

**ASSESSMENT OF OLDER PERSONS' PARTICIPATION IN
COMMUNITY DEVELOPMENT ACTIVITIES IN THARAKA NITHI
COUNTY, KENYA**

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DECLARATION

This research project is my original work and has not been presented for a degree in any other university.

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ABBREVIATIONS AND ACRONYMS

AIDS	Acquired Immunity Deficiency Syndrome
AU	African Union
CD	Community Development
CIDP	County Annual Development Plan
DFID	Department for International Development
ELSA	English Longitudinal Study of Ageing
FIAPA	International Federation of Associations for Older People
HAI	Help Age International
HARC	Houston Advanced Research Centre
HIV	Human Immune-Deficiency Virus
ICT	Information Communication and Technology
IFA	International Federation on Ageing
IFAD	International Fund for Agricultural Development
ILO	International Labour Organization
KNBS	Kenya National Bureau of Statistics
NACOSTI	National Commission for Science, Technology and Innovation
NGO	Non-governmental Organization
NHIF	National Hospital Insurance Funds
NSPP	National Social Protection Policy
OP	Older People
PLWHAs	People Living with HIV and AIDS
SCCD	Standing Conference for Community Development
UN	United Nations
UNDP	United Nations Development Programs
UDHR	Universal Declaration of Human Rights
UNAIDS	United Nations Programme on HIV and AIDS
UNDP	United Nations Development Programme
UNHCR	United Nations High Commission for Refugees
UNICEF	United Nations International Children's Emergency Fund

USAID	United States Agency for Development
SDG	Sustainable Development Goals
SEU	Social Exclusion Unit
SPRC	Suicide Prevention Resource Centre
SPSS	Statistical Package for Social Sciences
WB	World Bank
WHO	World Health Organization
WPA	World Population Aging

OPERATIONAL DEFINITION OF TERMS

Community Development	Refers to a practice that increases choices of life by creating an environment where people can exercise their full potential to lead and be productive and creative. It is achieved by empowering all members of the community and strengthening the capacities for self-sustaining developments.
Economic Exclusion	Referred to the process of being barred, fully or partly, from the structures, which determines the integration of a person in economic matters of the society.
Social Exclusion	This is the process of being barred, totally or partly, from the economic, social, political or cultural structure that defines the social assimilation of individuals in society.
Heterogeneity	In the context of this study, it talks about a society or group that comprises persons of different ethnicity, cultural backgrounds, sex or age.
Older Persons	According to this study, this refers to persons who are 60 years old and above. This definition is adopted from The Constitution of Kenya (2010) in Article 260, which defines an older person as any Kenyan aged at least sixty years.
Participation	This talks about to the ability of older people to make and implement decisions by taking part in the community's initiative and leadership to bring change.

Political Exclusion	Refers to the process of being barred, completely or partly, from any arrangements which determines the social integration of a person in civil and political matters of the society.
Social Protection	This refers to all public and private activities that offer income and consumption transfers to the deprived, safeguard the vulnerable against livelihood risks, and improve the social standing and privileges of the marginalized; with the general objective of reducing the economic and social vulnerability of poor, at risk and marginalized groups such as older persons.
Sustainable Development	This refers to the enhancement of the value of life for human equitability, both intra and inter-generationally, within the context of the available resources.

ABSTRACT

The accelerated population ageing has become a development concern in the 21st century with nations least prepared to deal with the consequences of population ageing. To address these consequences, older persons should be encouraged to become active participants on issues impacting their lives. However, older persons have not been able to fully participate in development process with reports showing low levels of participation in social, economic, political and cultural activities. This study sought to assess involvement of older persons to community development. Specifically, the study sought to assess extent of older person's participation in community development activities in Tharaka Nithi County, identify factors that hinder participation of older persons in development, assess the effects of non-participation of older persons in development and suggest measures to enhance older person's participation in community development. The study was anchored in the political economy of ageing theory which demonstrates the differences in how older persons act which is influenced by social, economic and political structures that shape ageing. The study employed descriptive survey design by combining both qualitative and quantitative methods. A simple random sampling method was used to select a sample of 157 older persons from the target population of 7,730 older persons from Tharaka Nithi County. Additionally, 3 social development officers, 3 administrative officers and 1 faith-based leader were purposively selected on the basis of their knowledge, expertise and experience of working with older persons for in-depth interviews. Data was collected using questionnaire, interview schedule and through personal observations. Data was analyzed using frequency count and percentages and presented in form of tables and graphs. The researcher sought approvals from graduate school, ethics review committee, NACOSTI and relevant county government bodies in addition, participants were informed the purpose of the study and their consent sought before questions were administered. The researcher assured them of confidentiality before, during and after the study. The study established older persons participated in community development through paid labour, engaging in leisure and cultural activities, providing informal child care, participation in elections through voting and being active members of *Nyumba kumi* initiatives. Participation in social and cultural activities was moderate and relatively low in economic and political domains. The study further established a combination of individual, social, economic and political factors influencing participation of older persons in community development activities. The study concluded that low participation of older persons in community development activities exposed them to poverty, inability to access resources, inadequate representation in decision-making and poor public services and isolation as well as poor physical and mental health. The study concluded that these effects of low participation exposed them to become socially excluded in community development activities leaving them more vulnerable and marginalized by the rest of the community. The study recommends government, other stakeholders to encourage and support older persons to access equal opportunities to participate in community development activities as well as play an active role in providing solutions to their challenges. The study findings will be useful in informing work/labour force policies, strategies and programs by local and national governments as well as development partners in addressing older person's rights.

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Worldwide, the population of older persons has increased tremendously. Based on current projections by UN World Population Projections 2019 United Nations, (2019), by 2050, 16% of the world population will be above 65 years, up from 9 % in 2019. It is projected that by 2030, the number of older persons worldwide will surpass that of children under 10 years of age (United Nations, World Population Prospects, 2017). This number is estimated to go up to 56 million by 2050 (United Nations, 2011). As, Dwyer and Harodhill, (2010) note, East Africa and other countries of Sub-Saharan Africa are likely to have age structures similar to that of developed countries. While it is positive that populations are ageing, getting prepared for economic and societal challenges that arise from an ageing population is crucial to guarantee that development is achieved and the needs of every individual in the society met.

Nevertheless, the increase in older person's population is happening when societies are least equipped to deal with challenges that confront older persons as observed by Cox, Lessof & Walker, (2012). The occurrence of population ageing has become a key demographic issue that needs to be addressed particularly because population ageing has potential implication on the development discourse. Issues such as health burden, care giving burden, social security for the elderly arises which becomes a burden for the wider community to shoulder. To address these challenges, there is need to offer services and community development interventions that will improve living standards of older persons as they age by making them part of the community development process. This can be achieved by promoting active ageing in later life. Madrid International Plan of Action on Ageing MIPAA, (2002) in support of participation and involvement of older persons within social, political, cultural and economic spheres of life by all countries. Kenya has domesticated the declaration and nationalized the policy on older persons and ageing in Kenya. However, policy alone is not adequate to address older person's issues, political goodwill, resources and partnerships by communities, development partners and the two

arms of government is expected to cater for rising needs of older persons while at the same time ensuring economic empowerment and sustainable development.

Community participation concept in community development is fast gaining momentum as populations increase globally. It is defined as deliberate involvement in project activities, which results to empowerment of individuals and communities. Community participation entails participation of people or groups in decisions or actions, which affects their lives Lachapelle, (2014). Active involvement of people in every area of planned development as well as implementation is significant in ensuring community empowerment and sustainability of development projects Reid, (2012). Despite numerous efforts by development agencies, government departments and communities to work together to foster sustainable development, participation of older persons in development remains very low.

Globally, the present literature on participation of older persons, though comparatively limited, suggest that older persons' experience exclusions in community development arising from cumulative disadvantages that older persons in rural areas face which limit their participation in community development Munjumi, (2013). Older persons in the society are at higher risk of marginalization and inequality. The same sentiments are echoed by Garavan, Winder & McGee, (2011) who note that level of marginalization of elderly people in social, political, economic, as well as cultural activities are growing to an alarming level.

In Africa, societies are known for reverence, respect and care to older persons. However, denying older persons' participation in development activities is a worrying phenomenon Monasch (2013). There is a constant refutation that older persons merit the equal treatment and backing in development activities generally as other rural population groups (Houston Advanced Research Centre [HARC], 2010) and denial of the fact that they must take part in the development discussions, processes and actions that shape their nations Ahern, Hine & Begley, (2010).

In Kenya, percentage of people of aged 60 years and above has been on the rise Age Action, (2013). This increase in population of older persons in Kenya presents a unique challenge that needs to be addressed through age appropriate policy interventions. Despite attempts to address these demographic and development challenges that come with ageing population, the involvement of older persons in development activities that shape their well-being is quite low. This, despite their rights to participation in every sphere of their lives, is anchored in the Kenyan Constitution. Article 36 stipulate, each citizen has the right to independence of association that includes the right to form, join or participate in the activities of an association of any kind. More particularly, Article 57 stipulates that the state will take actions to ensure the rights of older persons to: (a) to fully participate in the affairs of society (b) to pursue their personal development; (c) to live in dignity and respect and be free from abuse; and (d) to receive reasonable care and assistance from their family and the state.

Despite these provisions, older persons especially those in rural areas remain among the helpless groups in the society. The level of marginalization of older people is greater than of any other people at large Help Age International, (2013). Protecting older persons from marginalization and engaging them in community development activities is a central challenge HARC, (2010). Studies done in Kenya by Age Action, (2013) and International Fund for Agricultural Development IFAD, (2015) indicated that rural communities and countryside places are often idealized as normal environments for older persons and this has contributed to a trend of romanticize age and getting old in rural locations. Rural parts of Kenya's demonstrate a more multifaceted picture, majorly arising from older person's experience, the heterogeneity of the rural population as well as the multiplicity of the spaces in which they live.

Numerous studies IFAD, (2015; World Bank, (2014); UNICEF, UNAIDS, & USAID, (2013); UNHCR, (2012); Weinberger & Jütting, (2010) have been conducted in the field of community development, however, there is limited literature and knowledge on the concept of older persons' involvement in community development and its implications. Nungari, (2016) undertook a study to evaluate the outcome of social protection

programmes on social association among older persons in Githunguri Sub-County. He established that social protection programmes impacted older persons' livelihood and well-being positively leading to strong social networks within the family and community. A further study by Dipto, (2018) sought to assess factors influencing marginalization of the older persons in Alego-Usonga Constituency, Siaya County. The finding revealed that migration of older persons' offspring to urban areas in search for employment opportunities had a significant influence on the livelihood of the older persons left behind. The increased spatial distance created because of limited rural visits by the adult children, declining family and neighbourhood support systems, and older people's limited access to Information Communication and Technology (ICT) contribute to their non-participation in community development. This mainly through lack of information, limited communication with migrant family members and the community as well as little or no remittances received through mobile platforms from their families.

Research studies by various scholars Alice and Mulle, (2011); Mason & Lee, (2013); Meijer et. al, (2013) have documented the effects of population ageing in health, social and economic sectors. However, there is need to focus on the abilities of the elderly population as useful members of the community by documenting their usefulness in community development. Article 10 of the Madrid International Plan of Action on Ageing, (MIPAA), (2002) recognizes that capabilities of elderly population form a significant foundation for future development. It reiterates the needs for communities to use the skills, experience and wisdom associated with old age, which ensures that older persons participate actively for their own sake and that of the older society.

Studies point to the fact that older person's participation in community development is still minimal despite various efforts by the government and other non-state actors to reduce their marginalization. There is partial knowledge and limited studies on how older persons participate in community development and how that affects their well-being and that of their community. With all the efforts to advocate and portray older persons as active members of their societies, literature has been inadequate on how and whether older persons participate in community development activities. Further, localized studies

explaining the influence of low participation of older persons on their well-being is limited. There is thus the need to unearth the plight of older persons especially those in rural settings by documenting their capabilities as well as limitations to participation in community development. This data can be useful in informing policy and addressing older person's issues coupled with political goodwill, resources and partnerships by communities, development partners and the two arms of government. Such evidence can be useful in addressing ever rising needs of older persons while at the same time ensuring economic empowerment and sustainable community development.

1.2 Problem Statement

Population of older persons worldwide has increased significantly. This change comes at a point when nations are not able or adequately prepared to address arising needs involving older persons. This increase in population of older persons in Kenya presents a unique challenge that needs to be addressed through age appropriate policy interventions. Additionally, assumptions are made that older persons are reliant on their communities for social, psychological and material support. Other studies reveal that traditional structures for care of older persons have broken leaving them vulnerable and disenfranchised. There is need to thus emphasize the capacity of older persons that can be utilized for their benefit and that of the wider community as active participants in the development of their communities

Older persons are however not entire dependent on the wider community for support but rather contribute to building of their communities in the social, economic, political and cultural spheres. Studies conducted suggest that there is limited participation of older persons in community development and this present a unique opportunity to research more and identify why their contribution is still limited. There is also limited research on how this group contributes to building of their local economies at the social, economic and political levels. This study therefore sought to address this gap. It is against this backdrop that this study sought to assess older person's participation in community development activities, document factors influencing their participation, establishing how

low participation affect their well-being as well as suggest measures to enhance their integration on issues affecting them.

1.3 General Objective

The main rationale of this study was to assess extent of older people involvement in community development activities in Tharaka Nithi County.

1.3.1 Specific Objective of the Study

- i. To examine the involvement of older persons in social, economic, cultural and political domains of community development.
- ii. To explore factors enhancing or hindering older persons' participation in community development activities
- iii. To find out if and how low-participation in social, economic, political and cultural activities affects older persons and their communities.
- iv. To suggest recommendations on interventions that can be used to enhance and improve older person's participation in community development activities.

1.4 Research Question

The study sought to answer the following research questions:

- i. To what extent do older persons participate in community development activities?
- ii. What are the factors contributing to older person's participation in community development activities?
- iii. What are the effects of non-involvement of older persons in community development activities?
- iv. What interventions can be implemented to enhance older person's participation in community development activities?

1.5 Justification of the Study

Whereas the purpose of devolution as stipulated in Article 174 Section (c) of the Kenyan Constitution was to grant power of autonomy to individuals along with increasing involvement of people in making decisions affecting them, participation of older persons

in community development remains low with little input in the decision-making processes.

The findings from this research will be valuable for the government and other development partners to enhance its policy, legislation and interventions aimed at promoting participation of older persons in development. The appropriate policies however, cannot be designed without prior documentation of information about the contributions made by older persons.

This study will provide empirical evidence on the extent of older person's participation in development activities and how it affects them. Further, a glimpse into the plight of the ageing population will help to increase the understanding and commitment toward uplifting and empowering older persons, by formulation plans, policies and designing projects that address constrain while improving their participation in development agenda.

1.6 Significance of the Study

The study aims at documenting older persons' contribution in community development, highlight factors influencing/hindering their participation, bring out the effect of low participation and suggest measures to enhance their participation in matters affecting them in the community.

Results of this research may guide stakeholders, policy makers to strengthen development strategies by emphasizing the importance of incorporating older persons in development activities.

The study may provide direction to the government and other stakeholders and inform development of the policy, practice and theory of participation of older persons in rural area as an essential part of devolved governments.

Information gained from this study may help development players to foster change that enhances working together of community members in a unified way. This will help guarantee older persons will be at the center of decision making and that their experiences will be recognized and used to improve the society they live in. These results may further provide a foundation meant for more exploration by other researchers.

The findings will further contribute to existing literature on participation of older person in community development. Further, these findings may offer recommendation to decision makers as well as guide government strategies and intervention plans. Such findings may also guide development practitioners to enhance participation of older persons in development programs since they possess a wealth of experience that can be tapped for the betterment of communities.

1.7 Scope of the Study

The study focused on older person's participation in community development. Nonetheless, the focus was on their contribution to development, factors influencing their participation in development and consequences of low participation. This study was limited within Tharaka Nithi County with specific focus on older persons aged 60 years and older. To enrich the findings qualitative data was collected from key informants comprising of chiefs, faith-based leaders and staff from state department of social services.

1.8 Assumptions of the Study

The study assumed that the validity and reliability test carried out was enough to for the instruments to be termed as valid and reliable and that the measured the desired constructs was achieved. Secondly, the study assumed that the sample of respondents chosen was representative as much as possible of the entire population and finally that the response provided by the respondents was honest and reliable for this study.

1.9 Study Limitations

The study focused only on older people within Tharaka-Nithi County. Hence, the results can only be used on areas with similar socio- demographic characteristic as Tharaka Nithi

only. The researcher also faced limitation of finance to execute the research. This limitation was sorted by prior planning of seeking financial help to support the study and pay research assistants' as well as process all the necessary paper work.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

The section reviewed literature guided by study topic and objectives from various sources including books, journal articles, magazines and internet sources on social exclusion especially regarding older persons. Reviewing and critiquing this literature was intended to help the study to get in-depth insights of the phenomenon under study so as to identify gaps that this study attempted to fill. Conceptual framework formulated for the study and theoretical underpins are also discussed in this section

2.2 The conception of Community Involvement

Community involvement definitions differ among scholars. This research defines community involvement as a process of bringing people together in community development activities meant to solve their problems through collective actions (Taylor et. al, 2018). The concept gained prominence as a key factor in enhancing community development in the 1970s. The process motivates people to work together towards establishment of a common goal. Community participation has over time advanced as a key aspect of community development activities/programs /initiatives. At present, community development projects and activities lobby for inputs of all target beneficiaries and other stakeholders beginning from grassroots level by using the top down approach as a technique of warranting sustainability of projects

Community member's participation at all levels of development produces an enabling environment and brings positive results. International Union for Conservation of Nature (IUCN), (2007) supports the notion that involvement of individuals and communities in the development process is a basic human right. The establishment of participation chances for community members is linked to democratic governance which allows individuals and the community to get involved in making decisions on issues affecting their everyday life. People get to actively engaged in decisions that affect their lives Kenny et al, (2013). Participation in development activities occurs in various forms

depending on the nature and context of development. It can range from partaking a democratic process like voting, to participating in mobilization and monitoring of community projects, belonging to welfare groups, advocating for community resources and so on (Kenny et al, 2013).

2.3 The Concept of Community Development

Schutte, (2016) defines community development as a process whereby ongoing affirmative change among people living in the same area is realized by participating in the process to identify needs and actions with minimal outside interference. Community development enables people to participate in activities for the sole purpose of making their lives better. Participation allows people to reason, agree, plan and act in determining their lives. It permits members of the community to come together to plan, offer solutions and take action towards developing the social, economic, environmental and cultural aspects of their community Udoh, (2012). Emphasis is placed in the importance of participation as a means of solidification of local communities.

The emphasis of people participation in development activities is a key factor in empowering community. Most institutions and organizations have adopted this mode of operation to enhance active participation of all people in all facets of strategic plan development and execution. The notion of grass roots participation in community development programs has advanced in human empowerment and development process. The government agencies and other stakeholders in community development continue to either actively or passively exclude elderly in community development arena. This limits their involvement in decision making on matters relating to their life thereby denying them access and utilization of resources and their contribution toward community development Range, (2005) that people's full participation in development programs support to bring fast and real socio-economic change that foster development. Active ageing allows older persons to live meaningful and rewarding lives, contribute positively to their communities and minimize on health expenses associated with non-activity (WHO, 2013).

2.4 Concept of Older Persons Participation in Development

The average life expectancy in a country like Kenya is said to be 60 years Zaidi, (2011), other countries have different age for their elderly population. From a European point of view, life expectancy is above 58 years Ostrom, (2011). Scholars argue that discussions on issues and concepts of ageing and old age in a sub-Saharan context should exercise caution and sensitivity.

According to Prunty (2007), the conception of chronological age has far less importance in “developing” countries. Garavan, Winder & McGee, (2011) observes that even though the process of getting old is a biological reality, it can be termed as also socially constructed and determined differently by different cultures. However, it should be noted sometimes registration of births has been poor in Kenya, especially in rural areas, and many older persons do not know their age in exact terms of years. Therefore, it is of great importance to critically reflect on the problem of the definition of old age and how this consequently affects older persons' access to services, policy, and resource allocations (HelpAge International, 2001; Scharf et al, 2001).

Research studies have raised two key concerns concerning how to examine participation among older persons in development activities. First through establishing the extent of involvement among older persons and secondly to ascertain what influences participation or lack of participation in old age. Scharf and Keating, (2012) believe that having this knowledge will guide in the development of appropriate policies and interventions that address the issue of low participation among older persons. Additionally, such policies may encourage social inclusion among older persons. This will help to develop potential policy and practice responses to older person's low participation and may encourage social inclusion among older adults and promote social cohesion among community dwellers.

