enough money	2.6667	Not Sure	3.2143	Not Sure	2.9123	Not Sure	2.6154	Not Sure
There is too much interference from my husband's relatives	2.0000	Disagree	3.1429	Not Sure	3.0351	Not Sure	3.3376	Not Sure
I dislike living with relatives	2.6667	Not Sure	2.5000	Not Sure	2.7018	Not Sure	3.1923	Not Sure
I feel left out during social activities	2.6667	Not Sure	3.4286	Not Sure	3.1053		3.6538	Agree
Some husbands become violent when they come back from mission	4.0000	Agree	3.5714	Not Sure	3.8772	Not Sure	3.5769	Not Sure
No counselling takes place for wives before husband's deployment	4.6667	Strongly Agree	4.5714	Strongly Agree	4.6140	Strongly Agree	4.7388	Strongly Agree
Neighbours report false issues about wives to husband during his absence	3.0000	Not Sure	3.3571	Not Sure	3.9474	Agree	3.3077	Not Sure
Husbands do not spend money wisely when they come back home	1.6667	Disagree	3.1429	Not Sure	3.5439	Agree	3.5000	Agree
Administration does not look after family's welfare while spouse is away	4.0000	Agree	3.0741	Not Sure	3.3158	Not Sure	3.2642	Not Sure
Some husbands no longer appreciate their wives after deployment	3.0000	Not Sure	3.2143	Not Sure	3.8421	Agree	3.3462	Not Sure
Husbands find it difficult to adjust to living with families on their return	2.3333	Disagree	3.0714	Not Sure	3.2105	Not Sure	3.2308	Not Sure
Deployment leads to many cases of unfaithfulness in the camps	3.0000	Not Sure	3.7857	Agree	3.8070	Agree	3.5769	Agree

Children get out of hand when fathers are absent	3.0000	Not Sure	3.4286	Not Sure	2.9474	Not Sure	3.1154	Not Sure
Father's absence enables family to appreciate them even more	5.0000	Strongly Agree	4.6429	Strongly Agree	3.6491	Agree	3.3846	Not Sure
Peace keeping mission sometimes leads to divorce	3.6667	Agree	2.5000		3.4737	Not Sure	3.2692	Not Sure
I fear that my husband might lose his life during the mission	5.0000	Strongly Agree	4.1429	Agree	4.3333	Agree	4.0000	Agree
Chances of soldiers acquiring HIV/AIDS during the mission are high	3.0000	Not Sure	3.9286	Agree	3.9474	Agree	4.1923	Agree

The results in table 4.2.3 show that education level did not have much influence on the complaints. However, slight differences were noted. For example, while the none literate were not sure whether chances of soldiers acquiring HIV/AIDS during the mission are high and that deployments lead to many cases of unfaithfulness in the camp, the others with primary level of education and above agree.

Table 4.2.4: Complaints on the Basis of Number of Children

Complaints	0-2		3-5		Over 6	
	Mean	Comment	Mean	Comment	Mean	Comment
I feel lonely most of the times	4.7391	Strongly Agree	4.1875	Agree	3.4615	Not Sure
I miss sexual intimacy	4.3478	Agree	3.8281	Agree	2.7692	Not Sure
I have nobody to discuss family issues with	3.2174		3.6563	Agree	3.6154	Agree
I realize I was not prepared to manage finances on my own	3.7826	Agree	2.8750	Not Sure	3.0769	Not Sure
I fear that my husband will get involved with another women	3.7826	Agree	3.2969	Not Sure	3.3846	Not Sure
I feel like having an extra-marital affair	1.7826	Disagree	1.9375	Disagree	1.7692	Disagree
It takes us too long to communicate with each other	2.2174	Disagree	2.9531	Not Sure	2.0769	Disagree
My children miss their father too	4.4348	Agree	4.5781	Strongly Agree	4.5385	Strongly Agree
My spouse did not leave us with enough money	2.4783	Disagree	2.9375	Not Sure	3.2308	Not Sure
There is too much interference from my husband's relatives	3.3478	Not Sure	3.1406	Not Sure	2.5385	Not Sure
I dislike living with relatives	3.1304	Not Sure	2.6875	Not Sure	2.7692	Not Sure
I feel left out during social activities	3.6522	Agree	3.3906	Not Sure	2.0769	
Some husbands become violent when they come back from mission	3.8261	Agree	3.6406	Agree	4.2308	Agree
No counselling takes place for wives before husband's deployment	4.8261	Strongly Agree	4.5625	Strongly Agree	4.6923	Strongly Agree
Neighbours report false issues about wives to husband during his absence	3.5652	Agree	3.6719	Agree	3.8462	Agree
Husbands do not spend money wisely when they come back home	3.2609	Not Sure	3.5781	Agree	2.9231	Not Sure

Administration does not look after family's welfare while spouse is away	3.0000	Not Sure	3.1406	Not Sure	4.5385	Strongly Agree
Some husbands no longer appreciate their wives after deployment	3.5217	Agree	3.5781	Agree	3.8462	Agree
Husbands find it difficult to adjust to living with families on their return	3.2609	Not Sure	3.1406	Not Sure	3.1538	Not Sure
Deployment leads to many cases of unfaithfulness in the camps	4.0000	Agree	3.6719	Agree	3.4615	Not Sure
Children get out of hand when fathers are absent	3.1304	Not Sure	3.0469	Not Sure	3.0000	Not Sure
Father's absence enables family to appreciate them even more	3.7391	Agree	3.7344	Agree	3.9231	Agree
Peace keeping mission sometimes leads to divorce	3.5652	Agree	3.2969	Not Sure	3.8462	Agree
I fear that my husband might lose his life during the mission	4.4348	Agree	4.2656	Agree	3.7692	Agree
Chances of soldiers acquiring HIV/AIDS during the mission are high	4.4348	Agree	3.9063	Agree	3.5385	Agree

