

**AN INVESTIGATION INTO THE INCIDENTS OF CHILD ABUSE IN
KAWANGWARE SLUM AREA: COUNSELLING IMPLICATIONS**

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DECLARATION

This thesis is my original work and has not been presented for a degree to any other University.



Date 17/2/2005

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I confirm that the work reported in this research project was carried by Josephine Audry Maina Kirubi under my supervision.



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ABSTRACT

The purpose of the present study was to establish the key incidents of child abuse among children in Kawangware slum area, point out the principal culprits in child abusive behaviour, compare child abuse rates between the rich and the poor and point out the principal indicators of an abused child.

The following questions were considered:

1. Which are the most severe incidents of abuse against the children from Kawangware slum area?
2. Who are the perpetrators of acts of abuse against children?
3. (a) To what extent are the poor and rich children abused?
(b) Is the variation in magnitude due to socioeconomic backgrounds of their homes?
4. Which indicators of abuse are particularly prevalent among children from Kawangware slum area?

The sample of study comprised two hundred children, a hundred from underprivileged families and the other hundred from rich families. The sample stratum from the rich was collected by use of stratified random sampling procedure. The data was collected through a general questionnaire.

The following two hypothesis were tested:

1. Majority of the victims of child abuse are from low social class families.
2. More than 60% incidents of abuse are perpetrated against children by their own relatives.

Frequencies, ranks, percentages and ratios were employed. These are necessary statistical tools in a descriptive survey like this study.

The results of the percentages and ranks produced significance differences between the abuse rates in the two sub groups. The poor were reckoned to have very high magnitude of abusive behaviour. Implications of the findings were drawn and recommendations made to improve the situation.

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CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Child Abuse consists of anything which individuals, institutions or processes do or fail to do which directly or indirectly harms children or damages their prospects of safe and healthy development into childhood. The abuse manifests itself in child battering, child rape, child labour, beating, kicking, verbal insults, neglect, denial of physical and emotional needs, confinements and various other forms of assault.

Today, the evil of child abuse is at its height. The large number of street children, dirty looking children and malnourished children among others are clear indicators of the high magnitude of child abuse in Kenya. Recently, in the month of June and July 2004, there have been far too many reports on child abuse in the mass media and this is causing a lot of concern.

Very few isolated cases of child abuse may have existed in traditional African society, because the society had stern measures to deal with the culprits of the abusive behaviours. These measures were both retributive and served as deterrent to the would be abusers of children. Besides, a child was a responsibility not only for the biological parents but also for the entire community. It was possible to monitor a child's behaviour and to note when there was a problem because people lived together in homesteads of extended families and in villages comprising

different clans. Blood kinship bonds were very strong and governed the behaviours of people.

Child abuse, as we know it today, began with the advent of Christian missionaries and the influx of white men who imposed their systems of governments, culture and religion upon the black people. With this new life came the introduction of wage labour and payment of taxes. Africans were forced to migrate to towns in search of salaried jobs so that they could pay taxes. In towns, people were forced to live in congested areas, due to housing problems, near industries. This gave rise to other problems e.g. the closely knit families were split as husbands moved to towns in search for jobs leaving behind in rural homes their wives, people of different cultural backgrounds started to co-exist in towns, social evils such as prostitution and stealing started to take place, Africans started to become individualistic, slums mushroomed and above all, morals decayed. These problems in turn gave rise to other problems such as child abuse due to poor environmental factors and poverty.

The African society, due to introduction of western education and introduction of monetary economy, was stratified into social strata of poor, rich, elite and illiterate, middle class, low class and high social class.

Because of culture erosion, economic problems and social problems, people have become uncaring and unconcerned and even violent to their own children. That is

why there are many cases of excessive child labour, child neglect, child battering, and even rape of children.

Another cause of child abuse is the presence of armed conflicts as people strive to expand their territories and to conquer their neighbours. In these wars of conquest and of more territories, children are not spared rape, mutilation and genocide. These are taking place even in mosques and churches themselves! The spirit of revenge is also very high in people, and revenge not on the wrong doer but on the innocent children who are weak and defenceless. That is why a man, when he can not get sexual needs from his wife, he will practice incest on his daughter not only to satisfy himself but also to hurt his wife who has denied him this essential service.

But child abuse is not a problem of Kenya alone. It is a global problem. For instance, in Zambia, according to a report in *The Voice of The People Magazine* (2004, May-June), children who have disappeared from homes number hundreds and they are mainly street children who live in market places and in alleys in the streets of towns. In another report by *New People* (2004, May-June), the Lord's Resistant Army (LRA) continue to abduct children and every time there is war, children are among the casualties. The UNICEF calculated that since June 2002, up to 10,000 persons had been abducted in Uganda, mostly children.

Another report about displaced persons stated that every night, thousands of children commute from countryside to the cities of Gulu and Kitgum in Northern Uganda to seek refuge from rebel's attacks, sleeping in churches' halls and wherever they find a place.

Nevertheless, there are some governments and organizations that have been overly concerned about the plight of the children and have proposed measures to prevent the abuse, although the evil is still with us e.g. The rights of the children which were embodied in 1959 Universal Declaration of The Rights of Children became a proposed law in Kenya in the year 2000 and in the year 2001 it was passed in parliament and it become the Children Act. The following are the rights that it stipulated:

- (i) The right to special protection
- (ii) The right to social security
- (iii) The right to special care for the handicapped children
- (iv) The right to parental love
- (v) The right to education
- (vi) The right to protection against exploitation e.t.c

Another effort to protect children is seen in the ratification of the United Nations Convention on the Rights of the Child (U.N.C.R.C.) by the Government of Kenya on 26th July 1990. This being the case, it is important to establish the reasons why

many children throughout the country, and especially those from underprivileged families and slum dwellers continue to suffer subjection to inhumane conditions despite this early ratification.