2.5 Participation of Older Persons in Community Development Activities

The study looks at the four aspects of development that encompasses individual interactions with family and larger community through social participation, their

contribution to the economic domain of development, the civic and political participation and cultural participation. These domains are discussed in detail in subsequent sub-headings in regards to older person's involvement in community development activities.

2.5.1: Older Persons Participation in Social Activities

According to Dehi and Mohammadi, (2020), social participation of older persons includes their involvement through social interactions, participation in community activities, sharing of resources, networking and maintaining social contacts. It allows interactions among community members. It affords individuals an opportunity to engage in socialization, recreation, taking part in social-cultural activities and building on social capital. It looks at interactions of individuals' participation in community activities, civic activities and even cultural activities.

Social relationships are viewed as a positive way of ensuring healthy active ageing and participation Croezen, (2010). According to Monasch, (2013), different groups perceive relationships differently. The degree of sustaining these relationships include meeting up, talking on the phone among others. These vary from one group to another. Social relationships can be classified into structural and functional distinctiveness. The structural aspect looks at the rate of interactions and sources of networks. These interactions look at regularity of contacts and interactions with family, friends and neighbours. Evidence suggests that satisfaction with close contacts was associated with better health Croezen, (2010). It also looks at other links or interactions with other family members whom they live with. Social interactions with other family members living away are also considered (Kneale, 2012).

Social support is importance for older persons. This is a crucial prerequisite in old age to cushion older persons against many age-related effects. Ageing is linked to increased risk of exposure to various problems such as start of chronic conditions, declining sources of income, poor health, and loss of spouse and confidants Nemeroff, et al, (2010). Societal support is also often associated with improved health among the older persons. According to Dai, et al, (2016) social support is highly connected with good health.

Social support was also linked to improved mental health for older persons in a study that sought to assess social capital in relation to mental well-being (Nygvist et al, 2014)

In Kenya, qualitative study conducted by HelpAge International, (2013) established that family, social contacts and neighbours provide emotional support needed by older persons. A study conducted among the older persons in Nakuru County by Age Action, (2013) found that social contacts, networks, and interactions are mostly limited to rural forks especially among older persons. Additionally, older persons are mostly exposed to loss of social relationships either through loss of close contacts, spouses and migration of family members. Health complications associated with old age as well as mobility challenges limits older people's ability to frequently interact with the wider community. The study further established that social and emotional solitude and seclusion was a significant problem for rural older persons. The study notes that these issues could be consequences of low participation in social interactions and other related opportunities.

Studies have also established that quantity and quality of social network contacts affect health of older persons. These networks are measured by looking at the frequency of contacts with close ties such as family and friends, and the satisfaction derived from these interactions. Evidence suggests that satisfaction derived from having close social contact was related to better physical and mental health among older persons. This study seeks to establish whether this is the case with older persons in the rural setting considering that due to demographic changes, the family unit has changed and older persons are increasing finding themselves living alone and having to support themselves.

2.5.2. Older Persons Participation in Cultural Activities

Older people were traditionally considered custodians of culture Mahwasane & Tshifaro (2019). They were assigned the role to counsel, lead as well as guides to their kin and larger community through leading the community in practices, ceremonies, norms and other activities that promoted its ways of life and continuity. Older persons were further expected to pass cultural knowledge, practices and values to the younger generations HelpAge International (HAI, 2004).

According to Hagen and Morgan (2011), participation in cultural practices involves going to the cinema, visiting a museum or theatre, visiting an art gallery or attending concerts. Such are more applicable to the western culture. However, these activities do not reflect the true picture of cultural activities especially in the African context in which the study is being undertaken.

Research conducted by Kenya, Ministry of Planning and National Development (2011), it was established that there was persistence of older persons not actively participating in cultural activities like ceremonies and social gatherings. The proportion was higher among those whose health was poor and those from poor families. Moreover, the proportion of those participating in cultural activities was also marginally higher among old women than men from the low-income families.

2.5.3. Older persons Participation in Political Activities

Kneale (2012) notes that participation in political and civic activities include actions such as; belonging to a political party, belonging to a tenant's group, trade union or resident group, being part of an environmental group or neighborhoods 'watch group or belonging to a church group, voting in an election or voluntary work.

A study by HelpAge International in 2013 carried out in eight districts in rural Kenya established older people in Kenya will probably vote than those who are young. They are also far more likely to volunteer in towns and though the older persons in towns devote themselves more regularly to their volunteer activities, their relatives are not likely to provide support them. However, in the case of religious observation, older persons were found to participate well. Another study by IFAD (2015) discovered that persons living alone, and good health as well as those with high incomes and with good education were more probable expected to participate in civil activities. However, many older persons in Kenya rural areas are uneducated and poor and their participation in political and civic activities are quiet low.

Older persons just like other vulnerable groups require information to make them actively engage in political activities. They are required and provided for in the constitution to express their opinions and engage in decision making process on matters that affect them in public. However, participation in decision making processes is very low among older persons (Sidorenko, 2020).

Civic engagement is a key aspect when promoting sustainable community development as it enables people to actively participate in needs assessment, prioritization, planning and implementation as well as monitoring of promoting community development. Community driven development allows individuals and communities including vulnerable groups such as older persons are given an opportunity to make decisions about what they want through a bottom up approach, which has been proven to be sustainable compared to top down approach to development (Bassey and Festus, 2017).

According to Litwin (2010), involvement of older people in political processes and civic engagement in community driven development projects allows them as well as the wider community to engage with others to contribute in improving their standards of living. United Nations (2008) advocates for civic engagement of all people and especially the marginalized in the governance of public institutions, this can only be achieved if such people are well informed to engage fully in the political processes.

2.5.4. Older Persons Participation in Economic Activities

Ageing is often viewed in negative light where older persons are assumed less industrious as they age as compared to their middle years. It is assumed that old age present declined economic productivity and particularly poor physical and mental health, which affect their ability to become productive members of the society. This assumption has contributed to older persons being denied a chance to participate in community development and ultimately their non-involvement affects the quality of services they received as compared to other sections of the population.

The accessibility, locality and structure of local facilities where members can access and utilize community-based activities influenced active participation. As one study established, community participation among older people increased where there were sufficient and age friendly facilities in the community that they could join to if preferred. Social security such as cash transfer program being implemented in Kenya has been used to enhance older person's social capital and increase their productivity. According to Arnold and Fuente (2010) in their study conducted in Mexico on conditional cash transfer, revealed that cash handouts provided to older persons as a form of social protection has provided them with stable income which they use to pay debts, get credits and use it to purchase goods and services to improve their livelihoods. Another study by (Kimosop, 2013) revealed that beneficiaries of cash transfer program were able to join social groups such as merry go round, welfare groups which they could not afford before they were enrolled into the program. Similarly, pension received by older persons after retirement also influences economic participation of older persons. Soares et al, (2008); Fultz & Francis (2013) noted in their studies that beneficiaries of cash transfer used it to purchase foods for improved household nutrition and as a steady source of income for the household.

A study conducted by HelpAge International (2012) on the effect of social protection programs on elderly populations around the world revealed that those who received social protection, there was progressing general well-being, nutrition and empowerment of older persons as well as bigger payments through spending on different goods and services in the local economy and in businesses within their communities. However, government and other development partners are not able to meet the needs for all older persons through state pensions and cash transfers. Older persons capable of working continue to engage in productive labor to meet their daily needs HelpAge International (2012). Similarly, according to a report by DFID (2011), cash transfer funds have been used to manage household risks, promote investment in small scale enterprises by older persons. It also enables them to become active participants in the labor market. Older persons, especially women spend most of their time within their households caring for their children and grandchildren, doing household work and tending to their farms. Surprisingly, this kind

of work is often not considered as work that contributes to improvement of household situations.

A study conducted by Awuor (2010) in Kolwa Division, Kisumu County Kenya confirmed that older persons are an important resource for the community. They are mostly used as resource persons to mobilize people when new projects are being introduced in the community, opinion leaders while others act as gate keepers for the community.

As noted through a report by United Nations Development Programme [UNPD],2004), older persons especially older women contribute to the household economy through doing household chores, playing the role of care giver to the grandchildren and engaging in other small business activities and trades such as basket weaving, selling sisal products and other income generating activities.

Older persons have also been viewed as at risk of poverty group in Kenya since the colonial time National Seniors Council (2011). Unfortunately, older persons in rural areas have limited income sources which restrict their capacity to do things that they want to do as noted by Zaidi (2011). Additionally, they lack adequate access to social services, health services, and other amenities. Consequently, due to limited financial capability; older persons are not able to fully participate in development activities within their communities.

2.5.5. Government policy that promote inclusion of Older Persons in Development Activities

Older persons in Kenya are confronted with a number of issues and difficulties that range from social, economic, health and political. These problems have a direct impact in their well-being; they range from the burden of HIV/AIDs, poverty, poor health, poor nutrition, poor housing, and inadequate access to infrastructures, income securities, and lack of family support among others.

The political good will and environment often influence the success or failure of development interventions. For instance, centralized political systems which promote use of local administrative systems and decision making can significantly lessen the possibility of genuine involvement of people in development. He notes that where these systems are used to influence development in government interventions as opposed to grassroots participation by beneficiaries, tensions can arise due to marginalization. In this case, the political interference is likely to affect the success of such projects. Likewise, a legal framework put in place sometimes becomes hindrances to participation. Blair (2000) further noted that legal structures often act as direct limitation on involvement in development activities.

According to Rahman (2004), many political regimes encountered the task of cost in terms of finance and time to efficiently promote effective local involvement and that only few regimes are ready to assume such obligations. Kenya has ratified most of the international conventions touching on older person's participation. The national policy on older people and ageing is one such commitment by the government to mainstream ageing issues in its policies, plans and strategies and ensure that the elderly people participate actively in community development. Kenyan government has made notable plans to address issues affecting older persons through establishment of institutional frameworks that address these issues. While government programs such as the cash transfer program provide some sort of relief to older persons, a lot still needs to be done to guarantee that older persons are taken care of.

Unlike the popular belief that older persons are always dependent and require care and support, older persons are capable of actively participating in community development by being involved in social, economic, cultural and political activities. According to Hodgkin (2012; Jayasinha (2013), older persons are able to participate in community activities at individual form through volunteer activities, collective form through involvement in community social groups in productive forms through provision of services, products and in political form by participating in decision making processes,

voting and so on. Their participation in these forums can help them identify needs and prioritize them for sustainable development.

Additionally, community development takes place within the social context hence the need to understand how and nature of these social relations and how they influence participation of older persons in development Levasseur, et al. (2015; Ponce, Rosas& Lorca (2014).

2.6 Factors Influencing Older Persons Participation in Community Development Activities

Several aspects such as, education status, income status, technology, gender of family head, age, group membership, occupation and geographic locality, are fronted in this study as the key determinants of participation in community activities. Although this list is not exhaustive, these determinants act as obstacles to involvement of older people in these programs. A study done by Ferrara (2012) in Tanzania found out that people were rarely joined groups in mixed communities whose preferences were diverse due to their social, political, economic and cultural needs, lacked similar interests, and experienced different limitations. Ostrom (2011) affirmed that in heterogeneous communities, groups experienced different challenges and conflict as a result of mistrust and lack of understanding.

Many studies by other scholars concluded that membership in other social networks within the community influenced their participation in groups Sanginga et al. (2011; Weinberger and Jütting, 2010; Ahern et al. (2010). Weinberger and Jütting (2010) argued that the expectation of beneficial effects of networks seems to be higher when experience with group membership exists. Further, a study conducted by Sanginga et al. (2011) while noting that gender of household is a determinant of participation in community activities, it is affected by other socio-cultural factors. He further notes that women have dominant community roles and responsibilities in relation to group activities and are more likely to participate in community group activities than men in East Africa.

According to Weinberger and Jütting (2010), type of group action and membership composition also contributes towards participation in community development. They claimed that people with common interest were able to self-organize as compared to those of diverse opinions. However, this opinion has been challenged not to be true in all groups but unique in some. Weinberger and Jütting, (2010), however argue that opinions of group members can be transformed. He noted that this can be achieved through following group's rules, confidence, and customs of mutual benefit, limitations of self-absorbed behavior can be evaded, thus promoting positive group action. These researchers, such as Otte and Chilonda (2009) highlighted the importance of following group laws and regulations to ensure cohesiveness. They further they brought out the idea of social capital which talks about linkages, norms and understandings for ease of achieving groups objectives through good collaborations (Otte & Chilonda, 2009).

The idea of social capital proposes that some issues impact the effectiveness of groups with non-participation being one of them. Community diversity in terms of gender, income status, and power dynamics can also act as a barrier to active involvement of older persons in activities. The diverse characteristics of group members can result to discontentment and ultimately group conflict. This is mostly common during group elections, decision making on key issues and active involvement in group actions Alderman & Yemtsov (2012). Dissatisfaction among members can lead to failure of a group to achieve its goals. Additionally, conflict can arise due to external factors by those members unable to join groups due to various reasons such as underprivileged people who cannot join for lack of membership fee and others due to other interests. Participant's conflicts, when ignored, can result to segregation and undesirable influences by nonmembers which leads to group disintegration.

Geographically, locality of the household can affect participation in community activities. Thorp (2014) noted that formation of groups such as cooperatives and credit unions mostly exist near towns or urban centers where transport and markets are accessible. As Bukenya (2011) noted that inaccessibility of markets is related to involvement in rural community organization groups. In most cases, there is over dependence by rural

communities on natural resources and low opportunity costs of time. The argument is that geographic allocation of a household cannot solely influence the level of involvement, but also the type and objectives of the group.

As Sanginga et al. (2011), Weinberger and Jütting, (2010), and Ahern et al. (2010) noted, involvement in social groups influenced participation in community groups. Weinberger & Jütting (2010) where familiarity with group membership was in existence, prospect of valuable effects of groups was higher. This is also true where social capital exists. Others noted that the style of leadership impacted either positively or negatively on groups, this is mostly true with autonomous leadership styles as opposed to exclusionary and dictatorial styles (Segway, 2009).

Ferrara (2012) in his study noted that wealthy individuals rarely participate in groups activities. Researchers Weinberger & Jütting (2010) also established participants in the middle-income category made the majority of membership. Equally Sanginga et al. (2011) in their study established there was very minimal distinction within income classifications among members of these groupings. However, other factors such as the objective of the group, their vision and mission overrode the issue of wealth.

Becker and Boreham (2009) affirmed that sometimes low-income individuals and families preferred to spend more time in labor that brought in income rather than take part in community or group activities. This beside the arguments by Sanginga et al. (2001) that group activity has prospective profit for all individuals. Both Weinberger and Jutting (2010) and Sanginga et al. (2011) argued that group activities were mostly attractive to middle class because they could afford the membership fee compared to the underprivileged who could not afford. The rich preferred to undertake other better opportunity activities. Previous study by Garavan, Winder and McGee (2011) revealed that individuals with higher earnings were likely to join group activities compared to those with low wages due to time and money constrains.

Research work done by Sanginga et al. (2011) established that gender of the family head alone was not sufficient factor to influence involvement and that additional societal and cultural factors played a role. The study further revealed that women, compared to men are more likely to participate in group activities due to other roles bestowed upon them by the society. A study conducted on Indonesian communities found out that more men than women participated in community activities due to cultural factors that limited women involvement in these activities HelpAge International (2002). In Africa, family decisions on whether to be involved in group or community activities are determined by the head of the family who sometimes consults the spouse. Therefore, factors such as occupation of the family head, age, gender and income should be considered when determining what drives participation of older persons in community activities.

Another factor that can influence or hinder participation in community activities is age. Kneale (2012) gave an example of technology change and adoption as one of the ways that can be influenced by age. In a study evaluating adoption of farming technology by Edwards et al. (2008), they concluded that age did not act as a barrier. Hassan (2019) in her study in Coast Kenya also determined that age does not play an important role in influencing participation of individuals in community activities. Ahmad and Hafeez, (2011), however, argue that chronological age is mostly linked to low involvement in social and community activities.

Nature of the work done by the family head can influence the decision on which activity to participate in. For instance, households where the head is a farmer are highly likely to get involved in activities or groups with farming as a key activity Tassou (2017). Education and occupation of the household head often influences adoption of technology positively Saunders et al, (2007) since heads with more years of schooling would be expected to better visualize the benefits of technology. Similarly, those household whose head is educated are have an upper hand to participation in community or group activities.

Participation in community activities is also likely to be influenced by marital status. A study report by UNHCR (2012) where the family head and spouse were living together, they were able to divide household chores and hence were able to have extra time to participate in community activities. However, it is arguable that it is only when married couples are de-facto living together that the benefits of increased labour supply are realized

2.7 Consequences of Low-Participation in community development Activities to older persons well being

According to O'Shea, Walsh and Scharf (2012), frequent visits to hospital for emergency services were experienced amongst elderly persons who had no family care networks. This was in relation to the impact of social support to elderly person's health status and use of health care services. Kaseke (2004), (O'Shea, Walsh and Scharf ,2012) further divulged that social support in terms of real, emotional and informational support safeguard solder persons against effects of stress and decreases hospital visits. Additionally, personal support links are key in identifying as well as encouraging the necessity for formal assistance and helping access and entry into the formal care system. This means that older persons without social support do not use these services frequently leading to poor mental and physical health among those who have limited access to the services (Dwyer & Hardhill, 2010).

Hagen and Morgan (2011) investigated how factors such as need for public services, the knowledge of their existence and other factors such as sex, ethnicity, level of social support and psychological distress influenced use among older persons. They established that these factors had minimal control over use of these services and that the need for these services influenced their use Handayani and Babajanian (2011) concluded that requirement to use these services as well as other factors are significant in determining use of selected social services. Additionally, only those who felt the need to use recreational facilities used them. Their research noted also that those who frequently used the services were healthier and active and less likely to be socially isolated Hagen and Morgan (2011). Older persons who are socially excluded also had limited interaction

with the community agencies and hence failed to participate in these activities as well as make use of available social services to their benefit.

The connections concerning social support and loneliness, and how this affects use of health and social service can be argued to be intricate and diverse. World Health Organization, (2011) study supported the belief that social isolation and non-involvement in activities within the community were related with increased rates of early death, poor health, depression, as well as increased levels of disability from chronic diseases. Such problems like disability from chronic illness and poor health thus explain the reason for increased hospital. Some conclusions thus agree with the proposition that social isolation and loneliness was likely to lead to increase in use of more social and health services and others studies indicate differing patterns. Others studies present verdicts that attempt to unearth the deeper complexity in the relations between the variables (Zaidi, 2011).

Older persons experience social exclusion in various spheres such as in the labour market, however due to unequal and discriminatory employment opportunity; they are denied chances to participate in the labor force. Additionally, new technological developments have resulted in new employment opportunities opening up but still older persons become excluded if they don't catch up quick with technology Nazroo & Matthews (2012). Such leave older persons poorer and more vulnerable as they are unable to actively engage in activities that can generate them income and meet their daily basic needs.

Older persons in rural areas are moreover likely to have limited qualifications, low education levels as well as low basic skills which weaken their chances for skilled labor. This means that they will be limited in terms of their involvement on activities especially those that require some level of education or technical skills. Majority of older persons in rural areas do not possess the necessary qualification for skilled labor hence result to other non-skilled work like farming, livestock rearing and other menial jobs with low income returns. According to an Omnibus Survey conducted in 2014, older persons experienced low uptake of health services as a result of poor transport as well as

inaccessibility of the health facilities. Additionally, older persons are disadvantaged due to poor transport networks in rural areas which limits their ability to access basic services at fair prices.

Older persons are also disadvantaged when it comes to accessing financial services. The disparity linking the kind and affordability of the financial products available continue to expose older persons especially from low-income households to poverty Patsios et al. (2012). Prunty (2007) also notes that low involvement of older persons in social activities negatively impacts their ability to contribute to policy changes in health, education, security and in building their social capital. Poor and disadvantaged rural areas and people continue to lag behind in provision and accessibility of essential services by the government and other service providers making them even more vulnerable.

According to Santini et al (2020), reduced social networking has been linked to mental depression and anxiety. Non-participation in social activities can highly affect older persons who are socially isolated leading to mental health challenges such as depression and anxiety. This mostly occurs when older persons become separated from one's social networks and community.

Edwards and Mawani (2011) in their research among older Canadian citizens noted that they made important contribution to the society. Both older persons and the general citizen's benefit from continuous engagement in the national labour force through increased income, inter-generational learning opportunities, retaining technical skills and leadership talent as noted through a study by National Seniors Council (2010). Nonetheless, risk factors linked to non-participation in social, economic and political activities also act as obstacles to labour force participation. Such obstacles include; declined health, burden of care giving, ageism, and lack of awareness of opportunities) National Seniors Council (2011). Considering the degree of older persons' volunteer ship to the society and the valuable contributions they offer to the community as a whole, the negative effects of non-involvement in community activities affect the entire community ((Drennan, et al, 2008).