From table 4.2.4 it can be observed that complaints varied on the basis of the number of children of the respondents. Those with few children agree that they feel lonely most of the times, that they have realised that they were not prepared to manage finances on their own, fear that their husbands will get involved with another woman, and that they feel left out of social activities, those with many children were either not sure or disagree.

Table 4.2.5: Complaints on the Basis of Income Level

Complaints	Low (Less than 5,000)		Middle (6,000-25,000)		High (above 25,000)		Don't Know	
	Mean	Comment	Mean	Comment	Mean	Comment	Mean	Comment
I feel lonely most of the times	4.4667	Agree	4.1042	Agree	4.1667	Agree	4.1250	Agree
I miss sexual intimacy	3.7000	Agree	3.7917	Agree	4.1667	Agree	3.9375	Agree
I have nobody to discuss family issues with	3.5667	Agree	3.2917	Not Sure	3.5000	Agree	4.3125	Agree
I realize I was not prepared to manage finances on my own	3.3333	Not Sure	3.1250	Not Sure	1.6667	Disagree	3.1875	Not Sure
I fear that my husband will get involved with another women	3.5000	Agree	3.2083	Not Sure	3.5000	Agree	3.8750	Agree
I feel like having an extra-marital affair	1.8667	Disagree	1.9792	Disagree	2.0000	Disagree	1.5625	Disagree
It takes us too long to communicate with each other	3.0000	Not Sure	2.5208	Not Sure	2.0000	Disagree	2.7500	Not Sure
My children miss their father too	4.6667	Strongly Agree	4.3958	Agree	5.0000	Strongly Agree	4.5625	Strongly Agree
My spouse did not leave us with enough money	3.1667	Not Sure	2.7500	Not Sure	2.0000		3.0000	Not Sure
There is too much interference from my husband's relatives	3.1000	Not Sure	2.9375	Not Sure	2.5000	Not Sure	3.8750	Agree

I dislike living with relatives	2.9333	Not Sure	2.8750	Not Sure	2.3333	Disagree	2.5000	Not Sure
I feel left out during social activities	3.1667	Not Sure	3.2500	Not Sure	3.8333	Agree	3.3750	Not Sure
Some husbands become violent when they come back from mission	3.9667	Agree	3.6667	Agree	3.8333	Agree	3.6250	Agree
No counselling takes place for wives before husband's deployment	4.6333	Strongly Agree	4.6667	Strongly Agree	4.6667	Strongly Agree	4.5625	Strongly Agree
Neighbours report false issues about wives to husband during his absence	3.9000	Agree	3.4792	Not Sure	3.3333	Not Sure	3.9375	Agree
Husbands do not spend money wisely when they come back home	3.9000	Agree	3.3542	Not Sure	2.3333	Disagree	3.1250	Not Sure
Administration does not look after family's welfare while spouse is away	3.2333	Not Sure	3.1875	Not Sure	2.8333	Not Sure	3.8750	Agree
Some husbands no longer appreciate their wives after deployment	3.7333	Agree	3.7292	Agree	2.5000	Not Sure	3.3750	Not Sure
Husbands find it difficult to adjust to living with families on their return	3.5000	Agree	3.2292	Not Sure	2.6667	Not Sure	2.5625	Not Sure
Deployment leads to many cases of unfaithfulness in the camps	3.8000	Agree	3.4792	Not Sure	3.3333	Not Sure	4.4375	Agree
Children get out of hand when fathers are absent	3.1667	Not Sure	3.1667	Not Sure	2.5000	Not Sure	2.7500	Not Sure
Father's absence enables family to appreciate them even more	3.5333	Agree	3.7083	Agree	3.8333	Agree	4.3125	Agree
Peace keeping mission sometimes leads to divorce	3.1667	Not Sure	3.5000	Agree	3.0000	Not Sure	3.8750	Agree
I fear that my husband might lose his life during the mission	4.2000	Agree	4.1667	Agree	4.3333	Agree	4.5000	Strongly Agree
Chances of soldiers acquiring HIV/AIDS during the mission are high	4.2667	Agree	3.7500	Agree	3.8333	Agree	4.1875	Agree

The findings presented in table 4.2.5 indicate that some differences exist on the types of complaints on the basis of the income level of the respondents. For example, while those with low income agree that deployment leads to many cases of unfaithfulness in the camps, and that neighbours report false issues about wives to husband during his absence, the others in the middle and high income bracket are not sure.