Lack of active engagement by older persons and loneliness were linked to decline use of health and social services as a result of low awareness or greater than before usage of these social and health services as a substitute to reduced social contacts and relations. According to a report by British Columbia Ministry of Health (2004) revealed older people with a strong social network actively use health and social services.

According to Monasch (2013), low participation in social activities is closely associated to poor health. In his study, he established that social seclusion is closely linked to poor health status and health related quality of life of older persons. In addition, he established that the effect of being socially inactive is also affected by other factors such as clinically depression, reduced movement, age, gender, etc. This has direct implications for policy makers and researchers (Monasch, 2013).

Ellis (2008) noted that effects of social isolation comprise physical and emotional risky effects that lead to depression, poor nutrition, low immunity, anxiety, exhaustion and possibly death. Breakdown of social networks and loneliness due to broken family relationships is also associated with poor mental health and well-being among older persons. According to Demakakos et al. (2010), those elderly persons living alone are more exposed to dementia than those living with close relations. Cox, Lessof and Walker (2012) argues that close social ties provide a protective aspect against the onset of dementia. They suggested that social isolation negatively affects the wider community. Such communities are not able to effectively use available services, are not cohesive and more so fail to engage in civic activities where they can influence policy changes. As noted through a study by Age Action (2013), social isolation can also result to reduced cohesiveness of the community, lead to loss of wealth of experience that older people pass to our families as well as within the community at large. Munjumi (2013) also noted that social isolation can lead to reduced social skills, exposure to elder abuse and alcohol or drug addiction.

2.8 Enhancing Older people Participation in Community Development Programs

According to Dickens et al. (2011), future solutions to problems affecting communities ought to integrate particular distinctiveness, which has demonstrated great success in targeting older persons who are socially inactive. Literature suggest that group interventions such as social support activities like regular group meetings, incorporating older persons in group activities and engaging them in physical therapeutic activities can yield positive result are effective for some people Cotton et al. (2013). Dickens et al. (2011); Pitkala, et al. (2009) also suggest that interventions established in the framework based on theoretical perception of older persons as dynamic participants can help reduce effects associated with social isolation. Scharf and Keating, (2012) in their study, established that by exposing older persons to interventions in group settings can lead to improved quality of life by increasing their social networks, cognitive functioning, mental health and quality of life since such forums affords them an opportunity to share experiences and support each other on how better to cope with their situations (Monasch, 2013).

According to Tomini et al. (2012), older persons can be involved in community activities by building on their social networks, participating in group activities, working as volunteers as well as being productive economically. In this context, older persons can be involved in community activities by bringing together all groups of people to actively engage in social, economic, political and cultural activities of the society. This will enable even the most vulnerable to be actively involved in decision making on issues that affect. Deliberate inclusion of all groups of people ensures that even the elderly are not excluded but rather encouraged to participate in development of their communities.

According to the United Nations General Assembly (2011), enhancing participation of older persons in development activities will help in improving their life expectancy and bettering their health which also translate to having more productive work force which has a wealth of experience and knowledge that comes with ageing. They noted that when older persons become actively engaged community activities, their quality of life improves and they are able to live longer and healthy lives. Walsh et al. (2012). Also

notes that there is need to actively engage older persons in community activities by creating a cohesive society for all ages.

According to Thorp (2014), social participation enables individuals to create relations and build their values regardless of their social standing in the society. Older persons should be integrated into community activities in order to exercise their responsibilities and rights by granting them equality like any other group in the society. Community integration of older persons allows them to become active determiners of their life as they actively engage and contribute to building their communities (Help Age International, 2010).

Active community participation is associated with cohesiveness in the society, which brings about a healthy community. Effective participation of all people ensures that their needs are met hence reducing instances of conflict while at the same time building harmony as well as reciprocity between generations Cotton et al. (2013). Kenyan government through ministry of Public Services, Gender, Senior Citizen Affairs and Special Programs drafted new family policy that seeks to facilitate family well-being, empower families to participate in social economic development Republic of Kenya (2017). Further interventions should put into considerations older persons needs to enhance their independence.

According to HelpAge International (2012), community development interventions should empower people to follow their interest for sustainability. According to Wenger (2012) such can be achieved through building capacities of older persons in groups with common interest and targeting activities that are age appropriate for older persons to engage in and at the same time addressing barriers that make it difficult for them to become active participants. Older persons should be involved in activities that help to build their mental wellbeing and at the same time improving their nutrition status. Social activities help them integrate with the wider community while at the same time helping improve their quality of life (Dickens et al, 2011).

Scannel and Gifford (2010) recommends that International NGOs which help the older persons should be incorporated in policy formulation and implementation by helping the older persons as they actively advocate for inclusion of older persons from grassroots levels to be represented in policy debates and influence policy on issues affecting older persons. Such organizations include Help Age International, the International Federation on Ageing (IFA), and the International Federation of Associations for Older People (FIAPA). HAI/WHO (2005). They should encourage older persons to participate in political party activities as well as elections to ensure that they can influence political decisions when well represented (HARC, 2010).

Scharf et al. (2005) advocate that older persons should be actively involved in the political and civic activities where they can voice their opinions regarding issues that affect them during decision making processes. Such can be achieved through older persons' organizations that are vocal in advocating for inclusion of older people in all activities Walsh (2010). Accordingly, organizations such as labor unions offer older persons with forums where they can actively engage in debate of how to make the labor market more favorable to the older generations (Theobald, 2005).

According to World Bank (2014) older persons should be encouraged to participate in the labor force where their skills and experience are required. Participation of the elderly in paid labour allows them to become independent as they are able to earn an income and meet their needs while at the same time building on their social networks, which are important aspect of active ageing where older persons are viewed as productive members of the society rather than dependent and burden to their community. Walsh et al. (2012) argue that participation in the labor force by older persons helps to keep them fit and healthy and reduces their old age vulnerability.

According to SPRC (2009), labor laws and organizations should accommodate the changing needs of older persons so that they can remain productive even in old age. Nazroo and Matthews (2012) further advocate for improvement of tools and equipment's that are user friendly for older workers. They note that while increasing legal retirement

age is a good way of ensuring older persons remain actively involved in the labor force, other measures should be put in place to ensure they continue to actively engage in economic activities.

Capacity building of older workers to enable them adjust to changing work environment such as adoption of new technologies is required to boost their confidence through changing times while at the same time remaining productive in old age Donald (2009); Barnes et al. (2006); ARK, (2010). Constant learning should be advocated as a means of incorporation diversity in work place while at the same time promoting participation for all to achieve a cohesive society (HelpAge International, 2013).

Attention should be given to older women as research has shown they live longer than men which necessitate them to keep on working to sustain themselves socially and economically Ostrom (2011). This is because women unlike men suffer from several disadvantages as they have to take breaks from work during child bearing, others have little education due to cultural factors and other factors and generally have limited control over ownership of family assets. All these cumulative disadvantages limit their capacities hence the need to build their capacity to continue working to earn a living (Sseguya, 2009).

Older persons should also be encouraged to engage in voluntary work as it accords them the chance for inter-generational exchange. It also an avenue for them to be noticed and supported when they work in organized voluntary groups as many nations and development organizations mostly offer support to volunteer organizations. Additionally, such organizations allow older persons to engage in activities where they are able to share their knowledge, skills and expertise to their people within their community. Such organization also ensures that older persons are taken care of especially in instances where family social support is absent. Evidence has shown that older person offers very useful contribution which mostly is unpaid, such as caring for their grandchildren and by extension offer advice to the wider community in areas that they are experienced in which is mostly voluntary on their part (Bukonya, 2011).

Sanginga, (2011) notes that low involvement of older persons in community development activities requires that various actors work together in a coordinated manner to ensure they address this challenge effectively. This calls for a coordinated approach from grassroots to national level. To achieve this, a clear flow of information on what interventions works best is required especially through public participation where older persons are encouraged to attend such meetings and provide ideas on how best their issues can be addressed (Ostrom, 2011).

According to Dimakakos and others (2010), the situation of older persons especially in rural areas is very dire. Most of the public service such as health care, housing is poor and mostly inaccessible for older persons. This calls for the government to address these challenges to ensure that the needs of the elderly are addressed. The government should improve its public services in rural areas in order to improve the standards of living for the older generations. Such services include ensuring that older persons are able to access and afford better healthcare, security is enhanced, creating a favorable working environment for older citizens and offering adult education so that older persons can enhance their knowledge and skills and become active participant in the development discourse. Further, achievement of this required coordinated partnership between the government, grassroots organizations and other development partners.

On the same note, Handayani and Babajanian (2012); Bolton (2012) recommends that because of the relationship between joblessness and social isolation, addressing unemployment challenges as well as low economic participation among older persons in rural areas is critical According to Monasch (2013), Involvement of older persons in decision-making process can result to positive changes both at national and local levels. This is especially important for vulnerable and marginalized groups such as older person's people as it empowers them to take an active role in decisions making for issues which affect their daily lives while at the same time enhancing their commitment to other community activities

2.9 Gaps in Literature Reviewed

For this research, the study adopted the definition of older persons as those people who have attained 60 years of age. The literature reviewed in this chapter established that there are minimal data, information and policy studies in Kenya and particularly Tharaka Nithi County regarding older person's participation in community development. Minimal evidence on their involvement or lack of involvement may imply that less attention is given to this portion of the population in matters concerning community development.

From the literature reviewed, it was significant to restate that marginalization and low participation of older persons in development is prevalent as noted by Bradshaw and others (2004), Monasch (2013); Handayani and Babajanian (2012), and Walsh, O'Shea & and Scharf (2012), among others. The problem is equally institutionalized and more so prevalent amongst societies in Africa. As established in the literature analysis, older persons undergo social, economic and health challenges arising from their low involvement in development activities. They become isolated and excluded in many aspects of their lives and struggle with diminutive support from informal and formal establishments. Additionally, older persons have very minimal participation in civic matters which should offer support and protection since their voices are not heard in forums where they should be active participants in determining their fate.

Accordingly, Ferrara (2012) and Ostrom (2011) notes that engagement in community activities is influenced by individual, economic, social as well as cultural factors. Such determinants include: action or lobby groups as noted by Weinberger and Jütting (2010); Otte and Chilonda (2009). Other authors such as Alderman and Yemtsov, (2012); Kneale, (2012) ,Safari, (2019) and Jaafar, (2019) note that heterogenic factors like age, technology, wealth and gender influence participation. Thorp (2014) and Bukenya (2014) also notes that social networks can influence participation of older persons in community activities. Sanginga et al. (2011); Weinberger and Jütting, (2010); Ahern et al. (2010) concluded that social and economic class played a role in the engagement of activities whereas Edwards et al. (2008); Weinberger and Jütting (2010); Sanginga et al. (2011); Garavan, Winder and McGee (2011) concluded that participation can be influenced by

occupation of an individual. This study will delve in assessing whether these factors also act as determinants of participation among older persons in Tharaka Nithi County.

However, acknowledgement of issues affecting older persons as well as discrimination they face is gradually coming to the fore of most organizations and governments programs and activities. Whereas the concept of older person's involvement in development has been widely researched on especially in Europe and Caribbean and Asian countries, the existing literature within the African context is still limited. This study therefore seeks to contribute to the existing body of literature on community development by: a) documenting the older persons' contributions to community development through their participation in social, economic, cultural and political activities; b) documenting the effects of their non-involvement to their well-being and that of the wider community; c) examining factors influencing their participation; and finally, d) suggesting interventions and measures to improve their participation in community development activities in Tharaka-Nithi County.

2.10 Theoretical Perspective

This study was guided by both a theoretical and conceptual framework. The theory selected to guide this study is the political economy of aging by (Carroll Estes, 1979).

2.10.1 Political Economy of Ageing Theory

This theory is a macro level third generation theory. This theory is centered on the assumption that social class determines a person's access to resources as well as the fact that leading groups within the general public try to sustain their own interests by spreading class disparities. In their analysis, political economists note that older persons face various challenges emanating from government stratification, economic situation, unequal allocation as well as distribution of resources. The theory main focus is on structural challenges that bring about inequality and less on individual reasons such as the reduced physical or mental capacity of older persons Estes (1979), Townsend (1986); Walker (1981). This study borrows from the theory by looking at the legitimacy of social interventions focusing on older persons; government authority and control, capital, and

labour associations on aging as well as the impact of social policy for older persons Estes (1991). The study uses the theory to explain how structural factors and social policy environment and processes influence participation of older persons in political, social, and economical aspects of development and their integration in ageing of the individual and at the societal level Estes (1979). In the context of this study, social forces of politics and the socio- economic power have influence on resource allocation which acts as a determinant to ageing condition through unequal allocation of resources. This form of inequality tends to diminish the power of the older persons in the societal initiatives owed to the loss of their power and influence in the society Estes (2001). Characteristics such as class, occupation, social status and sexual characteristics seem to determine the pattern of the older persons' experience in life together with their economic and political power; this acts as the basic foundation of curving in the opportunities associated with later life (Bytheway, 1994).

This theory puts emphasis on welfare of the older persons and its significant contribution to the socio-economic structure of the society which is attributed to their low productivity thus loss of worth in the society and its developmental initiatives Estes (1982). It seeks to find out how the older persons are treated in the society, their definition and the cause of isolation and inequality in regard to resources in the society Estes et al. (1996). Political economy theory brings out the development of individual issues to public issues which is actually a societal concern in terms of gender, class and age among others.

In the context of this research, the study adopts this theory to demonstrate that social, economic and political structures and ideologies shape the social policies that are meant to cushion older persons against the challenges arising from their inability to participate in development activities. As demonstrated in the literature, older persons are not able to fully explore their potential due to the existing social structures that limit their participation capacities and capabilities, instead their functionality is determined by public policy and social and economic structures which are determined by the social-political economy (Townsend, 1979).

Political economists argue that structural forces created by the political economy shapes the social welfare of the older persons and their personal experience which is manifested in broader societal level. Just as Estes noted, older person's participation in political and civic activities is highly influenced by interactions at community level, social norms and practices, self-interest driven by what one perceives to get from their involvement. Low participation of older persons in these spheres contributes to their loss of power over their situations, autonomy and their influence of issues that affect them. This creates a need to examine the broader issues of civil/political, economic, culture and social issues that affects the productivity opportunities of people in the society, in this case the older persons.

2.11 Conceptual Framework

Basing on the of political economy theory of ageing, this study developed a conceptual framework that shows the interrelationship between concepts. Participation depends on a myriad of factors that are social, economic, political or cultural. According to the conceptual framework, the study assumed that there are various factors that influence participation of older persons in community development and that these factors affect their well-being and mostly may result to social exclusion of older persons in community development. Such factors were age, gender, geographical location, health, wealth status, marital status, group action, education, technology, and occupation. These factors can either hinder or foster older person's participation in community social, economic, cultural or political activities. The adopted theory for this study asserts that there exist structural and functional challenges which influence participation.

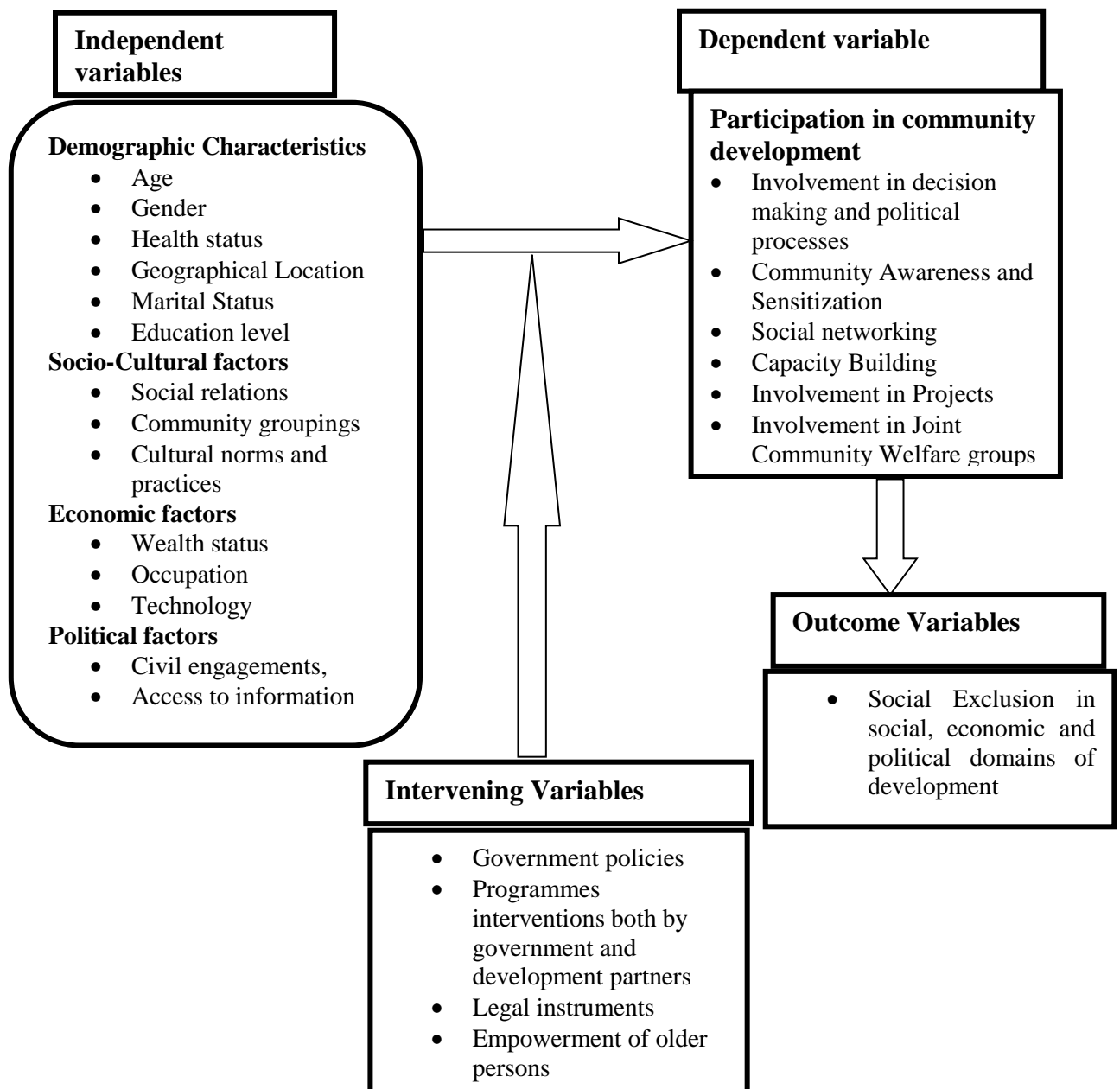


FIGURE: 2. 1 CONCEPTUAL FRAMEWORK

SOURCE; AUTHOR, 2022

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

The chapter presents study approaches as well as tools used by the researcher in data gathering and analysis as well as presentation of data. The chapter covers the subsequent sections: research design, study site, population under investigation, sample size and sampling techniques, research instruments, validity and reliability, data collection process, data analysis and logical and ethical considerations.

3.2 Research Design

This study adopted use of descriptive survey design, which blends both qualitative and quantitative methods of data collection. Surveys offer quick, reasonable, efficient and accurate means of accessing facts about the population. It's also effective when collection large amount of data at once. The study combined use of quantitative survey questionnaires along with qualitative interviews. The design was preferred since it gives the researcher an opportunity to explore more and get deeper insight of the research problem under investigation. The design allowed the investigator to assess several variables on nature of community activities in the area that older persons engage in, level of older person's participation in these activities and factors contributing towards their participation. Gathering and analyzing such information calls for the employment of qualitative and quantitative approaches. Its central foundation is that combination of quantitative and qualitative methods helps to enhance understanding of study challenges which neither of the approaches can individually (Creswell & Plano Clark, 2011). A mixture of qualitative and quantitative research method was adopted on complementary basis.

3.3 Study Location

This research was conducted in Tharaka Nithi County which is the second smallest county in Kenya in terms of land size. The County of Tharaka Nithi County has a population of 393,177 according to (Population and Housing Census, 2019). Meru south

Sub-County has a population of 91,080 being the second largest sub-county (Tharaka Nithi CIDP, 2018/19). Older persons in the county constitute 5.4 % of the total population. The county borders Embu County to the South West, Meru County to the North East, Kirinyaga and Nyeri Counties to the West and Kitui to the East (County Integrated Development Plan, 2018).

Covering the entire county was limited by financial constraints hence data was collected from Meru South sub-county among the three sub-counties. Meru south was purposively selected due to its geographical heterogeneity and thus offers diversity in terms of opinions collected. People from these areas have different socio-cultural characteristics. The majority of residents who dwell there have a relatively low average economic and educational background. Further, it has characteristics of both a semi-urban area as well as elements of a typical rural setting that was ideal to give diverse views by older persons from these areas.

The site was selected since no prior study has been conducted in this county specifically targeting older persons' participation in community activities. The county 2013-2017 strategic plan CIDP (2013-2017) points to the fact older persons who represent 5.4% of the population in the county are vulnerable and dependent on the working population and consequently require interventions that will alleviate their poverty levels by providing subsidies and other social support services. Additionally, personal observation from the area also pointed to the fact that older persons rarely participated in community activities prompting the researcher's interest to unearth the factors influencing this aspect as well as highlight their issues as well as provide recommendations on interventions aimed at improving their standards of living. The researcher also has a good understanding in that field as well as a good understanding of geographical, social and cultural traits of its population. Finally, available data from (KNBS, 2019) suggest a steady increase in the population of older persons in the county which stands at 6%.

3.4 Study Population

A population refers to an entire group of people, actions or objects that have a common evident trait (Orodho, 2003). A population describes the factors whose characteristics the research will try to define. The population under study consisted of older persons drawn from Meru South Sub-County. According Kenya National Bureau of Statistics (KNBS) of 2019), Meru South Sub County had population of 7,730 of older persons by the year 2015, (Economic Survey, 2015). The primary respondents included 157 older people. Another set of respondents was drawn from 7 key informants who provided qualitative information collected through key informant interviews.

3.5 Sample Size

According to Orodho, (2008), a sample forms a fraction of greater population, it a representation of similar population. Sampling is defined as a procedure of selecting a number of individuals or objects from a population with the selected sample having features similar to that of the larger group. This study thus selected a sample with 95% precision as suggested by (Yamane, 1967). The 95% precision was chosen to achieve the desired sample size which was manageable owing to the time and resources available in conducting this study.

$$n = \frac{N}{1+N(e)^2}$$
$$n = \frac{7730}{1+7730(0.08)^2}$$
$$n = 157$$

Where; n = Sample size, N = Population size, e = Desired marginal error, 1= Constant

The proportion of the population and amount of error limits the size of the selected sample. This formula will help the researcher decide (with 95 percent certainty) what the results would have been if the entire population. Therefore, a sample of 157 respondents was taken for this study. The study collected data from 87 females and 70 males.

3.6 Selection Criteria

The study participants included older persons 60 years and above, both male and female, from all the ethnic sub- groups, all religious groups and from all education levels residing in the area of study.

3.7 Sampling procedure

The study sampled out 7 leaders for the in-depth interviews. They were purposively selected based on their comprehension, expertise and familiarity of working with older people in rural and urban areas. They included: 3 administration officers (i.e., chiefs), 3 Social Welfare Officers and 1 faith-based leader. Information from the leaders complemented quantitative data. The sample frame for this study was 7,730 older persons in Meru South Sub-County. Meru South was purposively sampled due to its social and economic heterogeneity. The Sub County hosts the main urban centers in the county including the County headquarters. A list of household names with older person's names aged 60 and above was generated for each ward in the sub-county with assistance from administrative officers (chiefs and area leaders) which then served as a sampling frame. Proportionate to size random sampling technique was employed to select the number of households in each ward totaling to 157 households representing 157(Female-87, Male-70) older persons. Simple random sampling was then employed to select the first household using table of random numbers. A systematic sampling method was further used to select the subsequent older persons until the number intended for each ward was attained. Where a household had more than one respondent, a simple random technique was applied to select one of them to participate in the survey.

TABLE 3.1: SAMPLING FRAME AND SAMPLING SIZE

Location	Mariani	Igambang'ombe	Karingani	Magumoni	Mugwe	Total
Social Welfare Officers	0	1	0	1	1	3
Chief/Assistant Chiefs	0	1	1	0	1	3
Faith based leaders	1	0	0	0	0	1
Older Persons	32	30	31	33	31	157
Total	34	34	34	34	34	164

3.8 Data Collection Tools

To gather primary data, a survey method was used. The study employed use of questionnaire and interview guide for data collection. The study was further enhanced by use of secondary data available on the study topic under investigation.

3.8.1 Review of Secondary Data

Reviewing and making analysis of different relevant literature including journals, newspapers, books and governmental documents (such as policies and strategies) was important to set the background information on exclusion of older persons. Further, reviews of existing documents, surveys, reports and laws were made with a view of establishing the nature and forms of social exclusion at different levels, formulating questions and sharpening the understanding on social exclusion of older persons worldwide, Africa and even Kenya in particular. The review of existing data also helped to identify the knowledge gap which this study endeavored to fill.

3.8.2 Survey Questionnaire

The study employed use of questionnaires to collect primary data. The questionnaire was semi-structured consisting of open-ended and closed-ended questions for ease of understanding as well as for gathering a wide range of data. A questionnaire is considered to be a most versatile tool in measuring social variables, individual characteristics, facts and events and useful in the avoidance of ambiguity in responses (Amin, 2005). It was administered directly to respondents by the investigator with the help of three the research assistants. To ensure quality was maintained, the research took the assistant through the questionnaire prior to data collection where all questions were reviewed and ensured that all researchers understood the questions. The researcher further reviews the completed questionnaires submitted back to ensure that they were well filled. Research assistant selected also had prior experience conducting field surveys.

3.8.3 Key informant Schedule

The researcher used semi-structured interviews guides to gather information from Social Welfare Officers/Community Development Officers, chiefs and local church representative. These interviews were conducted individually with each officer. The

semi-structured interview guide provides consistent and comparable qualitative data. The study used an interview guide which was designed to enable a deepening insight into issues regarding the program measures and interventions already in existence to improve the participation of older people in community activities. The interviews were held in a language which the respondents understand better. This was basically Meru, Kiswahili and English without losing the meaning of the questions.

3.9 Validity and Reliability of the Research Instruments

According to Kothari (2013), legitimacy is the most crucial measure which shows the extent to which a tool measures what it is supposed to measure. Amin (2005), notes that the legitimacy of a tool is improved through expert judgment. It addresses the question of if a tool provides acceptable exposure of a given topic, and the questionnaire specifically addresses study objectives.

Several measures were used in this research to ensure overall validity of the instrument. The researcher made sure that question items in the research instrument covered all the variables that are in the conceptual framework. The questionnaire was designed in a way that covered all the variables. The data collection instruments were shared with supervisors who guided on how to improve the tools. The supervisor advised on adjustment of the questionnaire items to rhyme with the objectives and these changes were incorporated in the final instruments.

3.10 Data Collection Procedure

The researcher obtained an introduction letter from Kenyatta University and a study permit from the National Commission for Science, Technology and Innovation (NACOSTI). The researcher further sought authorization to undertake the study in the county from the County Director of Education. The researcher then embarked on fieldwork to collect data. The researcher also received authorization to collect data at homesteads from the area chief or assistant chief.

The researcher with the help of research assistant collected data in a period of five days. Administered the questionnaire to the older persons in Meru South Sub-county who were

at least 60 years and above old. The researcher administered the questionnaire with assistance from three research assistants, who made sure that the questionnaire was filled and returned. Respondents were guided on how to answer questionnaires by the researcher and research assistants who understand the local dialect for ease of communication. Qualitative data was collected through an interview schedule to selected key informants from department of social services, administrative leaders and religious leaders.

3.11 Data Management and Analysis

This study combined qualitative and quantitative approaches. Quantitative data sets were cleaned, coded and analyzed using the Statistical Package for Social Sciences (SPSS) package. The SPSS (version 21) computer software was selected for examination since it's more user-friendly and more suitable for analysis of management related attitudinal responses (Newton & Jeonghun, 2010). The cleaning focused on the consistency of the responses and completeness. Descriptive analysis such as percentage and mean were used for data analysis.

To assess the magnitude of participation in different spheres of community development, responses from the questionnaire were analyzed using a Likert scale level of show below with a range of 0 to 5 as shown on table 3.2.

TABLE 3.2: SAMPLING FRAME AND SAMPLING SIZE

Interpretation Level	Range	Scale	Participation
Always	4.21-5.00	5	Very High
Frequently	3.41-4.20	4	High
Sometimes	2.61-3.40	3	Moderate
Seldom	1.81-2.60	2	Low
Never	1.80 and below	1	Very Low

3.12 Analyses of qualitative data

Key informant interviews were conducted with selected officials from social services department, administrative officer; chiefs and religious leaders. Qualitative data was

coded and analyzed thematically with focus on the four domains of participation in development. The analysis was done with emphasis on the study objectives, together with the quantitative outcomes. These responses were compared with findings from the literature review to compare the similarities or differences between them. This was done with an aim of linking the study findings with the research objectives.

3.13 Ethical and Logistical Considerations

This study was essentially inspired by the belief that social research with a vulnerable population group such as poor older people in an African context has to take into account certain ethical considerations (Bosch, 2004). Permission was sought beforehand from the relevant government agencies at county level (county education office) and the national government through National Commission for Science, Technology, and Innovation (NACOSTI).

Further, permission was sought from local administration to enhance smooth data collection process. The researcher was careful and considerate with the privacy, opinions and feelings of the respondents which were respected at all times. This was achieved by explaining clearly to respondents the aim and importance of the research and allowing them to freely choose to participate at the appropriate time. All the respondents (100 %) gave their consent to participate in the research.

While scholars aim at generating new knowledge, they must ensure that their participants are secure from problems which may arise because of the researchers' activities (Saunders, Nidoo & Griffiths, 2007). The researcher assured the respondents of confidentiality protection by ensuring that data was not to be shared with anybody else and this gave the respondents confidence to share their views and opinions. This helped the researcher understand their perspectives.

For confidentiality and privacy of the participants, respondents were not required to list their names that would recognize them on the questionnaire. Every respondent was provided with an opportunity to give or withhold his or her permission. The right of the

participants to decide to take part, right of anonymity or the right to withdraw from the research at any point with or without details was spelt out to them. The consent of the respondents was attained verbally. More so, the researcher clarified the aim of the research in advance and debriefed the subjects after participating. Confidentiality and privacy of the information generated by the researcher was observed.

CHAPTER FOUR

DATA PRESENTATION AND DISCUSSIONS OF FINDINGS

4.1 Introduction

The section present findings of the study as obtained from the data collected from older persons 60 years and above, social development officers working with the older persons and the local administrative leaders and religious leaders. Responses were obtained from 157 (Female-87, Male-70) older persons, 3 social development officers, 3 local administration officers and 1 faith-based leader. The entire targeted respondents 100% response rate was reached during the data collection exercise.

The research study sought to assess the extent of older person's involvement in community development activities. Specifically, the study aimed at; assessing the contribution of older persons in community development through their participation in social, economic, cultural and political activities , identifying factors promoting or hindering older persons participation in community activities, assessing effects of low-participation in community development activities on older person's well-being as well as that of the community at large and lastly suggesting ways of enhancing involvement of older persons in development activities. The findings are presented in the following sections according to the study objectives.

4.2 Social, Economic and Demographic Characteristics

To understand the profiles of the respondents, various social, economic and demographic characteristics like age, income source, level of education, and gender and employment status as independent variables were analyzed. The aim of investigating these dependent variables was to establish whether these variables influenced or hindered involvements of older persons in development activities. They are presented in table 4.1.

TABLE 4. 1: SOCIAL, ECONOMIC AND DEMOGRAPHIC INFORMATION

		Number of Respondents	Percent
Gender	Male	70	44.6
	Female	87	55.4
	Total	157	100
Age cluster		Frequency	Percent
	60 to 64 years	49	31.2
	65 to 69 years	51	32.5
	70 to 74 years	40	26.5
	Over 75 years	17	10.8
	Total	157	100
Highest Level of Education		Frequency	Percent
	None	30	19.1
	Primary	58	36.9
	Secondary	41	26.1
	College and above	28	17.8
	Total	157	100
Formal and informal Employment Status		Frequency	Percent
	Full-time	21	13.4
	Part-time	36	22.9
	Retired	68	43.3
	Not formally employed	32	20.4
	Total	157	100
Source of Income		Frequency	Percent
	Dependence on children/ relatives	38	24.2
	Self-employment	48	30.6
	Private pension	13	8.3
	State pension	18	11.5
	Investment Benefits	12	7.6
	Assets	28	17.8
Total	157	100	

As presented in Table 4.1, female respondents were more at 55.4 percent while male were at 44.6 percent implying that women constitute a larger proportion of population of the older population when compared to men. This data is a reflection of the 2019 census result by the 2019 Kenya Housing and Population Census data KNBS (2019) which

reported the population of older women at 55.5 percent against men 45.5 percent. This data agrees with findings of a study conducted by United Nations UN (2011) which established that women are likely to survive longer than men across all ages which could explain the higher number of women respondents. These results also agree with the United Nations (2017) World Ageing Report which reported that constitutes about 54 percent of the total global ageing population.

The results on respondent age revealed (31.2%) of the aged persons were aged between 60 to 44 years, 32.5% were aged between 65 to 69 years, while 26.5% of the respondents were aged between 70-74 years with 10.8% being over 75 years. This trend of the respondent age where (57) of respondent had attained 70 and above years equated comparable to a report by WHO (2016) that life expectancy increased due to improvement in public health as well as improved medical care. Gresham et.al. (2015) also notes that adequate access to health care and general improved standards of living promote better health and wellbeing leading to decreased mortality rate among older persons. The findings are in line with a report by UN (2015) which attributed these changes to improved public health and advancement in medical technologies, improved living conditions leading to reduced mortality rates among older persons.

Findings on education levels attained by the respondents demonstrated 17.8% had attained college education, 26.2% secondary education, 36.9% primary education and 19.1% had no formal education at all. Overall, on education level attained by the respondents, about 56 % had only primary education supporting the studies that suggest illiteracy levels are high among the elderly people. UNESCO report (2005-2007) indicated that about 71 % of the global illiteracy levels are among older persons 65 years and above. Another report by KDHS (2014) established that 67% of older people with 65 years and above had no formal education an indication that lack of education increases with age.

Data on formal and informal employment status, most 43.3% were retired, 22.9% were part-time employed, and 20.4 % were never formally employed while only 13.4% were

formally employed. This showed that only small number of the older persons was actively involved within the paid labour force. A large proportion of the respondents thus relied on other income sources for their living.

These findings on income source showed that majority of the respondents at 30.6% acquire their income from self-employment, 24.2% were dependent on their children or relatives as source of income, 11.5% rely on state pension for income, 8.3% depended on private pension as a source of income, 17.8% of the respondents depended on asset or farming while 7.6% obtained their income from investment benefits. These results show that older persons had limited sources of income to sustain their livelihoods and may have depended on their families and state to meet their daily needs.

Understanding the relationship between these individual characteristics supports the research to establish whether there is any link between individual's characteristics and other social, economic, environmental or even psychological factors influencing participation. As affirmed in other studies by different scholars, there is evidence to suggest that social, economic characteristics and other demographic characteristics are interlinked which prompted this study to analyze them to affirm or dispute the same with the group under this study assessment. As affirmed by Bauma et al. (2000), the extent of involvement in social life is highly determined by social, individual, economic condition as well as demographic factors. Another scholar, Plummer (2002) revealed that gender, level of knowledge and skills, employment status, cultural norms and practices, income, level of education and social standing highly influence community participation.

Lacks of resources, low education attainment levels, old age are some of the factors that influence the capacity of an individual to participate or hinder their participation all together. For older persons, these highly influence their capacity to engage in development either at social, economic or even political level. Various studies have documented how each of these socio- demographic factors influence participation Aworti (2012); Hassan, (2019); Abonyo (2019) and Chang et al. (2013) among others the influence of these factors is discussed later in the analysis as well as how they contribute

to participation of older persons in development. The discussion around community, social and economic development need to be extensive than merely viewing it in terms of land, labour and capital but rather should focus more on social capital, technology, society and culture, public institutions and capacity of people to make independent decisions.

4.3 Participation of Older Persons in community development activities

Objective one sought to assess the contribution of older persons to community development by evaluating the extent of their involvement in social, economic, cultural as well as political activities. Older persons were requested to indicate the regularity of their involvement in a range of community activities which were used to assess their extent of participation in community development.

4.3.1 Participation of Older Persons in Social Activities

The study reviewed factors such as social relationships i.e. relationship of the older person and the nuclear/extended family, social cohesion, neighborhood relationships, social support and networks as their social participation in activities i.e. volunteer work, leisure activities and group activities. Table 4.2 presents various social activities as investigated in this study. Older persons were requested to specify if and how often they participated in the outlined activities in the course of their lives.

TABLE 4. 2: PARTICIPATION IN SOCIAL ACTIVITIES

Participation in Social Activities	Frequency/Percentage (n=157)			
	Never	Sometimes	Often	Very often
Frequency of interactions with family members and community	10 6.40%	34 21.70%	30 19.10%	83 52.90%
Experience social cohesion with neighbours	11 7.00%	25 15.90%	57 36.30%	64 40.80%
Experiences declined social contacts with close ties	13 8.30%	22 14.00%	47 29.90%	75 47.80%
Experiences declined levels of social support from the community	9 5.70%	19 12.10%	56 35.70%	73 46.50%
Experienced declined levels of participation in social activities	14 8.90%	16 10.20%	71 45.20%	56 35.70%

Results from Table 4.2, indicate that older persons regularly interact with their family members at (52.90%), (21.7%) indicated minimal interaction with family members, (19.1%) moderate interaction with family members while (6.4%) never interacted with family members. These findings are supported by Nicole (2015) who established that maintaining family relationships facilitated community participation among older persons. She further notes in her study on enablers of community participation, that relationships often act as positive contributors to older person's participation in community activities. As pointed out in a qualitative study conducted by Help Age international (2013), availability and interactions with family members can provide the much needed emotional and functional support. The report indicated that the level of interaction among family members and the wider community they live in has a direct/indirect influence on older people participation in development activities.

The findings further reveal that (40.8%) experienced social cohesion with neighbours, (36.3%) often experienced social cohesion with neighbours, (15.9%) sometimes experience limited social cohesion with neighbours while (7%) reported lack of social cohesion with neighbours. This demonstrated that majority of the older persons in the community enjoyed unity and good interrelations with the wider community. The findings are supported by Carri et al. (2012), who noted that neighborhood cohesion ultimately promotes better participation by envisaging social support amongst different groups of people which positively influence participation. Additionally, social cohesion reduces differences that exist among individuals, discrimination and social exclusion while at the same time promoting social relations, collaborations and ties among community members. White and Waddington (2018) noted that social cohesion builds trust among community members which positively influences participation of community members in development activities within their communities. Gardner (2011) also observation that neighborhood social cohesion promotes well-being among older persons as it enhances mutual trust and improves the emotional well-being of older persons which are critical for their participation in social activities.

Findings on declined social contacts showed that (47.8%) experienced declined social contacts, (29.9%) often experience declined social contacts, (14%) had minimal loss of social contacts while only 13% never experience loss of social contacts. The findings reveal that older persons often experienced declined contacts within their inner circles. Research by Pino et al (2013); Tang (2011) suggest that loss of contact among older persons can arise as a result of death of spouses, death of close friends, migration of children, retirement, declining health and limited mobility. The result agrees with a study conducted in Nakuru County by Age Action (2013) which established that older persons were more susceptible to lose social contacts either from loss of spouses, friends, relocation of children to urban areas. Studies have also established that increased frequency of contacts with neighbours and family increased the frequency of social contacts among older persons and the opposite is true in that decline in frequency of social contacts reduces the frequency of social participation among older persons (Buffelet.al, 2014)

Provision of social support in old age helps older persons to address both material and emotional needs. The study investigated the level of social support accorded to older persons by the community in relation to whether it had declined or not. Table 4.2 shows that (46.5%) experienced much decline in social support, (35.7%) often experienced declined social support, (12.1%) sometimes experienced declined social support while only (5.7%) reported receiving enough social support from the community. The finding demonstrates that majority of the older persons in Tharaka Nithi County experienced declined levels of social support from the community. Previous studies have suggested that a strong social support system could possibly influence involvement of older persons in community activities Wiley (2017). Findings from this study indicated existence of limited support for older persons in the community which may explain low levels of community engagement among older persons.

Participation of older persons in development activities increases the chances of older persons forming strong social relationships. However, failure to participate in communal activities leads to declined social support as this limits their interactions with the wider

community. These findings on declining levels of social support are supported by Cornwell (2011) who affirmed that as people grow old, their social connections and closeness with others decline, especially with those outside of family relations especially due to age related factors that limit their interactions with the wider community. The findings are also supported by Wrzus et al. (2013) who noted that although older people have greater needs for social support, this level of support decreases as they age due to death of friends, spouses, associated and even family members.