Table 4.2.6: Complaints on the Basis of Religion

Complaints	Catholic		Protestant		Muslim		Others	
	Mean	Comment	Mean	Comment	Mean	Comment	Mean	Comment
I feel lonely most of the times	4.2500	Agree	4.2340	Agree	4.1111	Agree	4.3333	Agree
I miss sexual intimacy	3.6250	Agree	4.0213	Agree	3.6667	Agree	3.3333	
I have nobody to discuss family issues with	4.2813	Agree	3.3191		2.7222		4.3333	Agree
I realize I was not prepared to manage finances on my own	3.0000	Not Sure	2.9787	Not Sure	3.4444	Not Sure	4.3333	Agree
I fear that my husband will get involved with another women	3.8750	Agree	3.0000	Not Sure	3.6667	Agree	3.6667	Agree
I feel like having an extra-marital affair	1.9375	Disagree	1.8936	Disagree	1.7222	Disagree	2.0000	Disagree
It takes us too long to communicate with each other	2.7188	Not Sure	2.7234	Not Sure	2.2222	Disagree	4.0000	Agree
My children miss their father too	4.6563	Strongly Agree	4.5532	Strongly Agree	4.2222	Agree	5.0000	Strongly Agree
My spouse did not leave us with enough money	2.7188	Not Sure	2.7234	Not Sure	3.5556	Agree	2.6667	Not Sure
There is too much interference from my husband's relatives	3.3750	Not Sure	3.0213	Not Sure	2.8889	Not Sure	3.0000	Not Sure
I dislike living with relatives	2.9375	Not Sure	2.6170	Not Sure	3.0000	Not Sure	3.0000	Not Sure
I feel left out during social activities	3.4375	Not Sure	3.2979	Not Sure	2.9444	Not Sure	3.3333	Not Sure
Some husbands become violent when they come back from mission	4.1875	Agree	3.4468	Not Sure	3.7778	Agree	4.0000	Agree
No counselling takes place for wives before husband's deployment	4.6250	Strongly Agree	4.6383	Strongly Agree	4.7222	Strongly Agree	4.3333	Agree
Neighbours report false issues about wives to husband during his absence	3.9063	Agree	3.5106	Agree	3.6667	Agree	3.6667	Agree
Husbands do not spend money wisely when they come back home	3.5000	Agree	3.5319	Agree	3.0556	Not Sure	3.0000	Not Sure
Administration does not look after family's welfare while spouse is away	3.8125	Agree	2.8936	Not Sure	3.6111	Agree	2.0000	Disagree
Some husbands no longer appreciate their wives after deployment	3.7188	Agree	3.4043	Not Sure	3.8889	Agree	3.6667	Agree
Husbands find it difficult to adjust to living with families on their return	3.2188	Not Sure	2.9574	Not Sure	3.6111	Agree	3.3333	Not Sure
Deployment leads to many cases of unfaithfulness in the camps	4.1250	Agree	3.5745	Agree	3.3889	Not Sure	3.6667	Agree
Children get out of hand when fathers are absent	3.1250	Not Sure	3.0426	Not Sure	3.1667	Not Sure	2.0000	Disagree
Father's absence enables family to appreciate them even more	3.3125	Not Sure	3.7660	Agree	4.5000	Strongly Agree	4.0000	Agree

Peace keeping mission sometimes leads to divorce	3.7188	Agree	3.0638	Not Sure	3.8333	Agree	3.6667	Agree
I fear that my husband might lose his life during the mission	4.4063	Agree	3.9787	Agree	4.6111	Strongly Agree	4.3333	Agree
Chances of soldiers acquiring HIV/AIDS during the mission are high	4.2188	Agree	3.7234	Agree	4.1667	Agree	4.3333	Agree

The results in table 4.2.6 do not indicate any major differences in the complaints on the basis of religion.

#### 4.3 Research question three: How can these complaints be classified?

An attempt was made to classify the main complaints of the wives of Kenyan military peacekeepers. The classification and the mean scores are presented in table 4.5.1.

Table 4.3.1: Classification of Complaints

Classification of complaints	Mean Score
<b>Psychological</b>	31.0400
I feel lonely most of the times	
I have nobody to discuss family issues with	
I fear that my husband will get involved with another women	
It takes us too long to communicate with each other	
My children miss their father too	
No counselling takes place for wives before husband's deployment	
Father's absence enables family to appreciate them even more	
I fear that my husband might lose his life during the mission	
<b>Financial</b>	9.4000
I realize I was not prepared to manage finances on my own	
My spouse did not leave us with enough money	
Husbands do not spend money wisely when they come back home	
<b>Physiological</b>	9.4100
I miss sexual intimacy	
I feel like having an extra-marital affair	
Deployment leads to many cases of unfaithfulness in the camps	
<b>Social</b>	16.1500
There is too much interference from my husband's relatives	
I dislike living with relatives	
I feel left out during social activities	
Neighbours report false issues about wives to husband during his absence	
Administration does not look after family's welfare while spouse is away	
<b>Behaviour change</b>	21.0000
Some husbands become violent when they come back from mission	
Some husbands no longer appreciate their wives after deployment	
Husbands find it difficult to adjust to living with families on their return	
Children get out of hand when fathers are absent	
Peace keeping mission sometimes leads to divorce	
Chances of soldiers acquiring HIV/AIDS during the mission are high	

The results in table 4.1.1 reveal that the complaints by the wives of Kenyan military peacekeepers can be classified in to psychological, financial, physiological, social and behaviour change complaints. Most complaints according to the findings are psychological, followed by behaviour change.

#### 4.4 Inferential Analysis

Inferential statistical analysis was done to test if there was any significant difference in the various variables stated in the hypothesis. ANOVA was used to analyze the different null hypotheses stated in chapter two. For each of the analysis, the probability level was set at 0.05. The results are presented per hypothesis.