Social participation has an influence on a person's health and well-being as it forms the basis for sustaining a positive quality of life. In order to find out whether older persons were socially active through engagement in social activities such as entertainment, volunteer work and other community activities, the study wanted to find out the extent of social participation among older persons in community activities by asking respondents the frequency of their attendance/involvement to community activities. The findings established that older people participated in community activities such as; membership of clubs, societies, self-help groups, charitable organizations, church organizations and other organizations at varying levels. (45.2%) reported often experienced declined levels of participation in social activities, (35.7%) very often experience declined participation in social activities, (10.2%) responded low levels participation in social activities while only (8.8%) of the respondents reported they still actively participated in social activities. The findings revealed low levels of involvement in community activities among older persons. Only a small percentage still actively participated in community activities at 8.8%. These findings agree with other studies that have established low levels of community participation by older persons, Wiley (2017; Hodgkin (2012).

The findings are in agreement with Chang et al, (2013) that participating in community activities declines with increasing age as a result of ill-health and reduced mobility. The findings can also be linked to Socio- Emotional Selectivity Theory that propose that with ageing, their goals shift to personal and emotional connections as they view time to be limited as opposed to spending time with others, making new contacts or attending to activities.

A key informant from the social development department had this to say;

“Older persons mostly live alone since mostly of their families have migrated to urban areas. These elderly people suffer from loneliness which makes them shy away from interacting with others and engaging in community activities” (KII 003)

Her opinion was that older people need to be provided with emotional support by family members, neighbours and community at large which contribute to their overall well-being. Living alone exposes older people to social and emotional loneliness and in most cases lead to self-isolation or exclusion.

Additionally, the social development officer noted that;

“I have seen elderly people who live close with their extended families participating more in community and group activities. They are livelier and less isolated when it comes to attending to group and other community activities”. (KII 003)

Older person’s involvement in social development activities was evident in this study. Involvement of older persons in social activities allows them to participate in activities that provided positive interactions with their families and community at large. Findings from this study revealed that good social relationships exist among older persons in Tharaka Nithi as evaluated through social relationships. Findings showed that older person’s people have maintained good relationships with family and close ties; they also have maintained unity and social cohesion within the neighborhoods. However, findings revealed declined social contacts with close ties, reduced social support and low participation in community activities among older persons. These findings agree with Richard and colleagues (2008), who noted that social involvement among older persons decreases as they age. This mostly evident among those older persons whose income is low and have low levels of education while in some instances social participation tends to be high among those older persons who have wealth, have good health and high functional status in the society. These results also inclined to other studies by Levasseur et al. (2016) that suggest older person’s involvement in social and community activities is

influenced by the social environment defined mostly through interpersonal relations like maintaining social contacts, having strong social networks, having sufficient social support, social cohesion and good neighborhood relationships.

4.3.2 Older Persons Participation in Economic activities

This section discusses how older persons participate in economic activities within their communities by assessing their contribution to economic development of their households as well as their community. Three aspects used to determine the economic contributions of older persons were; employment, household work and social protection programs such as cash transfer and pension schemes. Discussion revolves round their involvement in paid employment, participation in community groupings, monetary contribution through pension, cash transfer or other forms of investments and use of financial services to improve their economic well-being. Table 4.3 shows responses on their economic participation as investigated through this study. Respondents indicated the frequency of their involvement/use in various activities as presented below.

TABLE 4. 3: ECONOMIC PARTICIPATION

Economic participation	Frequency/Percentage (n=157)			
	Never	Sometimes	Often	Very often
Participation in formal or informal employment	32 20.4%	68 43.3%	36 22.9%	21 13.4%
Contribute to household expenses/income from pension, investments or cash transfer program	86 54.8%	28 17.8%	12 7.6%	31 19.7%
Participation in income generating projects (water projects, welfare groups, dairy projects)	60 38.2%	27 17.2%	50 31.8%	20 12.8%

On employment, (20.4%) reported not being actively involved in any form of employment while (65.2%) reported that they sometimes engaged in formal and informal employment at varying levels. Only (13.4 %) actively engaged in employment. These results agree with a study by HelpAge International (2012) that established, older persons with capability to participate in work continue to engage in productive labor to meet their

daily needs. The report further shows that older persons especially women continue to work as they engage in household chores, care for their grandchildren and tend to their farms. Further, we can deduce that the low level of engagement might have been as a result of the level of education. Majeed (2017) noted that employment after retirement is highly influenced by level of education. This could be true since as established in the socio-demographic characteristics, only a small percentage had gone beyond secondary education. Employment in old age offers older people a chance to actively participate in economic development and generating income in old age. According to De Wind et al, (2016) older persons work beyond retirement age due to drive to work longer, health reasons as well as to meet their financial obligations. Additionally, these findings are in agreement with other studies such as Awour, (2010; Reynolds et al. (2012) who established that majority of elderly persons engage in different types of employment to earn income and improve their living standards since their level of income is mostly low as they age, sustain good health and for individual development. These sentiments are also supported by report by Help Age International (2014) that older persons actively engage in farming activities, small scale enterprises and trading, professional work like traditional birth attendants as well as household economy.

Older people also contribute to the local economy through pension, cash transfers or other forms of investment. 19.7% received monthly pension, 7.6% regularly received income through the cash transfer program which contributed to household income, 17.8% sometimes got income through their investments and assets such as plots within the local market, while 54.8% did not contribute to the local economy. Several studies Giang and Pfau (2009); Uprety (2010); Fultz and Francis (2013); Arnold and Cosmo, (2010) noted that these funds from pension and cash transfers have been used to generate stable income for older persons which they use to pay debts, borrow credit or even obtain goods and services for their households. Others studies have established that funds from cash transfer programs, pension is used by older persons locally to meet their economic needs and reduce poverty. For instance, a study carried out by Department for International Development DFID (2011) found that these funds helped older persons to manage their livelihoods, manage risks associated with poverty and promoted investments because

some used the funds to start small income generating activities. Pension has been used as one of the key sources of income security in old age. Funds from these two sources contribute largely to running the local economy as most households rely on these funds to meet their basic household needs. However, only a small portion of the older population receive pension since its dependent on having been formally employed. Only 18% of the respondents were receiving state pension or cash through the social protection programme.

These findings are similar to those of a study conducted by United Nations between 2010 and 2012. United Nations Department of Economic and Social Affairs (UNDESA) showed that low income nations reported low pension coverage especially with sub-Saharan Africa reporting an average of 17 percent pension coverage. They further found that the inequality is because of inequality within the labour market and employment of vulnerable groups.

Community-based saving schemes and loan groups are common means of improving economic welfare of rural dwellers, the study investigated participation of older people in such economic activities as reported in the findings. On whether they participated in community economic activities such as water projects, welfare groupings, income generating groups, (12.8%) reported that they sometimes participated in community projects and (12.7%) very often actively participated, while (31.8%) reported that they often got involved in community projects. Majority (38.2%) reported not participating in these projects. Only 12.7percent reported active participation in community projects. The level of older person's participation in community projects was relatively low. This low participation in economic activities could be likened to risk factors such as declining health, burden of care giving, ageing population and inadequate awareness on opportunities as reported in the Australian National Seniors Council (2011) report. Some of the reasons given for failure to participate in these projects were the economic burden that comes with the projects where residents are expected to contribute a certain percentage towards the project either in cash or in kind through labour provision. These findings are supported by Weinberger and Jütting (2010) and Sanginga et al. (2011) who

noted that the most people are not able to join groups due to high costs of joining groups. According to these studies by Becker and Boreham (2009); Sanginga et al, (2011); Garavan, Winder & Mcgee, (2011), low income earners are not able to pay for membership associated costs, prefer to use earning for other expenses while the wealthier prefer to engage in profitable ventures rather than devoting time to group activities.

The study also explored the unpaid labour provided by older people to their households and those of their close relations. 54.1% against 45.9% reported engaging in domestic work an indication that older persons actively contributed to household labour and income. Further analysis gender dimension of domestic work, 57.5% women against 40.2% reported engagement in domestic work. Notably, household chores seemed gendered as a higher number of women were occupied with family chores. This is an indication that older people highly contribute to household labour that is mostly classified as “no-work” since it mostly does not attract monetary value.

Whilst community development aims to build individuals and communities capacities to become self-reliant and build sustainable communities, the success of this solely depends on the capacity of these people to actively become part of the solution to their problems. Unfortunately, the level of older person’s participation in economic development as revealed by findings in this study is still low based on the various aspects of economic contribution investigated in this study. This limitation could arise due to individual, socio-cultural, economic or demographic factors which influence their participation in development. Some of the factors that limit their economic participation include; reduced physical capacity, poor health, and low economic status, lack of family and community support, and lack of education and training opportunities. Contrary to the assumption that older persons are passive and mostly dependent; their immense contribution is mostly overlooked and untapped (Help Age International, 2014).

4.3.3 Political and Civil participation of Older Persons

Power and politics have a critical function in the development discourse. To understand extent of older person’s participation in the political activities, the study sought to find out how and whether older people participated in various political/civic processes as

explained in this section below. Respondents were requested to indicate their frequency of involvement in political and civic activities in the community. These responses were grouped as; participation in public participation forums, being a member of a political party, voting and involvement in *nyumba kumi* activities as shown in the Table 4.4.

TABLE 4. 4: POLITICAL PARTICIPATION OF OLDER PERSONS

Political and civic participation	Percentage (n=157)			
	Never	Sometimes	Often	Very often
Involvement in decision making processes; policy making process, budget making process	80 51.0%	54 34.4%	13 8.3%	10 6.3%
Involvement in any political party activities	55 35.00%	71 45.20%	13 8.3%	18 11.50%
Participation in nyumba Kumi initiatives	20 12.70%	17 10.80%	47 29.90%	73 46.50%
Participation in election through voting	62 39.50%	35 22.30%	31 19.70%	29 18.50%

From the results, older persons reported minimal involvement in political and civic activities with the exception of participation in *Nyumba Kumi* initiative where they reported high participation. On decision making process, (6.3%) reported frequent participation in decision making processes. (8.3%) reported that they often participated in decision making processes, majority of the respondents at (51%) reported never participating in decision making process while and (34.4%) reported they sometimes participated in decision making process. The results indicate relatively low levels of older person’s participation in the political processes.

These results are further supported by a statement by female respondent (23) who noted that,

“Most meetings are usually organized far from home and she is not able to attend due to health problems. I and many other older women are left to be content with whichever decision is made on our behalf” (IOP, 023)

Another respondent (62) has this to say regarding older persons' participation in budget public participation meeting,

"I do not like to attend public participation forums organized by the county government to get views on development projects to be prioritized in the budget because such meetings usually end in chaos mostly brought by youth paid to disrupt such important meetings" (IOP,062)

This limited accessibility of older persons to decision making forums/meeting may mean that they are not able to engage decision makers in providing tangible solutions to their problems. These assertions are supported by previous studies that note that political participation of older persons is influenced by other factors such as time constraints, personal capacity, motivation and other program opportunities Serrat, et al. (2020); Nygard, (2013); Raymond et al, (2013); Alderman and Yemtsov, 2012).

On participation in political party activities, (35%) reported that they never participate in political party activities, (45.2%) reported they sometimes participate in political party activities, (8.3) often participate in political party activities, (11.5%) frequently participate in political party activities. This demonstrates low levels of participation in political party's activities among older persons. The nature and reasons for involvement or non-involvement vary from lack of motivation to feeling misused by politicians.

This sentiment is echoed by respondent (6) who noted that,

"Leaders only consider us useful when they come to seek votes during elections and pretend to seek blessings from us older people, once they get the positions, they forget about us all together" (IOP, 006).

The results on how often the older person were involved in *Nyumba Kumi* initiatives show that most older persons participated in *Nyumba Kumi* initiatives at (46.50%), (29.90%) indicated that they were often involved, (12.70%) were never involved while (10.80%) were sometimes involved in *Nyumba Kumi* initiatives. This demonstrated that older persons were actively involved in enhancing security among the communities in Tharaka Nithi County.

According to Were and Opondo, (2020), *Nyumba Kumi* initiatives in Kenya have become popular and are used as strategies for community policing and participation in community development activities. The strategy is largely used to improve security as well as settle disputes as an alternative to other local administration mechanisms. They mostly use local means when settling disputes maintain community norms, practices and values. Central to these initiatives is the use of older persons popularly known as elders to settle these disputes Kioko, (2017) which may be used to explain the high level of participation by older persons in *Nyumba Kumi* initiatives.

Further, results in Table 4.4 on how often the older persons were involved in elective politics in Tharaka Nithi County revealed that (39.50%) of the respondent did not participate in voting, (22.30%) indicated that older persons sometimes participated in voting, (19.7%) often participated in voting while (18.5%) indicated that older persons very often participated in voting. As noted by one respondent, some older persons' view politics as a means for few individuals to enrich themselves and such does not see the need to participate in the process.

“Politics adds no worth to my life but only enriches a few individuals. This discourages me from voting or being involved in any form of civic activities” (IOP, 017).

These sentiments are in agreement with Alexia (2021) in her article; *Corruption in Kenya. Understanding a Multifaceted Phenomenon*, where she observes that private interest of politicians seeking leadership positions transcended the public interest they seek to represent. She further notes that politicians use these opportunities to enrich themselves and offer kickbacks through tenders to their associates and political supporters at the expense of the common man additionally, D'Arcy & Cornell (2016) in their paper on corruption and devolution, agreed that devolution has become an avenue for corruption practices rather being a channel of increasing resources to the masses.

Further information from the interview with key informants demonstrated that membership in certain social network determined participation in community development activities. The findings concurred with the view of Weinberger and Jütting (2010) who asserted that different social systems definitely determined participation of people in groups and that anticipation of positive effects of networks seems higher where group membership was in existence.

The administrative official supported this view on low public participation by older persons as he ascertained that attendance to public *barazas* mostly experiences minimal number of older persons as most of them fail to attend the meeting due to failure to be informed of the meeting, inadequate resources such as fund and interests, health problems among other factors as he observed:

“When meetings are organized to inform people about projects or called for public participation forums by the government, very few older people attend these meetings. This means that they miss out on vital information passed during such meetings” (KII, 002)

From the findings in the preceding section, it is apparent that participation of older persons in political activities is still low. Most of them reported being engaged in other related organizations such as church groups, charitable groupings, security groups but there was minimal engagement in political parties and elections. Their low involvement in election and political related activities means that their voices in issues related to them becomes limited. The sentiments as added by the voices of older persons above shows that a lot of civic education and engagement is still required for this section of the population. These sentiments agree with several research studies Serrat, et al. (2020) ; Raymond et al. (2013); Sidorenko (2012); Nygard (2013) who noted that civic engagement of older persons is highly influenced by various factors such as availability of resources and infrastructure, personal interest, social environment such as being active in other related activities, personal motivation as well as perceptions of powerlessness such as that reported above where a respondent reported that politicians are only keen to get political offices for their own enrichment rather than serve their interest.

While participation in decision making on matters that affect older people is a fundamental right espoused for in the Kenyan Constitution (2010) the findings reveals that their participation or contribution in this area was limited especially in election matters. While majority of them participated in *Nyumba kumi* initiatives, their participation in other spheres of civic involvement was limited. A good number of them were not members of any political party nor did they actively participate in general elections. Their limited participation in civic activities impedes them from participating in decision making on issues that affect their lives. This could be as a result of low levels of civic education among older persons. As noted by UNDP (2012), studies have established that there exists low publicity to civic knowledge that has ultimately affected independent participation of citizens in issues affecting them.

4.3.4 Participation in Cultural Activities

Respondents were further probed to give their views on their participation in community cultural activities. Table 4.5 shows responses of their participation in various cultural activities.

TABLE 4. 5: INVOLVEMENT OF OLDER PEOPLE IN CULTURAL ACTIVITIES

Involvement in cultural activities	Percentage (n=157)			
	Never	Sometimes	Often	Very often
Involved in community traditional ceremonies such as naming ceremonies, dowry negotiations, weddings etc.	30 19.10%	17 10.80%	50 31.80%	60 38.20%
Involved in tradition rites such as circumcision (rite of passage)	32 20.40%	45 28.70%	51 32.50%	29 18.50%
Involved in cultural meetings such as clan meetings, officiating clan ceremonies, family meetings, community meetings etc.	17 10.80%	23 14.60%	58 36.90%	59 37.60%

Analysis on involvement of older people in cultural activities in the community revealed the following; (70%) reported participation in traditional ceremonies, (10.8%) sometimes participated in the ceremonies and (19.1%) reported they never participated in traditional

ceremonies. On involvement in traditional rites, (51%) reported participation in traditional rites, while (49%) did not actively participate in traditional rites. Participation in cultural meetings had (74.6%) actively participating in cultural meetings and (25.4%) not actively participating in cultural activities.

These results indicate that the community members largely depend on older persons to guide them in cultural matters. They are usually consulted to lead ceremonies such as weddings, naming ceremonies, initiations ceremonies. It's evident from the findings that the Tharaka-Nithi community still values the contributions of older people in maintaining cultural norms, beliefs and practices. Older people are considered custodians of tradition and culture and are used by the community to pass cultural values, norms and practices from one generation to another (Parsitau, 2017; Mahwasane & Tshifare, 2019; Ejechi, 2015).

4.3.5 Conclusion

Findings discussed in the preceding sections depicts a picture where involvement of older persons in community development activities is still low especially in social, economic and political domains with the exception of civic participation in security matters through *Nyumba Kumi* initiatives. This is in contrast to the ideal situation for sustainable community development where every member of the community is expected to be part of the solution to their problems.

Findings on the other hand showed that older persons in the community are actively involved in cultural practices as respondents reported being actively involved in activities such as naming ceremonies, conducting rites of passage, dowry negotiations and were consulted on various cultural matters. The findings are in agreement with Adamek et al., (2021); Mahwasane & Tshifare, (2019); Parsitau (2017) who established that older persons in Africa are viewed as custodians of culture and indigenous knowledge systems and are key contributors to development of their community.

The study established that low participation of older persons in community activities was influenced by various factors such as; loss of contact and poor social networks, reduced social support which limits their ability to engage in social activities. Research has also showed that older persons' experience limited interactions and have smaller social networks as a result of life events such as loss of spouses, friends, neighbours, limited mobility or even retirement Tang (2011); Weijs-Perres et al (2015); Wrzus et al. (2013). This limitation act as a barrier for wider interaction with the larger community. Political participation was relatively low among older persons especially in decision making processes and other public participation forums. Their participation in voting, being members of political parties, attending public *barazas* though their participation in this sphere was also limited. They also lacked information about these processes which also acted as a limitation to their involvement. Kiyaga Nsubuga and Olum (2009) noted in their study that lack of information and lack of knowledge and skills regarding their rights to such information act as a barrier to participation in civic activities. Older persons face challenges such as lack of empowerment on their rights that result to decline involvement in decision making processes within their communities.

Their level of participation in economic activities was also limited especially in community projects that required monetary contribution. This was also influenced by limited social networks and social support from close family and friends. As noted by Ellward (2014), there was declined involvement in social activities arising from material deprivation, low economic levels, reduced social support and poverty. Others noted that the economic burden that comes with some of these development activities such as water projects where community members were expected to contribute a certain amount towards the community project either in cash or kind (provide labour) hindered them from participating in them due to limited income, other pointed poor health as a barrier to their involvement in community activities.

In summary, low involvement of the elderly persons in the community in social, economic, and political activities is influenced by an array of factors which limit their level of involvement in community activities such as personal traits such as being old and

frail, gender, social factors, economic factors, environmental factors and policy influences. These factors are discussed in detail in the second objective. Various scholars have discussed influential factors that limit full participation of older persons in development such as low levels of education (Mogoka 2013); Wang ,2011), Willie et al. 2016); availability of social contacts (Litwin, 2010); poor health, (Bertoni et al. (2015), Croda, (2015); low social economic status (Cornwell ,2016).

4.4 Factors Influencing Older people Participation in Community Development

The second objective sought to establish factors that enhanced or hindered older person’s involvement in community development programs. Factors influencing their participation in various community development activities were investigated. Table 4.6 presents the responses provided by the study participants.