##### 4.4.1 Age groups and Complaint

$H_{01}$  There is no significant difference between the age of wives of military peacekeepers and the type of complaints.

Table 4.4.1: ANOVA Results of Age and Type of Complaints

	Sum of Squares	df	Mean Square	f	Sign
Between Groups	126.117	3	42.039	0.271	0.846
Within Groups	14869.883	96	154.895		
Total	14996.00	99			

Results presented in table 4.4.1 indicate that there was no significant difference between the age of wives of military peacekeepers and the type of complaints. Hence, the stated null hypothesis above was accepted.

##### 4.4.2 Educational Level and Complaint

$H_{02}$  There is no significant difference between the educational level of wives of military peacekeepers and the type of complaints

Table 4.4.2: ANOVA Results of Educational Level and Type of Complaints

	Sum of Squares	df	Mean Square	f	Sign
Between Groups	234.902	3	78.301	0.509	0.677
Within Groups	14761.098	96	153.761		
Total	14996.00	99			

Results presented in table 4.4.2 indicate that there was no significant difference between the educational level of wives of military peacekeepers and the type of complaints. Hence, the stated null hypothesis above was accepted.

### 4.4.3 Number of Children and Complaint

H<sub>03</sub> There is no significant difference between the number of children the wives of military peacekeepers have and the type of complaints

Table 4.4.3: ANOVA Results of Number of Children and Type of Complaints

	Sum of Squares	df	Mean Square	f	Sign
Between Groups	257.978	2	128.989	0.849	0.431
Within Groups	14738.022	7	151.938		
Total	14996.00	99			

Results presented in table indicate that there was no significant difference between number of children the wives of military peacekeepers have and the type of complaints. Hence, the stated null hypothesis above was accepted.

### 4.4.4 Income Level and Complaint

H<sub>04</sub> There is no significant difference between the income level of the wives of military peacekeepers and the type of complaints

Table 4.4.4: ANOVA Results of Income Level and Type of Complaints

	Sum of Squares	df	Mean Square	f	Sign
Between Groups	804.450	3	268.150	1.814	0.150
Within Groups	14191.550	96	147.829		
Total	14996.00	99			

Results presented in table indicate that there was no significant difference between the income level of the wives of military peacekeepers and the type of complaints. Hence, the stated hypothesis above was accepted.

#### 4.4.5 Religious Affiliation and Complaint

H0<sub>5</sub> There is no significant difference between religious affiliation of the wives of military peacekeepers and the type of complaints

Table 4.4.5: ANOVA Results of Religious Affiliation and Type of Complaints

	Sum of Squares	df	Mean Square	f	Sign
Between Groups	918.965	3	306.322	2.089	0.107
Within Groups	14077.035	96	146.636		
Total	14996.00	99			

Results presented in table indicate that there was no significant difference between the religious affiliation of the wives of military peacekeepers and the type of complaints. Hence, the stated hypothesis above was accepted.

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# CHAPTER FIVE

## CONCLUSION

### 5.1 Introduction

In this chapter, the major findings of the study are discussed and interpreted and where possible explained in terms of the main research variables. A summary, conclusion and recommendations based on the findings are also presented.

### 5.2 Discussion

The discussion of the findings of the study is centred on the major research questions guiding the study.

#### **Research question one: What are the chief complaints of wives of Kenyan military peacekeepers?**

Table 4.1.1 summarized the results of the findings on the chief complaints of wives of Kenyan military peacekeepers. A critical look at the table revealed that the top ranked complaint was that the military administration does not provide guidance and counseling services for the wives of the peacekeepers prior to deployment of the husband and during the mission. This means that the women are left to bear the psychological brunt during the absence of the husband and silently pray for their return. The absence of such services may be as a result of the military management policy that mainly focuses on the soldiers and rarely takes care of their civilian dependants and relatives.

The second top rated complaint was that children miss their father during the deployment. Since most of these families are used to dual parentage the children become affected in the absence of one parent.

The young especially begin asking for the whereabouts of their father and why the father has to be away. The older children may be no better, as time elapses they start showing signs that they miss their father. Some even develop deviant behaviour like being disloyal to the mother. This finding concurs with those of Yeatman (1981) who reported that 34% of children of deployed fathers had disciplinary problems, 11% had a fall in school grades and some had a feeling of punishment.

The third main complaint according the results was the feeling of loneliness most of the times. Majority of married couples gradually develop closeness in marriage and consciously or unconsciously need the company of one another. The long absence of the other partner therefore leads to the feeling of loneliness. The distance and risk of peace keeping mission only serves to intensify the feeling of loneliness. This finding concurs with those of Note (1981) who reported that the wives of navy personnel enlisted in peace missions felt lonely because of the long separation and the distance.

The study has also indicated that higher ranks had fewer problems with communication means than other ranks. Oral interviews revealed that at initial stages of mission, communication was poor but later it improved. However, whenever a soldier/officer took longer than a week to communicate the spouse's fear was that he could have been killed. Bell, Schumm, Knot and Ender (1999) agree with this finding when they say that higher echelon units had fewer problems and units in key cities had faster communication as they used more exotic means. In Kenya, the cellphone (Mobile) is much more popular than the e-mail for communication. Though a quicker means of communication, it has proved to be costly for lower ranks thus they cannot communicate as often as they would wish.