TABLE 4. 6: FACTORS INFLUENCING TO OLDER PEOPLE PARTICIPATION IN COMMUNITY DEVELOPMENT ACTIVITIES

Influencing factors	Yes	No
	Frequency (Percentage)	Frequency (Percentage)
Demographic factors		
Age	132 (84.1%)	25 (15.9%)
Gender	88 (56.1%)	69 (43.9%)
Geographical Location	120 (76.4%)	37 (23.6%)
Education	84 (53.5%)	73 (46.5%)
Occupation	92 (58.6%)	62 (41.3%)
Socio-economic factors		
Health status	127 (80.9%)	30 (19.1%)
Income/Wealth Status	109 (69.4%)	48 (30.6%)
Access to Technology	95 (60.5%)	62 (39.5%)
Political Factors		
Access to information	43(27.3%)	114(72.7%)
Civic participation e.g. elections, political groupings	100(63.6%)	57(36.4%)
Distance	112(71.3%)	45(28.7%)

Table 4.6 represents the findings as investigated in this study. Findings show that several factors play a critical role in influencing older person’s participation in community development. Respondents were asked to indicate which factors played a role in their participation. From the findings, (84.1%) reported age as a factor that influenced their

participation while (15.9%) reported that age did not influence their participation in community development activities in Tharaka Nithi County. These findings are supported by Ahmad & Hafeez (2011); Lee (2013); Mugizi et al. (2017) whose findings concluded that advancing age significantly reduces participation. The findings are however in contradiction with those of Hassan et al, (2019) that age does not necessarily influence participation of people in community development activities but other factors associated with ageing such health and income. Raymond (2013); Serrat et al. (2020); Cornwell (2016); Awortwi (2012), Mugizi et al (2017); Owoko et al. (2019). Studies also support that various social, demographic and economic factors influence participation of people in community development initiatives

Results also indicated gender plays a key role in determining participation in development as indicated by 56.1% of the respondents. 60.9 % of men against 52.3 % reported that gender influenced their participation in development. The findings were supported by a study conducted by HelpAge International (2002) in Indonesia which noted that in rural communities, women had limited participation in community development activities as a result of traditional norms and practices which influenced their level of public participation. In most cases, men participated in group activities and projects than women. The findings concur with Safari et al (2015) that gender influences participation with more women than men participating in community activities. However, Jaafar et al (2015) noted that gender was not a predominant determinant to participation- a finding supported by Hassan et al (2019) that concluded women are more engaged in development hence the likelihood of more women involvement in development than men. On location or area of residence, majority 76.4% of the respondents indicated that geographical location was a factor contributing influencing participation of older persons in community development activities in Tharaka Nithi County.

Result also suggests that majority 80.9% of the respondents indicated that health factor influenced older person's participation in community development activities in Tharaka Nithi County. These findings are in line with Coyle et al. (2017); Croda (2015); and Bertoni et al. (2015) who assertion in their studies that poor health impacts on older

persons' ability to participate in development activities. The results were further supported by a respondent who noted that health was a hindrance to being physically active:

“My health has been deteriorating for the past few years and I am not able to tend to my farm where I can do farm and earn some little income. I am left to the mercy of my children who are also struggling to make ends meet in the city”. (IOP, 047)

Findings also revealed that for 69.4% respondents, wealth and income levels greatly influenced their level of participation in community activities in Tharaka Nithi County. This was especially so in cases where one was required to contribute monetarily. The findings are supported by Bremer and Bhuiyan, (2014) that income levels influence individual ability to participate in development. Further, the study agrees with Ellwardf (2014) that poverty limits the ability of older persons towards full participation in activities within their communities. The result was further backed by one respondent who reported that she was unable to keep up with group members' activities of her network as she could no longer contribute membership fee.

“I am unable to keep up with group membership and group activities because I no longer afford the monthly contribution required of members” (IOP, 126)

From the study, 60.5% respondents also indicated that modern technology hampered their ability to participate in some activities. This implied that the extent to which older persons could utilize modern technologies such as modern phone for communication, share information, access vital information and utilize technologies in making decisions contributed to their non-participation in community development activities. The result was further supported by interviewee responses that older women and men were hindered from participating in community development activities due to failure to utilize technology as noted by another respondent;

“Technology has overtaken verbal communication for events, messages for the community welfare group are sent via WhatsApp and am not able to access it, and sometimes I only get to know about the meeting when it has passed” (IOP,008)

Further, 53.5% of the respondents indicated that level of education affected older persons' involvement in community development activities in Tharaka Nithi County. These results are supported by the study by Mogoka (2013); Wang (2011)) who stated that participation in community activities is affected by one's level of education. Community participation was reported to be higher among the educated Wang, (2011). Education increased the level of awareness on available opportunities, resources, decision making and options that communities can use to diversify their livelihood options. A large number of older persons were illiterate or semi-literate which can act as a barrier to their involvement in development activities. One, respondent a retired professional had this to say;

“I do participate in community meeting and activities, in fact because of my education (am a retired teacher), I was tasked with the responsibility of being the chairman of the development project we are undertaking” (IOP, 115)

Further results showed that 58.6% of the respondents indicated that occupation or source of livelihood greatly influenced the capacity of older people to engage in development initiatives. The findings agree with Saunders and others (2007) assertion that the nature of work done by the family head often influence the kind of community activities they engage in, for instance, if farming is their main occupation, they are more likely to participate in project that have farming as a key activity.

Respondents were further probed on access to information regarding political/civic activities. This information was useful in asserting whether there is any link between access to political and civic information and participation in political activities. This information is reported as shown in the figure below. Findings showed that 72.7% of the respondents hardly received information about various political and civil activities such as participation in budget planning, community meetings to deliberate on community project priorities. Only 27.3% of the respondents agreed that they received such information either by listening to radio, TV or when they go out in the evening to interact with other *wazees*. These findings agree with Kihewo and Frumence (2015) who

established that poor communication, lack of information on roles and responsibilities, lack of capacity building acts as barriers to participation in development. As noted by Gitegi and Iravo (2016), lack of information and low levels of community awareness results to low participation in community activities. The channels used to pass such kind of information sometimes can act as an impediment to older people getting information.

Findings on civic participation revealed that 63.6% of the respondents hardly got involved in civic engagements such as volunteership, community service, attending voter education forums and so on. Accessibility to meeting point was mentioned as one of the contributing factors to low involvement in civic education forums. Further, 71.3% reported that distance to meeting sites limited their capability to attend these meetings. Their limited capacity and mobility to travel long distances impeded their ability to attend meetings organized far from their homes. Their inability to attend these meetings means that their inputs on issues affecting them are not considered. Studies have established that personal factors, socio-economic coupled by other environmental factors limit the capacity of older persons to be actively involved in community activities (Aird & Buys, 2015; Melton, 2017; Bakari et al, 2015; Claire et al, 2021; Chang et al ,2013; IAP, 2014; Warth, 2016).

Similar views on factors influencing participation of older persons in community activities were echoed by one social development officer who noted the following;

“I have seen elderly educated people being given positions in community welfare groups mostly because after retirement they are more available in the village and engage in community activities” (KII,004).

She further noted that,

“Most leadership positions are given to retired, educated and wealth older persons and that these position like chairman goes to older men”. ‘She goes ahead to say that, “even in groups where majority are women, the position of chairperson and secretary is given to men and treasurer role is reserved for women who are more trusted with money” (KII,004)

The chief also had this to say,

“Most of the elderly people who attend barazas when we call for them are people who have influence in the community because of their wealth, the retired who mostly consist of men are also frequent attendees to our meetings and they are very active in these meetings” (KII,006)

These sentiments by the two key informants support the assertion that the level of education and wealth ranking highly influence participation in community activities.

Additionally, (56%) of respondents reported that gender was a contributing factor to participation in community activities. Notably, from the responses, women responded that they were involved in groupings such as merry go round and less on election matters while men were more involved in political matters and less on religious and charitable groupings. According to Food and Agriculture Organization FAO (2011), men and women engage in productive activities at varying levels due to gender roles and differentiation.

Another social welfare officer interviewed as a key informant noted that, older people in the community complain of ill health and rely on their families for support to get healthcare and meet their daily needs while majority rely on stipends from the government sent through the cash transfer program to sustain them’’. She also noted that

“Mostly, older women are more likely to join together and form groups for their own economic gains like; merry go round, table banking mostly because they cannot access formal financial services from banks and other financial avenues” (KII,005)

A social development officer said that,

“When it comes key community development project such as water projects, food security projects or other project meant to benefit the wider community, men, who are mostly the wealthy, educated or retired dominate the management and leadership positions” (KII,002)

Based on the above analysis and observation, it is worth noting that various factors in combination influence older people's participation in community development activities. From the responses which concur with the literature, combinations of factors come into play to determine level of older person's participation of older people in development projects. Such as noted above include; limited income/wealth, health of an individual, level of education, availability of civic information, level of awareness social groupings/contacts among others, age, gender and occupation of an individual. In conclusion, the findings reveal that social, political and economic factors control the level of involvement of older people in community development activities. As Ferrara (2012), Awortwi, (2012); Mugizi et al, (2017); Aird & Buys, (2015); Lee, (2013) noted most people participation in community groups and activities vary depending on their social, cultural and economic status, deliberate interests, prospects and constrains.

These findings are further supported by World Health Organization WHO (2008) wherein their analysis, established minimal involvement of older persons in economic, social, political and cultural activities. They conclude that this low level of participation exposes older persons to social exclusion and other forms of vulnerability such as poverty, low income, poor health, poor nutrition as well as limited access to services limiting their independence. Most community development-oriented activities have some level of financial obligation which requires people to meet some of the cost, older persons have limited financial capabilities and limited sources of income which makes them shy away from actively being part of the community activities. This sentiment is echoed by Zaidi (2011) that concludes the inadequate financial capability of older persons limits their potential to participate in everyday activities.

These findings resonate well with the political economy of ageing theory. This theoretical perspective provides insights on how various socio-economic and political factors influence ageing experiences. Older persons reported that age, gender, level of education, wealth and social status, occupation and access to information hindered their capacity to actively participate in community activities. For instance, limited participation in the political process; low economic contribution by the elderly was established in this study.

This was further revealed to be influenced by factors such as wealth control and level of education where the wealthy and more educated have a bigger say in matters development as compared to those in lower social class and less educated as presented above. Social economic constrains and structures limits older women as they have to spend more time at home attending to household chores and caring for families that they miss on other community activities. Women, more than men, also tend to be most affected by these constrains as they are also less educated than men hence less likely to actively participate. They are thus more marginalized than men as they fail to get opportunities where they can make informed choices over issues affecting them.

Additionally, government policies and bureaucracy such as how government services are provided influence the outcome of how older people can access, use services as well as participate in development of interventions aimed at improving their well-being. Programmes such as cash transfer as well as pension schemes by the government for older persons which was cited as a key source of income for older persons, takes so long to be disbursed making them dependent on other sources of support while at the same time limiting their ability to participate in activities that are monetized .Other issues such as limited access to public information, lack of empowerment of older persons on how to address their issues also limit their participation in development opportunities thus losing their autonomy and influence over issues affecting them walker (1981); Estes (1979). These challenges that limit their level of involvement can be equated to Walker (1981) assertion that social, economic and political constrains results to older persons losing autonomy over decisions, loss of influence over political processes as well as limited control over resources.

4.5 Effects of low participation of Older Persons in Community Development

The third objective sought to assess how low participation in social, economic, political and cultural aspects of community development affects the well-being of older persons and the wider community. Responses were sought from older persons on how non participation in social, economic, political and cultural domains of community development affected their well-being.

4.5.1 Effects of low participation in social Activities

Table 4.7 below highlights the effects of low-participation in community activities on older person's well-being.

TABLE 4.7: EFFECTS OF LOW PARTICIPATION IN SOCIAL ACTIVITIES

Effects of Low participation in social activities	Frequency/Percentage (n=157)	
	YES	NO
Poor mental and physical health	117(74.50%)	40(25.50%)
Social isolation	119(76%)	38(24%)
Loneliness	131(83.50%)	26(16.50%)

From the table, 74.5% of the respondents reported experiencing poor mental and physical health due to exclusion from community activities while 25.5% did not experience poor mental or physical health emanating from non-involvement in community activities. Poor health among older persons influences as well as hinders their level of participation. Discussion on the literature pointed to the fact that good health enhances active participation. Consequently, poor health was mentioned as a factor hindering active participation in development activities. The findings are supported by a study investigating the link between social participation and physical health in later life which concluded that social participation greatly influenced physical health in later life Cherry et al. (2013). Thus, the fact that 74.5% reported poor health can be assumed as an effect of non-active ageing due to lack of participation in community activities. The latter was reported to be relatively low among older people in Tharaka Nithi County with 80.9% of older persons reporting declined engagement in social activities as discussed in objective one which assessed older person's participation in community activities.

Results further reveal that 76% experienced social isolation while 83.5% felt lonely linking it to non-involvement in community ventures. These findings can be linked to the discussion in objective one which established that older people experienced loss of close contacts. The findings are in line with Gierveld et al (2018) who suggested that lack of interaction with people can result to loneliness. This could have resulted from declined social contact with close ties as well as low levels of social support by the wider

community and low participation in social activities as established in this study under objective one. Studies by previous scholars determined that social participation is related to improved mental well-being as well as improved general health Beech & Murray (2013); Courtin & Knapp (2017). The opposite or the consequence of non-participation presented by the findings above point that a good number of older people experienced declined participation in community activities which could have contributed to their poor general well-being both physically and mentally.

These results are supported by O’Shea, Walsh and Scharf (2012) that social support safeguards older people against stress, loneliness and further decreased hospital visits amongst older people. These results are further supported by Nazroo (2017); Tong et al. (2011); Burchardt (2003); Watt et al. (2014) affirmation that low participation in later life is related to poor health and general welfare effects including but not limited to long term ailments, disability and mental suffering. Kneale (2012) also noted that the value of life, loneliness as well as unmet needs results from loss of contacts and reduced interactions.

4.5.2 Effects of Low Participation in Economic Activities

The table below presents how low participation of older persons in economic activities affected their well-being. Various consequences of low participation on older persons were investigated as listed in table 4.8

TABLE 4. 8: EFFECTS OF LOW PARTICIPATION IN ECONOMIC ACTIVITIES

Effects of low participation in economic activities	Frequency/Percentage (n=157)	
	YES	NO
Low/declining income	106(67.5%)	51(32.5%)
Limited access to financial services(loans)	103(65.6%)	54(34.4%)
Poverty	117(74.5%)	40(25.5%)
Poor housing	89(56.7%)	68(43.3%)
Limited benefits from economic activities (VSLA, merry go round, development projects, welfare groups)	100(63.7%)	57(36.3%)

As shown in Table 4.8, 67.5% of the respondents reported declining income, inaccessibility of financial services such as loans from banks. Limited benefits from such activities as indicated by 63.7%, poverty by 74.5% and poor housing was reported by 56.7% as a likely result of low levels of participation in economic activities. Most financial institutions require collateral to issue loans amongst other liabilities, majority of older people are unable to meet these requirements hence miss out on loans. As reported earlier, older people also experience poor health can result into social exclusion arising from ill health and declining physical ability associated with ageing. Older people were unable to fully engage in economic activities, which contributed to their declined income and consequently raised poverty levels among this vulnerable group. Ellwardf, (2014) who noted that material deprivation and poverty often limit older person’s capacity to participate in productive work and social life of the community supports these findings.

4.5.3 Effect of Low Participation in Political and Civic activities

The effects of low involvement of older persons in political and civil activities were also investigated and respondents gave varied answers. Older men and women were asked questions to give their feedback regarding how the discussed factors affected their participation in political and civic activities at community level. Table 4.9 indicates the frequency as shown in table 4.9.

TABLE 4. 9: EFFECTS OF LOW PARTICIPATION IN POLITICAL AND CIVIL ACTIVITIES

Effect of low participation in political and civil activities	Percentage (n=157)			
	Never	Sometimes	Often	Very often
Limited representation in decision making forums	17 10.8%	23 14.6%	58 36.9%	59 37.6%
Inadequate/poor services	21 13.4%	30 19.1%	51 32.5%	55 35.0%
Inaccessibility to basic services such as health, good transport system, poor housing	18 11.5%	19 12.1%	49 31.2%	71 45.2%
Limited government policies, plans and strategies addressing older people issues	13 8.3%	19 12.1%	45 28.7%	80 51.0%

As shown in Table 4.9, most respondents reported they experienced limited access to political/civic information. (74.5%), were under represented in decision making forums, (67.5%) experienced inadequate or poor public services, (76.4%) experienced inadequate access to basic services like health care, good housing as well as transport services while (79.7%) reported limited programs/projects were in place to address older person issues. The findings agree with Melton (2012) research who noted that access to information plays a key role in influencing participation and that lack of this information consequently lead to low participation. Limited access to information implies older persons to poor services, low representation and their needs are not adequately addressed since their voices are not heard in forums where their views are required. The findings on poor public services are in agreement with those by Moffat and Glasgow (2009) who established that inadequate access to reliable communal transport affects movement among older persons and hinders their participation in many activities.

The findings in the preceding sections point that low participation of older persons in social, economic and political domains led to social exclusion among older persons in community activities. Issues such as poor health, low access to services, poverty, social isolation as well as loneliness pose serious challenges to their integration and participation in community activities. Community development practitioners and experts advocate or active involvement of all people in development activities so as to bring community development. Active engagement of older persons has been advocated for by WHO as well as the United Nations principle on the elderly people which supports integration and active involvement of older persons in designing and execution of policies that directly affect the welfare of older people. To ensure active participation of older persons, a coordinated and rational solution is required from all stakeholders as noted by Singing (2011). There is therefore need by all levels of government and other stakeholders to work together to achieve full integration of all people in development discourse.

While the government has made some positive efforts to integrate older persons to their communities through various policies, programmes and plans such as cash transfer

programs, national policy on ageing as well as Article 10 of the Constitution of Kenya which promote public participation; it was apparent from this study that their involvement in community activities is very low. There is thus the need for governments and partners to work closely with older people to ensure that older people remain productive and are able to enjoy the benefits of community development like other groups in the society since participation is their human right.

4.5.4 Effect of low participation in Cultural Activities

Though the study established high rates of involvement in cultural activities, the respondents were asked to give their views on some effects of low involvement in cultural activities. As per their views documented on table 4.10, it will be noted, low participation in cultural activities impacts negatively on older persons lives.

TABLE 4. 10: EFFECTS OF LOW PARTICIPATION IN CULTURAL ACTIVITIES

Effects of low participation in cultural activities	Percentage n=157			
	Never	Sometimes	Often	Very often
Stress and depression	10% 16	53% 83	4% 6	33% 52
Social and emotional loneliness	31% 49	55% 86	8% 13	6% 9
Vulnerable to elderly abuse	38% 59	33% 52	17% 27	12% 19

According to the responses above, older persons felt that low involvement in cultural activities exposed them depression with (33%) reporting high likelihood of stress and depression due to low involvement while (53%) reported that sometimes low involvement could result to stress and depression. Additionally, (31%) felt that low involvement in cultural activities was exposed older persons to emotional loneliness while (55%) noted sometimes feelings of loneliness and a small number at (13%) reported high chances of feeling socially and emotionally lonely due to low involvement in cultural activities. Others felt that low participation exposed them to the vulnerability of elder abuse where by (12%) and (17%) respectively reported higher likelihood to

being targeted for abuse related to ageism while a bigger number at (38%) and (33%) respectively did not feel like low participation exposed them to elderly abuse.

In the African tradition, older persons were held in high regard and were expected to direct in practices and cultural ceremonies that ensured socialization of their families. They were charged with the responsibility of advising their families and wider communities on matters culture. They ensured the realization and passing on of society's values, practices and norms. However, due to changing family dynamics as well as Christianity in the modern society, older people place in the society is slowly fading and their roles are now becoming undervalued and undermined. This analogy can be used to explain why to some extent there has been reduction of older person's participation in cultural activities. Due to the changing dynamics, older persons may lack avenues, opportunities and chances to exercise these rites and practices which may expose them to isolation that can lead to emotional stress and loneliness.

These findings concur with Gierveld et al, (2018) that older persons who become socially isolated from activities become exposed to emotional loneliness and stress. Toepoel (2013) also affirmed that regular contacts with friends, relatives and partners play a key role in stimulating participation of older persons. Failure to interact with the wider community exposed older persons to stress and poor mental and social well-being

This study deduced that low involvement of older persons in community development activities affected their well-being. While active ageing is the desired situation, a number of factors comes into play and hinder this vulnerable population from active participation in all spheres that affect their lives. The study thus concluded that low participation in community activities exposes them to become socially excluded which further have detrimental effects on their well-being. The overall effects of their exclusion results in poor health, poverty, inadequate basic needs, loneliness, stress and reduced family interaction as found from this study. This study concludes that although there is evidence of older person's participation in development in different domains of social, economic and political, the levels were particularly low in the social, economic and political

domains. This means that older persons in Tharaka Nithi are exposed to social exclusion due to low participation in community development activities. Social exclusion is further characterized by reduced social networks, contacts, low levels of education, low economic power, poor health and lack of awareness on existing opportunities for civic participation as outlined by various scholars (Jose & Cherayi, 2016; Jose et al, 2016; Burns, 2012; Levilas et al, 2007).