It was realized that women whose spouses had been to mission in Sierra Leone had the most fear of HIV and death of husband followed by DRC and then Rwanda.

Those whose husbands went to Yugoslavia, Bosnia and Eritrea were mainly not sure. This could be as a result of reading a lot on Rwanda Genocide cases and the high rate of prostitution, rape and HIV issues in the countries concerned. This is supported by findings from research carried out by McGinn et al (2001) which indicates a low HIV awareness among peacekeepers in Sierra Leone and that of Smith (2001) which gives 11% of Nigerian peacekeepers who returned home from Sierra Leone mission as being HIV-positive. Reports on mass media about U.S mission where 18 Army Rangers were killed in the streets of Mogadishu, Somalia (1992-9) also intensifying the fear of death in military wives

Finally, the other top ranking complaints by the wives of the military peacekeepers was the fear that the husband may lose his life during the mission. The dangers of the mission are real and at times it involves fierce fighting to disarm the warring parties. Several soldiers in peacekeeping mission all over the world have lost their lives. The wives of the Kenyan military peacekeepers know this and silently live in great fear of losing their spouses during the mission. A lot of homicide cases have also been reported, which make military wives, live in fear of losing their spouses. This finding can be supported by Okulate and Oguine's (2004) studies which revealed the need for a clearly defined length of duty in the mission areas and adequate communication with home.

**Research question two: What are the complaints of wives of Kenyan military peacekeepers on the basis of age, length of marriage, level of education, number of children, income level, and religion?**

Table 4.2.1 up to 4.2.6 in the previous chapter tabulated the results of the responses on the main complaints of Kenyan military peacekeepers on the basis of age, length of marriage, level of education, number of children, income level, and religion. On the basis of age the results revealed only minor differences on the type of complaints. The main ones being that

younger wives missed sexual intimacy than the older wives. Conversely, the findings revealed that older wives felt more that they missed somebody to discuss family issues with than the younger wives. These difference arises out of the fact that while most young wives are still sexually active, the older ones are experiencing reduced activity and are therefore not likely to miss the intimacy as much. The older wives on the other hand may develop a tendency of discussing family issues with the husband due to their long ties and thus are more likely to miss someone to discuss family issues with in the absence of the husband than the younger wives.

The findings on the complaints on the basis of length of marriage also revealed only minor difference. The most conspicuous being that the wives who had married for less than 15 years missed the sexual intimacy than those who had been married for over 15 years. The same reasons for age may be deduced here too. Those who have been married for a long time are likely to be older and have more children; therefore their sexual activity is likely to lower. They are thus less likely to be affected by absence of sexual intimacy. They are also more likely to have matured in the marriage and therefore they develop the capacity to suppress the feelings by directing their energies to the children

Information on complaints on the basis of the number children the wives had revealed that differences existed. Women with few children complained more about feeling lonely, fear of the husband getting involved with another woman and feeling left out of social activities in the camp than those with many children. Some of the advantages of having many children is the company they provide to the parents and the other sibling. It is therefore no surprise that those women with few children are more likely to feel lonely in the absence of the husband. This is made worse if the child is only one or are still young. Suddenly the woman finds that she has no one to share with when the husband leaves for the mission. Women with few children are also likely to experience the fear that the husband is likely to

get involved with another woman because of the feeling that the man may want to bear more children. Some men by nature are known to secretly nurse the feeling of having many children. This leads their wives who have taken to family planning to fear that they may venture out.

Analysis of the complaints on the basis of educational level, income and religion did not reveal significant differences. Which means that these variables did not influence much the wives types of complaints. It was also noted that women with no personal income and those with low level income had more complaints about the amount of money left to the family by the spouse. Women with no educational background and those who have upto primary level of education had more difficulties with decision-making. This supports findings by Nelson & Marlowe (1987) which reported that working and non-working wives do not differ during deployment of their spouse on stress or satisfaction but that non-working wives evaluate the family coping inventory strategies to be more helpful in coping with separation than working wives.

Muslim women however neither had problems with relative interference nor with living with relatives. This may be attributed to the cultural practices, which exposes them to communal living. However, none literate respondents were found to be less worried about the chances of their husbands acquiring HIV/AIDS and being unfaithful than those who had primary level of education and above. This may be attributed to level of awareness that comes with education. Sometimes, being informed contributes to worry as the possibility becomes real. Smith (2001) findings that 11% Nigerian peacekeepers from Sierra Leone were HIV positive, and Ebulu (2004) reports on the high death rates among Kenyan soldiers are some of the reasons for such concern.

### **Research question three: How can these complaints Be classified**

Information in table 4.3.1 in the previous chapter presented the results on the classification of the complaints by wives of Kenyan military peacekeepers. The findings showed that the main complaints of the wives of the military peacekeepers can be classified into five categories, that is, psychological, financial, physiological, social and behaviour change complaints. The predominant complaints according to the findings were psychological and behaviour change. The wives left behind mainly experienced loneliness, feared that their husbands may lose their lives during the mission, felt that their children missed their father and above all do not receive any counselling services. In the case of behaviour change, there are situations where the husband became violent when they come back from the mission, husbands taking long to appreciate the wife on returning back, husbands finding it difficult to adjust on returning, children becoming defiant in the absence of the father and chances that the peace mission may make the husband promiscuous thus acquiring HIV/AIDS. In classifying these complaints it is therefore possible to prescribe and suggest remedies to giving help support to the wives of the military peace keepers. This can go along way in improving peacekeepers' wives attitudes towards peacekeeping.

### **5.3 Implications and Recommendations**

The main purpose of the current research study was to critically analyze the counselling implications of the findings. Conflict situation does not only affect those involved, it also affects the arbitrators and peacekeepers. In situations where it is an armed conflict, the psychological impact of the conflict spreads even to the family of the peacekeepers who have to contend with the long absence of the parent and the possibility that he or she may be injured or even lose life in the course of peacekeeping mission. Many of the spouses of the peacekeepers therefore, experience problems in the absence of their partners.

The results of the study revealed that the wives of the military peacekeepers are not provided with guidance and counseling services before their husbands are deployed.. it is assumed that as spouses of soldiers they should be prepared for such eventualities. This implies that the emotional and mental well being of the wives of the peacekeepers are not taken care of. They are therefore liable to suffer emotional problems and trauma. It is therefore, recommended that the military administration should set up counselling programmes for the spouses of soldier being deployed for peacekeeping mission to enable them cope with absence and fears for the lives of their partners.

In analyzing the complaints of the wives of military complaints on the basis of the characteristics of the respondents, it emerged that age, length of marriage and number of children had some influence on the types of complaints. This means that counsellors handling issues of spouses involved in peacekeeping or military operations should take into consideration these variables since they are likely to influence the individual's problems.

The results also revealed that the complaints of the wives of the Kenyan military peacekeepers can be classified into five categories. These are, psychological, financial, physiological, social and behaviour change complaints. The main complaints were found to be psychological and behaviour change. This implies that these two areas are the main concerns of the wives of the peacekeepers. Thus, it is recommended that counsellors dealing with military officers in deployment for peacekeeping mission should come up with programmes that covers spouses of military officers and that lay emphasis on psychological problems and behaviour change. The officers should also be counselled on their return to enable them integrate comfortably in their families.

## **5.4 Summary and Conclusions**

This study was designed to explore the psychological complaints of wives of military personnel on peacekeeping mission. The findings show that:

- The main complaints of the respondents include lack of guidance and counseling facility for affected families children missing their father during the deployment. The wives feeling lonely most of the times and their fear that their husbands may lose their lives during the mission.
- The main variable that influence the types of complaints are age, length of marriage and number of children
- The complaints can be classified into psychological, financial, physiological, social and behaviour change. The main complaints being psychological and behaviour change

## **5.5 Suggestions for Further Research**

- This study was conducted only in barracks within Nairobi. Future researchers could extend it to other barracks outside Nairobi that are likely not to have the cosmopolitan influence to compare results.
- This study focused mainly on the wives of army personnel. Further research can be extended to cover the wives of civilians and police officers who go for peacekeeping mission
- The present study was carried out among wives only. Further research could be designed to cover husbands whose wives go for peacekeeping mission.

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**Table 1.0****Participation in past peacekeeping operations**

	<b>Committee</b>	<b>Period</b>	<b>Title</b>
1	UNTAG	1989-1990	Military Observers Infantry Battalion
11	UNOSOM	1992-1995	Military Observers
111	UNPROFOR	1999-1999	Military Observers Infantry Battalion Civilian Police
1V	UNCRO	1995-1996	Military Observers
V	UNTAES	1996-1998	Military Observers Civilian Police
V1	UNOMIL	1993-1997	Military Observers
V11	UNPSG	1998-1999	Civilian Police
V111	UNPREDEP	1996-1999	Military Observers
1X	MONUA	1997-1999	Military Observers
X	UNTAET	1999-2001	Infantry Coy (2) Staff Officers
X1	UNMISSET	1999-2002	Civilian Police

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**Table I.I****Participation in current peace-keeping operation**

	<b>Committee</b>	<b>Period</b>	<b>Title</b>	<b>No.</b>
I	UNIKOM	1991 to-date	Military Observers	4
II	MINURSO	1991 to-date	Military Observers	9
III	UNMOP	1998 to-date	Military Observers	1
IV	UNAMSIL	1998 to-date	Military Observers	11
			Civilian Police	8
		2000 to-date	Staff Officers	79
			Infantry Battalion	996
V	UNMIK	1999 to-date	Civilian Police	42
			Military Observers	1
VI	MONUC	1999 to-date	Staff Officers	14
			Military Observers	15
VII	UNMIBH/IPTF	1995 to-date	Civilian Police	7
VIII	UNMISSET	2000 to-date	Military Observers	2
IX	UNMEE	2000 to-date	Staff Officers	13
			Infantry Battalion	603

**1.2 Demographic Characteristics of Respondents**

This study sought views from 100 respondents with a wide range of demographic characteristics. These characteristics are summarized and presented in this section.

**Age**

Table 1.2.1 presents the results on the age distribution of the sampled respondents.

Table 1.2.1 Distribution of the Respondents According to Age

Age	Frequency	Percent
20- 24 years	2	2.0
25-30 years	41	41.0
31-35 years	37	37.0
Over 36 years	20	20.0
Total	100	100.0

The results in table 1.2.1 show that most respondents fall in the age category of between 25 to 30 years.

### **Length of Marriage**

The results on the length of marriage of the respondents are summarized and presented in table 1.2.2.