4.6 Interventions to Enhance Older People’s Participation in Community Development Activities

The last objective of the study sought to find out from respondents’ interventions that can be used to enhance older people participation in community development activities. Respondents suggested various measures from the interviews conducted.

4.6.1. Social-Economic interventions to enhance older person’s participation

The study sought from the respondents what they thought should be done to enhance their involvement in community development. The suggested intervention measures are listed in table 4.11.

Table 4.11: Interventions to enhance older people participation in development activities

Socio- Economic Intervention to enhance participation	Number of respondents	Percentage(n=157)
Capacity building on economic empowerment for older persons	101	64.3%
Provide monitory support to establish income generating activities	16	10.2%
Increase funding for social protection to cushion against poverty effects	4	2.6%
Improve on infrastructures; health, transport	42	26.8%
Help older persons to establish their own groups	89	56.7%
Enhance provision of social and psychological support for older people dealing with stress and mental problems	69	43.9%
Engagement in community needs assessment and project cycles	12	7.6%
Provision of affordable healthcare services	7	4.5%

From Table 4.11, 64.3% of the respondents suggested that older people needed to be economically empowered by building their capacities that will improve their economic development while 10.2% suggested that they should be supported with money to establish income generating activities. Under this, some suggested enjoining older people who were actively farming in farmer field schools so that they can learn new farming methods, another respondent suggested training older people to engage in basket weaving and other less labour intensive income generating activities. Some respondents felt that they should be empowered to follow hobbies and self-interests tailored according to their age. Subsequently, their capacities should be enhanced with necessary inputs and finance to enable them participate in such hobbies and interests. At the same time, barriers that impede their participation in such activities should be minimized this is a key intervention that can enhance older person's engagement in community development. As discussed in objective two on factors hindering their participation, low income status was a key hindrance, capacity building is therefore important in improving their skills and productivity. They also reported that majority of older persons lacked steady income sources hence the need to empower them to establish income generating activities that can earn them income such as basket weaving, mat making among other income generating activities.

Further, 2.6 suggested that government should increase the social protection budget provision through cash transfer program to older to cushion them against poverty effects. As discussed on the effects of non-participation, poverty was listed as one of the effects due to low participation of older persons on economic productive community activities.

Additionally, 44% of the respondents suggested that the families, administration in addition to the general population should provide older people with both social support and psycho social support which will enable them integrate well with the rest of the local population and participate in development activities. The study established in objective one under social involvement of older persons in community development that there was low support and declining social networks amongst the older persons therefore the need

to build the social networks, family ties and social participation as they have been proved by various studies to enhance older person's mental and even physical health.

These sentiments were supported by one social development officer who suggested the following;

“There is need for government to disburse funds meant for older persons in a timely manner since most of these older people rely on these funds as their only source of livelihood as they have nobody to help them meet their basic needs. Most of the times we receive these funds very late, we can receive funds for first quarter at the third quarter of the year” (KII, 005)

Another social development officer had this to say,

“The national government in collaboration with county government should review the program to ensure that all older persons are covered, the current programs only support the oldest and most vulnerable older persons. She additionally noted that these funds should be increased as the amount provided was not sufficient to cater for their needs especially during these harsh economic times we are living in” (KII, 002)

The Kenyan government has made an effort to enact new policies that envisions happy stable families that are economically empowered for a stable society GoK, (2017), however, there is need to ensure regulation and legislation are in place and enacted through planning and budgeting to ensure programs are in place that support the vulnerable such as older persons in the society to participate in socio economic activities. According to Aboderin and Owii (2015), while the government has made efforts in policy formulation, there are still inadequate sector-specific actions on ageing issues. This means that older person's issues are still not being adequately addressed since they are not prioritized UNDP (2015).26.8% of the respondents reported earlier that basic infrastructure was an impediment to attending meetings, looking for services such as health and hence recommended improvement of these services. 4.5% felt that health care was not affordable for older persons and thus should be made affordable. Suggestion was

made by some to enlist all older persons under the universal health care to ensure they could access good health services.

On group formation, 56.7% suggested that older people require support to establish their own groups in order to engage in age appropriate activities. One respondent also suggested that through these groups, government should avail funds that older people can access and use to improve their economic well-being just like youth and women funds. As noted by the social development officer, the existing plans, policies and strategies are not sufficient to cushion the large number of older persons in rural communities. She noted that implementation of these policies and strategies still remains a challenge since both county and national governments fail to allocate funds for this vulnerable group. Her suggestion was more funds needs to be set aside by governments to cater for ever increasing needs of this vulnerable population.

On community development projects, 7.6% suggested that they did not participate in community development and economic welfare projects because they were not invited in these programs. They suggested that older people just like other groups in the population should be involved in needs assessment and all steps of project cycle so that they can benefit like the rest of the community members. Understanding the needs of all participants before introducing new projects is an important aspect of community development. Most projects usually fail because government and other organizations impose projects on needs that they feel community's needs rather than involving them in identifying and prioritizing on their own pressing needs. Ownership and sustainability of community project is based on proper needs assessment and ensuring that people are consulted, involved and informed on all project cycles from start to completion.

The faith-based leader insisted for collaboration by all relevant stakeholders to support communities implement sustainable projects. He noted the following,

“There is a lot of duplication of projects at community level by various organizations and in most instances, these projects cease to exist once we exit. The receiving

community is not able to benefit much as they do not own the process or feel part of it''(KII,007)

Evidently, lack of needs assessment and participation of target beneficiaries usually leads to failure of community interventions in the long run.

Due to the demographic changes brought about by improved health care, reduced mortality and improved living situations, the population of older persons has increased tremendously UNDP, (2015), These changes are not without challenges at individual, community and national levels, older persons are increasingly experiencing reduced psychological and social support as a result of social changes such as migration/urbanization, declined fertility hence reduced number of children to provide care, HIV/AIDs pandemic among others. The government has put more resources and support towards youth and women empowerment and less on older persons leaving them vulnerable due to low income reduce physical ability, poor health among others (UNFPA, 2013).

4.6.2: Political and civic interventions to enhance older people participation in development activities

The study sought to find out actions required to enhance civic and political participation by older people as shown below in Table 4.12.

TABLE 4.12: POLITICAL/CIVIC INTERVENTIONS TO ENHANCE PARTICIPATION

Intervention	No of respondent suggesting	Percentage (n=157)
Civic education	146	92.9%
Information sharing and proper communication	93	59.2
Making public forum meetings accessible	29	18.4%
Involvement in decision making processes	79	50.3%

Most of the respondent (92.9%) felt that they were not able to make informed political and civil decision because they lacked proper knowledge on their civic engagements and rights. They reported that they were not able to make informed decision because civic/political information was limited, they suggested that civic education especially on matters that directly affect them should be enhanced at grassroots level for them to make informed decisions. As earlier discussed, some failed to participate in voting, attending public forums either because they did not see the need for it while others felt that even when they participated, those elected did not represent their needs. This intervention is very important as civic education enables participants to become active participants in their governance through making informed choices. Some respondents suggested that older persons should be given direct representation in both local and national forums so that they can air their plight as well give their contributions especially in matters that touch their welfare.

Lack of information and poor communication was identified as a barrier to effective participation in development. 59.2% of the respondent felt that there should be proper communication on civic participation and that information should be timely and passes through accessible means. (50.3%) suggested that older people should be involved in all decision-making processes. Lack of participation to decision making processes is closely linked to access to information, inaccessibility to services and infrastructures, physical mobility. Addressing these challenges will ensure active involvement of older persons in activities that impact them.

Further, 18.4% suggested that public meetings should be held in accessible and affordable places. Some of them suggested that meetings should be held in chief's camps that are easily accessible as opposed to taking public participation meetings in town halls. Others suggested use of churches and local radio stations to pass important information and communication so that older people could be informed in a timely and affordable manner.

The faith-based leader interviewed had this to say,

“All leaders from grassroots to national level, should work together and lead in the advocacy campaign” (KII, 007)

Additionally, the social development officer noted that,

“Those organizations that deal with older persons should be involved in policy development and development of strategies as they are well versed on the challenges and needs of older population in the society” (KII,003)

Additionally, she suggested that,

“Older persons’ groups and organizations should be consulted when delivering interventions in communities since they are in a position to advocate for a conducive environment that offers level playing ground for all generations as they possess enough evidence of what works” (KII,003)

For these interventions to be actualized and ensure that older people just like the rest of the population are able to participate in community development activities there is need for stakeholder from the two levels of governments, churches, social development agencies as well as other development partners to work together. As noted in the discussions throughout this chapter on social exclusion of older people and how it affects their participation in development activities, a myriad of social, economic, political and cultural factors comes into play. Addressing these challenges and ensuring community development is achieved is key. Public participation in development activities and process should be advocated for in all levels as it’s their fundamental right enshrined in the constitution. There is need for collaborations by all sectors to address these intervention measures and ensure that older people are not excluded in development processes.

4.6.3. Interventions to enhance cultural participation

Though cultural participation was revealed to be high among older people in Tharaka Nithi, a small percentage reported limited engagement in cultural activities at community

level. Suggestions were sought on how engagement in cultural activities could be stepped up as shown in figure 4.1

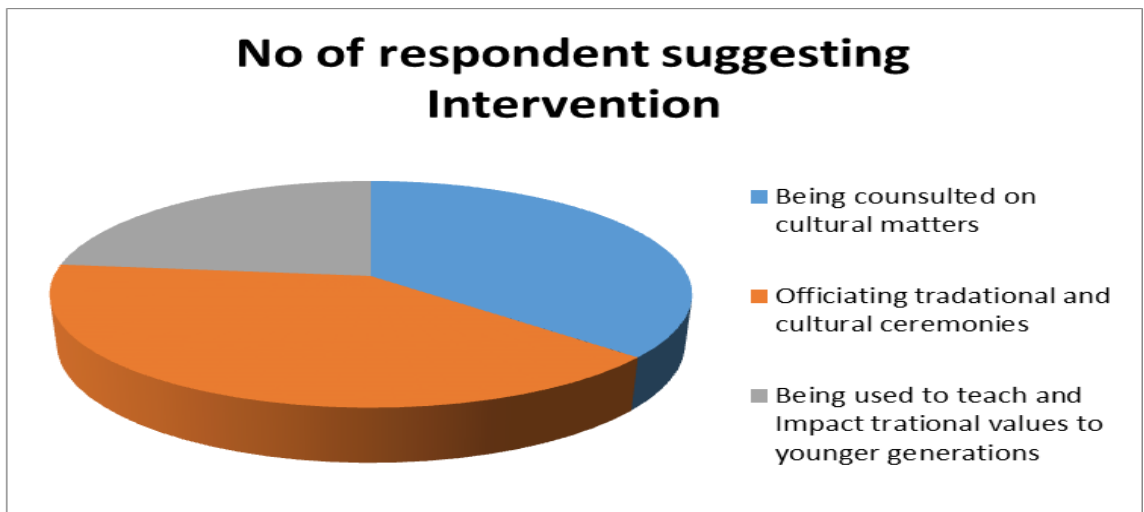


FIGURE 4. 1: CULTURAL INTERVENTIONS TO ENHANCE PARTICIPATION

Respondent suggested that their role as community custodians of cultural norms and practices should be recognized, upheld and respected through constant consultation on cultural matters at (86.6%) while (95.5%) suggested that older persons should be used as custodians of culture to teach future generation regarding cultural values and practices. Another (55.4%) felt that older persons should be honored to continue leading all community cultural ceremonies such as rite of passage, dowry negotiations among other activities.

The religious leader also supports these suggestions noting the following,

“There is need to engage our elderly in the community in upholding cultural values, our current generations are losing out because they have failed to embrace our traditional values” (KII, 007)

Additionally, he noted the following, “there is a very huge intergenerational gap in our community and our young ones are no longer finding it important to maintain our culture.” (KII, 007)

These suggestions are in agreement with other studies conducted by various scholars Dyall et al. (2014; Annear et al, (2016), Ejechi (2015); Fancourt & Tymoszuk (2019) on the benefits of engaging older persons in cultural activities. These studies established an affirmative connection between upholding culture and overall wellbeing of older persons. According to Ejechi, (2015), participation of older persons in conserving cultural norms and practices between generations resulted in improved social living among generations as well as reduced social isolation among older persons. The social development officer laments that this has unfortunately changed with the current generations as there is very limited interactions between generations. She noted the following;

“Our cultural values were traditionally passed to us by our grandparents through stories and family events that brought us together. Nowadays, children no longer interact with their grandparents as these interactions have been overtaken by modern technology such as TV and other social media platforms” (KII, 005)

Additionally, guiding community members through various traditional rites, ceremonies and practices offers them an opportunity to strengthen personal ties and create better social ties. This has been established to reduce depression and other age-related challenges among older persons (Fancourt & Tymoszuk, 2019; Ejechi, 2015)

CHAPTER FIVE

SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

This chapter captures the summary, conclusions and recommendations. This section is presented as per the study objectives as well as conclusion to the study and recommendation on how to enhance older person's participation in community development as well as outline areas requiring further investigations as established by the study.

5.2 Older Persons Participation in community development Activities

The first objective sought to assess the contribution of older persons in social, economic, political and cultural activities. Findings suggested that their involvement in these domains of development was particularly low. Older persons reported declined social contacts at 77percent, reduced social support at 82percent as well as low participation in social activities 80percent. However, interactions with family 71percent and social cohesion 77percent neighbours were reasonable. These results agree with other scholar's findings that older persons are prone to loss of contacts, relations due to death of spouses and friends, migration of family members. They also noted social relations promote successful ageing, improve functioning and improved health among older persons when adequate (Beech & Murray, 2013; Age action, 2013; Gallagher, 2012; Cornwell, 2016; Courtin & Knapp, 2017).

The findings also revealed older persons contributed economically through household livelihood support, employment, provision of care for grandchildren, participation in small scale businesses/ trade. This demonstration that older persons are not entirely dependent on others and do in fact support their households in their own ways. However, their participation in these economic activities was still low. This was occasioned by social inequalities, low income status, poor health and lack of adequate social support were linked to low participation in economic activities. Ellwardf, (2014), in his study he established that limited resources, poverty account for reduced economic activities

among the elderly in the society. Additionally, other studies have showed that funds from social protection programs enable older persons to meet their economic needs and reduce their vulnerabilities (DFID, 2011; Kimosop, 2013)

The findings also revealed low participation in political and civic activities. Particularly, there was low involvement in decision-making processes, voting and other party activities. However, the findings revealed high civic engagement through *Nyumba kumi* initiatives. This was linked to having limited information regarding political activities and other civic activities. The findings agree with various scholars who Varma et al, (2016); Kihewo & Frumence (2015); Bakari et al. (2015); Gitegi & Iravo (2016); Serrat et al, (2020) established that older persons faced challenges such as low participation due to lack of empowerment on their rights, more so on the roles, social environment, personal interest and motivations, rights and responsibilities. Additionally, low levels of awareness, poor means of communication, lack of capacity building as well as insufficient financial resources, lack of involvement in evaluating policies and programs designed for them, low attention to needs of vulnerable populations by the government as well as due to low efforts to mainstream concerns of older persons in programs.

The study established that older persons actively participated in cultural activities of the community such as dowry ceremonies, naming ceremonies, performing rites of passage, attending clan meetings and so on. These findings agree with the assertion made by Mahwasane & Tshifaro, (2019); Parsitau, (2017); Ejechi, (2015) that communities view older persons as custodians of culture and are giving roles such as naming children, conducting rites of passage ceremonies. They are also viewed as custodians of rites of passage from one generation to another as they pass cultural values and norms from one generation to another.

In line with the theoretical perspective adopted by this study (Political economy of ageing theory), the findings agree with these scholars Estes, (1979); Townsend, (1986); Walker, (1981) that suggested structural factors and processes highly influence ageing experiences. Older persons' low levels of involvement in community activities are thus

linked to a combination of social, economic and political constraints that limit them from exploiting their full potential in the development discourse. In particular, inequality of opportunities to positively contribute to development arising from factors such as their advanced age, gender dynamics, their social standing in the society combined with unfavorable political environment, poor implementation of ageing policies shape their interactions with wider community as well as their actions. Additionally, social capital built through relations such as interactions with family, social cohesion, level of social support and contacts influenced participation of older persons in community activities. Adams et al (2011), noted that social interactions have significant control on the physical and mental well-being of older persons which active ageing seeks to achieve when advocating for active participation of older persons in development. Additionally, government policies such as older person's cash transfer program and pension benefits also influenced participation of older persons in economic activities. Failure of government policies to address such as well as other social policies can be attributed to lack of recognition by the government of the challenges and inequalities that exist in old age leading to marginalization in decision-making processes and inability of older persons to exercise their rights (Walker, 1981).

5.3. Factors contributing to older people participation in community development

The second objective sought to explore factors influencing participation of older persons in community development activities. Several factors were established to have influence over older person's participation in community activities. Main determinants were gender 88 percent, age 84.7 percent and geographical location 81.3percent. Other substantive determinants were distance 79.3 percent, wealth status 75.3 percent, health 70.7 percent, education 60.7 percent and occupation 58.7 percent. These findings resonate with studies conducted by other scholars Pinto & Neri (2017); Silva et al. (2013); Oladede, (2012) that chronological age somehow influenced involvement of older persons in community development. Specifically, Pinto & Neri (2017) concluded in their research that advanced age was a key barrier to participation.

Other scholars Torgerson & Edward (2012); FAO, (2011); Rozanova et al, (2012); Kihewo & Frumence, (2015); Rai et al, (2020); Croezen et al, (2015); Safari et al, (2015) noted that older persons' low social economic situation, limited economic opportunities; poor health as well as gender dynamics limited their engagement in development activities. However, they disagree with Jafer et al, (2015); Torgerson & Edward (2012); FAO (2011) whose opinion was that gender does not always influence participation, but the nature of the project does, they also noted that women are mostly inclined to participate in community activities, other family obligations limit their level of participation. This argument also tends to agree with Mwende (2016) that women are more active participant than men.

In reference to the theoretical [perspective adopted for this study, these results collaborate the opinions of political economy of ageing theorist and proponents who argued that individual experiences of ageing such as such as age, social class, gender, economic situation, policy environment shape their interactions with the wider community Estes, (2001). These results support their arguments that social, economic and political influences older persons' experiences and activities as they age. The influence of these factors limits older person's opportunities to contribute to community development.

5.4. Effects of low participation of older persons in development activities

The third objective sought to ascertain how participation of older persons in community development activities affect their well-being Older persons reported that deteriorating physical and mental health, isolation, poverty, declined income, limited representation in decision making forums, poor services, lack of adequate policies and strategies addressing older persons' issues were some of the effects of their limited involvement on community activities particularly on issues affecting them.

These were occasioned by lack of reliable source of income, inability to access financial services, limited social contacts, limited social participation, limited access to basic services such as good healthcare, poor transport network and poor housing, lack of civic education and low participation in decision making processes hence their needs were not

addressed by community projects initiated by all levels of government. These results are corroborated by various scholars that low social, political and economic participation of older persons have detrimental effects on the well-being of older persons. Gierveld et al, (2018); Burns (2012); Patsios et al, (2012); Nazroo, (2017); Watt et al, (2014); Kneal, (2012); Jose et al, (2016). These scholars have concluded low levels of active engagements by older persons often lead to poor health, stress and loneliness, increased poverty levels, lack of information on basic rights and poor public services.

In agreement with the theoretical perspective, social structures influence distribution and allocation of resources as well as social policies which affects the well-being of older persons. In this study, pension and older persons' cash transfer was mentioned as one of the avenues for older person income, absence and or delay in disbursement of these funds mostly upset, this flow that exposes older persons to economic hardships. This shows that the state still influences the welfare of older persons as they age (Estes et al, 1998). Bureaucratic processes by the government in distribution of resources, lack of proper structures and communication especially on public participation was mentioned as a factor to older person's low participation in political arenas. Policies such as those of retirement also limit the ability of older persons to continue engaging in productive labor and this limits their income sources exposing them to poverty (Myles, 1980).