Table 1.2.2: Distribution of the Respondents According to Length of Marriage

Length of Marriage	Frequency	Percent
1-5 years	4	4.0
6-10 years	36	36.0
11-15 years	39	39.0
16-20 years	5	5.0
Over 20 years	16	16.0
Total	100	100.0

The findings in table 1.2.2 indicate that most of the respondents have been married for between 6-15 years..

### **Education Level**

The results on the respondents by level of education is summarized and presented in table 1.2.3.

Table 1.2.3: Distribution of the Respondents According to Educational Level

Education level	Frequency	Percent
None literate	3	3.0
Primary	14	14.0
Secondary	57	57.0
Tertiary	26	26.0
Total	100	100.0

From table 1.2.3 it can be observed that most of the respondents had achieved secondary level of education.

### **Number of Children**

The results on the number children the respondents have is presented in table 1.2.4.

Table 1.2.4: Distribution of the Respondents According to the Number of Children

Number of Children	Frequency	Percent
0-2	23	23.0
3-5	63	63.0
6 and over	13	13.0
Total	100	100.0

The data in table 1.2.4 reveal that most of the respondents have 3-5 children.

### **Income Level**

The results on the income level of the respondents are presented in table 1.2.5.

Table 1.2.5: Distribution of the Respondents According to Income Level

Income level (Kshs)	Frequency	Percent
Less than 5000/-	30	30.0
5001/- -10,000/-	33	33.0
10,001/- -15,000/-	9	9.0
16,000/- -20,000/-	4	4.0
20,001/- -25,000/-	2	2.0
Above 26,000/-	6	6.0
Don't know	16	16.0
Total	120	100.0

The findings in table 1.2.5 indicate that majority of the respondents have an income of less than Kshs. 10,000 per month.

### **Job Specification of the Husband**

The findings on the job specification of the respondents' husbands is presented in table 1.2.6.

Table 1.2.6: Job Specification of the Husband

Job of husband	Frequency	Percent
Army	83	83.0
Air force	17	17.0
Total	100	100.0

Most of the respondents according to the results presented in table 1.2.6 have a husband in the regular army.

### **Husband's Echelon**

The results of the findings on the respondents' husband echelon is presented in table 1.2.7.

Table 1.2.7: Job Specification of the Husband

Job of husband	Frequency	Percent
Soldier	83	83.0
Officer	17	17.0
Total	100	100.0

Most of the respondents according to the results presented in table 1.2.7 have husbands who are soldiers

## Religion

Finally, the research instruments also sought to establish the religious convictions of the respondents. The findings are presented in table 1.2.8.

Table 1.2.8: Distribution of the Respondents According to Religion

Religion	Frequency	Percent
Catholic	32	32.0
Protestant	47	47.0
Muslim	18	18.0
Other	3	3.0
Total	100	100.0

Most of the respondents according to the results presented in table 1.2.8 are Protestants

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## APPENDIX 1

KENYATTA UNIVERSITY SCHOOL OF HUMANITIES AND SOCIAL SCIENCES  
DEPARTMENT OF PSYCHOLOGY.

TITLE OF THE STUDY

Psychosocial Complaints of wives of Military Personnel on peacekeeping Mission:  
The Kenyan Case

QUESTIONNAIRE FOR WIVES OF MILITARY PERSONNEL ON/POST  
DEPLOYMENT

This questionnaire consists of two parts, labeled Appendix 1 and Appendix 2. In each of these parts you are given guidelines on how to respond. Please attend, fully, to all two parts. All your responses will be treated with utmost confidentiality and strictly for the purposes of the above named study.

All trust has been put on you for the best and honest answers to this questionnaire.

### PART A: DEMOGRAPHIC DATA

Please tick in one of the response boxes in each case, as it applies to you (or fill in the blank space).

1. Male        [     ]  
   Female     [     ]

2. What Month and Year were you born?

- Month        [     ]  
Year         [     ]  
Don't know   [     ]  
No Response   [     ]

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3. How old are you?

20 - 24 Yrs [ ]

25 - 30 " [ ]

31 - 35 " [ ]

Over 36 years [ ]

4. How long have you been married?

1 - 5 yrs [ ]

6 - 10 yrs [ ]

11 - 15 yrs [ ]

16 - 20 yrs [ ]

Over 20 yrs [ ]

5. What is the highest level of education you completed?

College/Campus [ ]

Secondary level [ ]

Primary level [ ]

None [ ]

No response [ ]

6. a. Where does your husband work?

Army [ ]

Air Force [ ]

b. Where did your husband go for Mission?

---

7. What is your husband's echelon?

Soldier [ ]

Officer [ ]

8. How many children do you have?

0 - 2 [ ]

3 - 5 [ ]

6 and over [ ]

9. Do you have a personal source of income? If so, what is your income per month?

Less than 5,000 [     ]

5,001 – 10,000 [     ]

10,001 – 15,000 [     ]

16,000 – 20,000 [     ]

20,001 – 25,000 [     ]

Above 26,000 [     ]

Don't know [     ]

10. What is your religion/denomination?

Christian Catholic [     ]

Christian Protestant [     ]

Muslim [     ]

Hindu [     ]

Other [     ]

## **PART B**

A. Child rearing Issues.

Tick the areas that describe your problems. You can tick more than one as it describes your problem.

1. What are the financial problems faced in bringing up the children in the absence of the spouse?

a) Paying of school fees [     ]

b) Pocket money [     ]

c) Providing bus fare for children [     ]

d) Providing Clothing [     ]

e) All of the above [     ]

f) None of the above [     ]

2. What are the behaviour problems faced in bringing up the children in the absence of the spouse?

a) Rudeness to mother [     ]

b) Truancy [     ]

- c) Fighting [    ]
- d) Laziness [    ]
- e) All of the above [    ]
- f) None of the above [    ]

B. Please give your recommendations about peacekeeping mission:

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---

Here is a poem to keep you entertained when you complete your questionnaire. You may tear off and retain the copy if you wish.

### **A TRIBUTE TO PEACEKEEPERS' WIVES (adapted title)**

Sometimes, struggles are exactly what is our life. If God allowed us to go through our life without any obstacles, it would cripple us. We would not be as strong as we could have been. Never been able to fly.

I asked for strength ...And God gave me difficulties to make me strong.

I asked for wisdom...And God gave me problems to solve.

I asked for prosperity...And God gave me brains and brawn to work,

I asked for courage...And God gave me obstacles to overcome.

I asked for love...And God gave me troubles people to help.

I asked for favours...And God gave me opportunities.

I received nothing I wanted, But I received everything I needed.

Live life without fear, confront all obstacles and evidence that you can overcome them.

By Major Alex K. Mutuku

A.T.O.

**Kenbatt-9**

## APPENDIX 2

The attitude Rating Scale

NAME OF RESPONDENT

(OPTIONAL)

AGE

BASE

Read carefully through the following instructions. There are 25 statements written below.

After every statement there are five columns with responses arranged as follows.

SA	A	NS	D	SD
Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree

Put a tick in the column with the response that seems best to you.

Your tick will show whether you strongly agree, agree, are Not sure of the statement, you disagree or strongly disagree with the statement.

	SA	A	NS	D	SD
1. I feel lonely most of the times					
2. I miss sexual intimacy					
3. I have nobody to discuss family issues with					
4. I realize I was not prepared to manage finances on my own					
5. I fear that my husband will get involved with another woman					
6. I feel like having an extra-marital affair					
7. It takes us too long to communicate with each other					
8. My children miss their father too much					
9. My spouse did not leave us with enough money					
10. There is too much interference from husband's relatives					
11. I dislike living with relatives					
12. I feel left out during social activities e.g. Base parties					
13. Some husbands become violent when they come back from mission e.g. wife beating.					
14. No counseling takes place for wives before husbands' deployment					

15. Neighbours report false issues about wives to husband during his absence					
16. Husbands do not spend money wisely when they come back home					
17. Administration does not look after family's welfare while spouse is away					
18. Some husbands no longer appreciate their wives after deployment					
19. Husbands find it difficult to adjust to living with the families on their return					
20. Deployment leads to many cases of unfaithfulness in the camps					
21. Children get out of hand when fathers are absent					
22. Fathers' absence enables family to appreciate them even more					
23. Peacekeeping mission has led to divorce					
24. I fear that my husband might lose his life during mission					
25. Chances of soldiers acquiring H.I.V. out there are quite high					

### APPENDIX 3

Kenyatta University,  
Department of Psychology,  
P.O. Box 43844,  
NAIROBI.

4<sup>th</sup> July 2005

The Base Commander,  
Moi Air Base,  
P.O. Box 41584  
NAIROBI.

#### ATT: BASE ADJUTANT

Thro'

Prof. A. Nwoye  
Chairman & Supervisor  
Kenyatta University,  
Department of Psychology  
P.O. Box 43844  
NAIROBI

Dear Sir.

#### RE: CONDUCTING RESEARCH IN THE BASE.

I am writing to let you know about my intention to conduct research in Moi Air Base in the request of July 2005. This is a follow-up of the request I have made through the D.E.O, Nairobi on the same.

I have selected your base as a representative sample of the Armed Forces Units in Kenya with the hope that it will contribute to the success of my study.

The purpose of this study will be to establish the 'psychosocial complaints of wives of military personnel about peacekeeping mission: the Kenyan case.

The findings of this study will help identify counseling needs of families of personnel earmarked for peacekeeping missions.

Your assistance will be highly appreciated.

Yours faithfully,

PAMELA AKECH AUMA  
The researcher.

Kenyatta University,  
Department of Psychology,  
P.O. Box 43844,  
NAIROBI.

4<sup>th</sup> July 2005

The Base Commander,  
Langata Barracks  
P.O. Box 44008,  
NAIROBI.

**ATT: ADJUTANT**

Thro'

Prof. A. Nwoye  
Chairman & Supervisor  
Kenyatta University,  
Department of Psychology,  
P.O. Box 43844  
NAIROBI

Dear Sir.

**RE: CONDUCTING RESEARCH IN THE BARRACKS**

I am writing to let you know about my intention to conduct research in Langata Barracks in the request of July 2005. This is a follow-up of the request I have made through the D.E.O, Nairobi on the same.

I have selected your barracks as a representative sample of the Armed Forces Units in Kenya with the hope that it will contribute to the success of my study.

The purpose of this study will be to establish the 'psychosocial complaints of wives of military personnel about peacekeeping mission: the Kenyan case.

The findings of this study will help identify counseling needs of families of personnel earmarked for peacekeeping missions.

Your assistance will be highly appreciated.

Yours faithfully,

PAMELA AKECH AUMA  
The researcher.

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