5.5 Interventions to enhance older people participation in community development activities

The fourth objective sought to establish from the respondent's measures or intervention required to enhance their participation in community development activities. Respondents gave various intervention measures which include; Local leaders sharing important information on public participation through local channels such as church, shopping centers notices and in good time; Social support by the family and government; Empowerment of older people to engage in IGAs that can earn them income i.e. basket weaving, mats, soap making etc.; Improvement of basic infrastructures such as roads, and services such as health care; Improvement of service delivery in government offices; proper channeling of information, services etc.; Civic education on important matters to

enable older people participate and make important decisions affecting their daily lives; holding public meetings in areas easily accessible by elderly persons as well as forming groups for older people where they can meet and provide each other with social support as well as engage in age appropriate activities that can earn them income.

In sum, problems of old age are mostly influenced by weak social, economic and political structures. This resonate well the argument made by Estes and other political theorists. Over time, these weak links acts as barriers to effective participation of older persons in community development. There is need to have the measures and interventions suggested by respondents put in place. These responses also show that community development can only be achieved thorough collaborative engagement of individuals, community, government and other development partners. Successful and sustainable community development requires all those involved to work together for the key benefits of the most vulnerable in the society.

5.6 Conclusion

The first objective evaluated the contribution of older persons in social, economic, political and cultural activities. Results established that older persons participated in all domains of community development. However, their level of participation was still very low.

The second objective sought to establish factors influencing participation of older persons in community development. Determinants of participation in community activities were dynamic and ranged from social and demographic to socio-economic and political factors. Interviews with key informants also revealed that failure of public strategies, policies and institutions to support, enhance and uphold equitable access to productive resources, properties/assets and chances limited participation of older persons in community development activities. Interestingly, those older persons who had built their social and economic capital over the years either through employment or business reported that they actively participated in community activities and were often given positions to head various community forums/projects. However, this was a minority of

them since a big percentage as reported in chapter four faced social and economic challenges that limited their ability to participate in development activities.

The third objective evaluated the effect of low participation on older person's well-being. Inability for them to get involved in development activities resulted to effects like stress and depression taking them further away from the rest of the community, poor physical health coupled by inadequate resources to access basic needs including health services. Inadequate income meant they could not meet their basic needs while poor infrastructure and lack of civic education denied them a chance to participate in public forums and have their voices heard which resulted to having their needs not being addressed by projects designed by the government and other development partners. The net effect of their limited potential to fully participate in development activities exposed them to social exclusion which made them more vulnerable and limited their capacity to engage in community development and enhance their wellbeing

The study established that although older persons are generally engaged in community development, their level of participation, influence and control on issues that affect them is relatively very low compared to other population groups. While advanced age generally implies limited capacity to be equally productive, other factors such as gender, economic situation, lack of proper policies also affected them and hindered their ability to actively participate in community development. This exposed them to various challenges such as poor health, low income, and depression among others leaving them vulnerable.

5.7 Recommendations

The study aimed to offer recommendations that could be useful in the implementation of various intervention measures. The findings revealed low participation in social, economic and political activities. The study thus recommends the following to enhance their involvement in community development activities;

Recommendations for Government

- i. There is need for both levels of government as well as other development partners to enhance policy interventions or develop policies aimed at supporting older people by building their social capital
- ii. There is need for the government to create a conducive environment that will enhance and diversify their sources of income by improving and enhancing already existing policies aimed at creating economic will power of older persons.

Recommendations for NGOs and CBOs and government agencies

- iii. There is need for collaborations by stakeholders to intensify civic education to older people especially on the importance of public participation on issues that directly or indirectly affect them.

Results also revealed a combination of factors such as individual, social –economic and political play a role in hindering or enhancing their participation. The study thus recommends the following;

Recommendations for Government and Development partners

- i. The governing arms need to enhance policy interventions that will ensure older persons participate in decision-making process. Such include ease of access to civic information, having public meeting in accessible places, equitable representation of older persons in development forums and projects.
- ii. Government and other development partners also need to create awareness to older persons on available opportunities for older persons as well as include older people in the decision-making process especially on needs assessment so that they can address issue affecting them as they do with other groups.
- iii. There is need for government to increase the funding meant to cushion older people through the cash transfer so that older people are able to access the funds.
- iv. There is need also to improve strategies used by the government in identifying and recruiting older persons to social protection programs since majority of those

interviewed reported not to be part of the program or were unaware of how the recruitment process was conducted.

Findings also revealed that low involvement of older persons in development activities affect older person's wellbeing. Results showed that low participation resulted to poor health, poverty, limited access to resources and opportunities, social isolation which leads to social exclusion of older persons in community activities. The study thus suggests the following;

Recommendations for Government, development partners and community Members

- i. There is need for all stakeholders to collaborate and ensure increased and also improved access to health services for older persons since majority of older people are in poor health, this was reported as a key hindrance to participation in community activities.

Recommendations for Older Persons

- ii. Older people should strive to engage in community activities and in particular participate in public participation forums where views are gathered and used to influence policy interventions, budget allocation and service delivery. This way they are able to influence decisions on issues affection them

5.8: Recommendation for future research

The findings can feed to further studies in related fields; more exploration on exclusion of older people specifically in Kenya is required since there is limited literature on this area.

1. While the study established high level of participation by older persons on security matters through participation in the *Nyumba Kumi* Initiative, there was limited literature to collaborate these findings hence the need for more studies in this area to further establish the motivation for this and the general benefit to their well-being.
2. While the study made suggestions on possible intervention measures to promote full participation of older persons, more studies are required to explore in detail opportunities that exist to promote optimum active ageing in Kenya.

3. While study explored gender as a factor influencing participation of older persons in community development, it did not explore further how gender dynamics shape experiences and actions of older persons in development. More studies exploring gender dynamics in old age will be beneficial to help come up with interventions that address the gender gaps in development concerning older persons

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APPENDICES

APPENDIX I: QUESTIONNAIRE

I am a student from Kenyatta University, Kenya. I am carrying out a survey to assess **FORMS OF EXCLUSION AFFECTING OLDER PERSONS IN COMMUNITY DEVELOPMENT ACTIVITIES IN MERU SOUTH SUB-COUNTY, THARAKA NITHI COUNTY**. This is a voluntary survey and therefore, you are kindly requested to participate in the study by filling in the sections of the questionnaire. All the information you give will be treated with utmost confidentiality and it will be used for academic purposes only.

SECTION A: RESPONDENT'S BACKGROUND

Please tick or fill in your answers in the space provided

1. Gender

Male [] Female []

2. Age in years

60-64 [] 65 - 69[] 70 - 74[] over 75[]

3. What is your level of education?

Primary [] Secondary [] College []

4. Employment status

Full time [] Part time [] Retired [] Never worked before []

5. Main source of income

Employment [] Self-employment [] Private pension []

State pension [] Benefits [] Assets []

Other (Specify).....

Older person's participation in development activities

Social and economic participation

1. Who do you live with currently?

Child (Ren) [] Partner [] Relative [] Caregiver [] Alone []

Any other (specify).....

2. Which transport means do you use often?

Private [] Hired [] Public [] Walking over 5km []

3. Do you assist in any household work? If yes, which activities?

1. Indicate how often each of the following things has happened to you?

Social Participation	Frequency/Percentage			
Social Activities	Never	Sometimes	Often	Very often
Interactions with family members				
Experience unity with your neighbours				
Experience loss of social contacts				
Receive any form of social support				
Participate in social activities				

3. Indicate how often each of the following things has happened to you?

Economic participation	Frequency/Percentage			
	Never	Sometimes	Often	Very often
Participation in formal or informal employment				
Receives income from pension, investments or cash transfer program				
Inadequate access and use of formal and informal financial services/products				
Participation in development projects (water projects, welfare groups, dairy projects)				

Political and Civil Participation

1. Do you belong to any or participate in the following?

	Percentage			
	Never	Sometimes	Often	Very often
Participation in Political and Civil activities; development forums, consultative meetings etc				
Participation in any political party activities; election of party leaders, voting in elections				
Participation in nyumba Kumi initiatives				
Participation in Elections				

2. Do you ever receive any information of the above named groups? Yes [] No []

3. If yes, what is the information about?

4. If no, why?

Cultural Participation

Do you belong to any or participate in the following?

Involvement in cultural activities	Percentage			
	Never	Sometimes	Often	Very often
Involved in community traditional ceremonies such as naming ceremonies, dowry negotiations, weddings etc.				
Involved in tradition rites such as circumcision(rite of passage)				
Involved in cultural meetings such as clan meetings , officiating clan ceremonies, family meetings, community meetings etc.				

1. Do you relate well with the neighbourhood? Yes [] No []

2.If no, why?

.....

3. Which of the following factors affects your participation in community development activities?

- Age []
- Gender []
- Geographical Location []
- Health []
- Income Status []
- Marital Status []
- Education []
- Occupation []
- Distance []

Effects of Low Participation to your well-being

1. Do you experience any of the following as a result of not participating in development activities?

Effects of low-participation in social activities	Frequency/Percentage	
	YES	NO
Decreased mental and physical health		
Social isolation		
Loneliness		

Effects low participation in economic activities	Frequency/Percentage	
	YES	NO
Declined income		
Limited financial power		
Poverty		
Poor housing		
limited participation in economic activities(VSLA, merry go round, development projects, welfare groups)		

Effects of low participation in political activities

2. How often do experience the following?

Effect of low involvement in political and civil activities	Percentage			
	Never	Sometimes	Often	Very often
Limited representation /poor public services				
Lack of participation in decision making process leading to poor services				
Inaccessibility to basic services such as health, good transport system, poor housing				
Limited government policies ,plans and strategies addressing older people issues				

4. Do you face problems in accessing and participating in the political and civil activities in your community beside those listed above? Yes [] No []

If yes, name them.

.....

Effects of low participation in cultural Activities

6. How often have you experienced the following?

Effects of low participation in cultural activities	Never	Sometimes	Often	Very often
Stress and depression				
Social and emotional loneliness				
Poor mental health				
Vulnerable to elderly abuse				

Measures

7. What do you think should be done to enhance the participation of older persons in the following community development activities in your community?

Social-economic activities

.....

Political and civil activities

.....

Cultural activities

APPENDIX II: INTERVIEW SCHEDULE FOR LEADERS

1. Indicate your:-

- Gender
- Age in years
- What is your level of education?
- Employment status
- Main source of income

2. What the contribution of older persons in the following activities

Social-economic activities

.....
.....

Political and civil activities

.....
.....

Cultural activities

.....
.....

3. What factors have contributed towards their involvement in the above activities?

.....
.....

4. What factors in your opinion influence participation of older persons in community development activities?

.....
.....

5. How has low participation affected older persons well being

Socially

.....

Politically

.....

Economically

.....

.....

6. What do you think should be done to enhance the participation of older persons in the following community development activities in your community?

Social-economic activities

.....

.....

Political and civil activities

.....

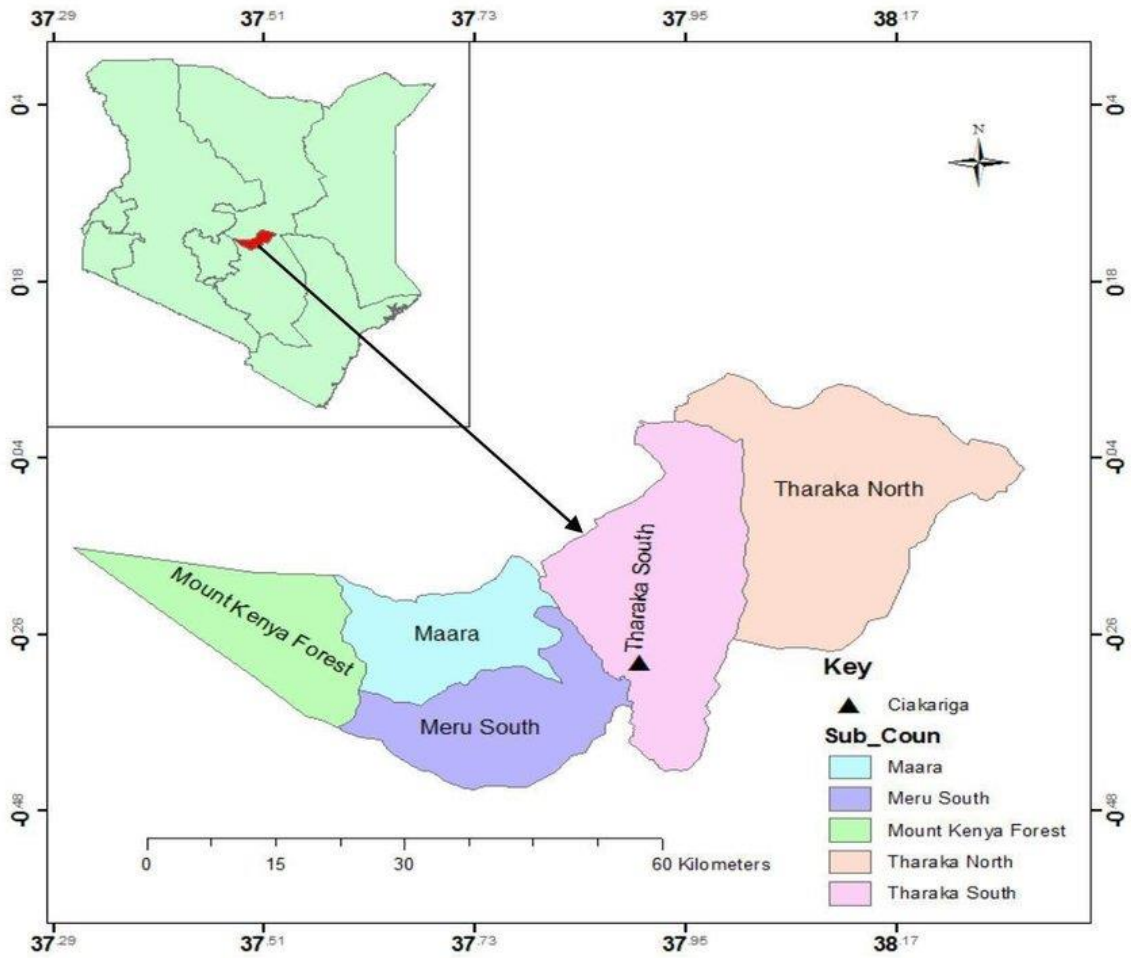
.....

Cultural activities

.....

.....

APPENDIX III: STUDY AREA MAP



APPENDIX IV: RESEARCH APPROVAL



KENYATTA UNIVERSITY ETHICS REVIEW COMMITTEE

Fax: 8711242/8711575
Email: kuerc.chairman@ku.ac.ke
kuerc.secretary@ku.ac.ke
Website: www.ku.ac.ke

P. O. Box 43844,
Nairobi, 00100
Tel: 8710901/12

Our Ref: **KU/ERC/ APPROVAL/VOL.1**

Date: 19th September, 2018

Josephine Kawira Mutegi
P.O Box 43844-00100
NAIROBI

Dear, Ms Mutegi

APPLICATION NUMBER: PKU/892/I952 "SOCIAL EXCLUSION AND ITS EFFECTS ON OLDER PERSONS PARTICIPATION IN COMMUNITY DEVELOPMENT ACTIVATED: A CASE OF THARAKA NITHI COUNTY, KENYA"

1. IDENTIFICATION OF PROTOCOL

The application before the committee is with a research topic "**Social Exclusion and Its Effects on Older Persons Participation in Community Development Activated: A Case of Tharaka Nithi County, Kenya**", received on July, 2018 and discussed on September, 2018.

2. APPLICANT

Josephine Kawira Mutegi

3. SITE

Tharaka Nithi County

4. DECISION

The committee has considered the research protocol in accordance with the Kenyatta University Research Policy (section 7.2.1.3) and the Kenyatta University Ethics Review Committee

Guidelines and **APPROVED** that the research may proceed for a period of **ONE** year from **19th September, 2018**.

5. ADVICE/CONDITIONS

- i. Progress reports are submitted to the KU-ERC every six months and a full report is submitted at the end of the study.
- ii. Serious and unexpected adverse events related to the conduct of the study are reported to this committee immediately they occur.
- iii. Notify the Kenyatta University Ethics Committee of any amendments to the protocol.
- iv. Submit an electronic copy of the protocol to KUERC.

When replying, kindly quote the application number above.

If you accept the decision reached and advice and conditions given please sign in the space provided below and return to KU-ERC a copy of the letter.



PROF. JUDITH KIMIYWE
CHAIRPERSON: ETHICS REVIEW COMMITTEE

Iaccept the advice given and will fulfill the conditions therein.

Signature..... Dated this day of..... 2018.

cc.
DVC-Research Innovation and Outreach

APPENDIX V: RESEARCH PERMIT



NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY AND INNOVATION

Telephone: +254-20-2213471.
2241349,3310571,2219420
Fax: +254-20-318245,318249
Email: dg@nacosti.go.ke
Website : www.nacosti.go.ke
When replying please quote

NACOSTI, Upper Kabete
Off Waiyaki Way
P.O. Box 30623-00100
NAIROBI-KENYA

Ref. No. **NACOSTI/P/18/91250/24820**

Date: **15th September, 2018**

Josphine Kawira Mutegi
Kenyatta University
P.O. Box 43844-00100
NAIROBI

RE: RESEARCH AUTHORIZATION

Following your application for authority to carry out research on *“Social exclusion and its effect on older persons participation in community development activities: A case if Tharaka Nithi County, Kenya”* I am pleased to inform you that you have been authorized to undertake research in **Tharaka Nithi County** for the period ending **13th September, 2019.**

You are advised to report to **the County Commissioner and the County Director of Education, Tharaka Nithi County** before embarking on the research project.

Kindly note that, as an applicant who has been licensed under the Science, Technology and Innovation Act, 2013 to conduct research in Kenya, you shall deposit a **copy** of the final research report to the Commission within **one year** of completion. The soft copy of the same should be submitted through the Online Research Information System.


BONIFACE WANYAMA
FOR: DIRECTOR-GENERAL/CEO

Copy to:

The County Commissioner
Tharaka Nithi County.

The County Director of Education
Tharaka Nithi County.

National Commission for Science, Technology and Innovation is ISO9001:2008 Certified

APPENDIX VI: GRADUATE SCHOOL APPROVAL LETTER



KENYATTA UNIVERSITY
GRADUATE SCHOOL

E-mail: dean-graduate@ku.ac.ke

P.O. Box 43844, 00100

Website: www.ku.ac.ke

NAIROBI, KENYA
Tel. 020-8704150

Internal Memo

FROM: Dean, Graduate School

DATE: 18th May, 2017

TO: Mutegi Josphine Kawira
C/o Sociology Department

REF: C50/20100/2012

SUBJECT: APPROVAL OF RESEARCH PROPOSAL

We acknowledge receipt of your revised Research Proposal as per our recommendations raised by the Graduate School Board 13th February, 2018 entitled "Social Exclusion and Its Effect on Older Persons Participation in Community Development Activities: A Case of Tharaka Nithi County, Kenya".

You may now proceed with your Data collection, subject to clearance with the Director General, National Commission for Science, Technology and Innovation.

As you embark on your data collection, please note that you will be required to submit to Graduate School completed Supervision Tracking Forms per semester. The form has been developed to replace the Progress Report Forms. The Supervision Tracking Forms are available at the University's Website under Graduate School webpage downloads.

Thank you.

EDWIN OBUNGU
FOR: DEAN, GRADUATE SCHOOL

CC: Chairman, Sociology Department

Supervisors:

1. Dr. Lucy Maina
C/o Sociology Department
Kenyatta University
2. Dr. Samuel Mwangi
C/o Sociology Department
Kenyatta University

EO/rwm

**APPENDIX VII: GRADUATE SCHOOL RESEARCH AUTHORIZATION
LETTER**



**KENYATTA UNIVERSITY
GRADUATE SCHOOL**

E-mail: dean-graduate@ku.ac.ke

Website: www.ku.ac.ke

P.O. Box 43844, 00100

NAIROBI, KENYA

Tel. 8710901 Ext. 57530

Our Ref: C50/20100/2012

DATE: 18th May, 2017

Director General,
National Commission for Science, Technology
& Innovation
P.O. Box 30623-00100,
NAIROBI

Dear Sir/Madam,

RE: RESEARCH AUTHORIZATION FOR MUTEGI JOSPHINE KAWIRA – REG. NO.
C50/20100/2012

I write to introduce Ms. Mutegi Josphine Kawira who is a Postgraduate Student of this University. She is registered for M.A degree programme in the Department of Sociology.

Ms. Mutegi intends to conduct research for an M.A Proposal entitled, “Social Exclusion and Its Effect on Older Persons Participation in Community Development Activities: A Case of Tharaka Nithi County, Kenya”.

Any assistance given will be highly appreciated.

Yours faithfully,

for J. Mbaabu

**MRS. LUCY N. MBAABU
FOR: DEAN, GRADUATE SCHOOL**

EO/rwm