The joy, future and hope of any family, community, state or continent lie in a well-prepared and responsible young generation. Unfortunately, these have been kept in the cold, marginalized, exploited for selfish aims, manipulated and misled by political demagogues. Even in the church, children have been reduced to noisy spectators with little or no say in decisions that concern them/ This, also, is a form of child abuse by church.

Children have keen desire to grow, to be loved, to be respected, to be accorded all human rights and to be prepared for their adult roles. It is everyone's responsibility to be passionate and warm towards children. The incidents of venereal diseases, suicide rate points and illegitimate pregnancies all tell us about children's sensitivity to hurt, to wrong, to injustice and the depth of their despair in this country.

It is this recognition of the need to give meaning to the lives of such vulnerable children that prompted the investigator to carry out this present study.

1.2 Statement of Problem

The present study will seek to point out incidents of child abuse and seek to determine to what extent these acts are actually abusive to the victims.

The fight against child abuse in Kenya is a real challenge to everyone. We read, hear and view on the television very horrifying experiences, almost daily, of children being subjected to inhuman acts like rape, battering, excessive labour, tethering to trees, chaining and incest among others. Most of these acts are committed by people to who the care of the very children has been entrusted. The investigator in this study is specially interested to establish the factors influencing child abusive behaviour in the culprit and the extent to which they are abusive among residents of Kawangware slum area.

1.3 The Purpose of the Study

The purpose of this study is to determine the incidents of child abuse in Kawangware. In exploring the incidents of child abuse, their causes, child abusers and the signs of an abused child, the investigator hopes to create awareness in the parents, caregivers and all the concerned so that they should keep close watch over our innocent children by monitoring their movements and feelings in order to minimize the chances of exposing them to unpredictable evil acts that could befall them anytime.

1.4 Research Questions

This study attempts to answer the following questions:

1. Which are the most severe incidents of abuse against children from Kawangware slum area?
2. Who are the perpetrators of acts of abuse against children?
- ✓3. How is abuse of children distributed along social class lines?
4. Which indicators of abuse are particularly prevalent among children from Kawangware slum area?

1.5 Justification of this Study

The phenomenon of street children and neglected children desperately striving to survive is a scandal and an insult to our country, Kenya. These children will never go to school, honourably be employed or learn to use a computer.

Although people have established rehabilitation centers and counseling clinics all over, these children are still left alternating between depression, anger, hatred and guilt even after receiving some services from these institutions. They still fear and feel marginalized and harbour spirit of revenge. This is because sometimes when clients go to counselors, they do not fully disclose events that may have taken place thus agitating their spirit and the physical. It is, therefore, the duty of the

counselor to be widely read and observant so that s/he may reach the core of the problem to enable healing to be arrived at in its fullness during any single therapy.

Consequently, this study is aimed at coming up with data that will enable counselors to be fully responsive to the needs of abused children and also enable the development of a long term plan to the solution of this menace.

1.6 Significance of the Study

Our society has been through some greatest cases of child abuse in recent history. Reports of the newspapers and police statistics reveal that cases of child abuse rise with the dawn of a new day. For instance, between the years 1998 and 2002, the reported cases rose from 903 to 2,123, not forgetting that most cases of abuse go unreported.

Despite this, few people would admit that these cases, in particular those of sexual assault are a grim reality in many extended family circles and households nor admit that they often take place in those environments that we consider normally to be 'safe'. Given the chance and conducive environment, an overwhelming number of children will tell tales of sexual overtures from male relatives such as uncles, step-brothers, step fathers, cousins in which this actually borders incest, or advances from familiar persons like house helps; father's friends, peer's father, family driver etc. Some other incidents of abuse such as confinement, battering, denial of food etc may be committed even by biological parents!

These inhumane conditions cause shame and embarrassment and confusion, making it difficult to handle the situation. The victims of abuse, being minors, do not often know how to go about the problem and in some isolated cases, the victim may not know what is happening or what has been done to them. This causes family conflicts.

75% of cases of abuse target children below the age of 14 years. Most of them are committed beyond the limits of imagination causing the victim much suffering, emotional pain and even death. This is very unfortunate as life is destroyed in entirely preventable circumstances.

Children are important to the nation because they are the future adults, leaders and parents. They determine the outlook and destiny of a nation. Present good child rearing practices will positively effect the demotion of crime rates and earn the country an international respect. It is with the view of this positively that this study has been carried out.

1.7 Scope and Development

The love of father and mother, a good home environment and responsible and friendly neighbours create a happy atmosphere where children can grow up and in turn create happy homes of their own and a happy society. However, this is hard

to come by in our times. Instead families and the entire society are facing many challenges due to emergence of many confusing issues.

Some of such issues are divorce, separation, financial constraints, HIV/AIDS, ardent poverty, illiteracy, moral decay and copying blindly the western culture. With these, the role of parenting has been left to househelps and women have become bread earners. Single parenthood is on the increase and children are giving birth to children. Large families have been compelled to put up in a single room with children witnessing love relationships between their parents.

In these complex confusion, vices such as prostitution, alcoholism, drug taking and trafficking, homosexuality, rape, incest, child marriage, child labour, battering and abortion among others have thrived.

This situation has in turn brought about human services such as psychotherapy and counseling to help in alleviation of these problems, at least when some are drawn to the attention of counselors and psychiatrists. This is because in order to cope with these stresses, counseling not medication is what is required. People need only to accept what is beyond their control and change their attitude where it is necessary.

It is out of this realization that church institutions, schools, hospitals and N.G.Os have established counseling programmes. However, without proper counseling practices, individuals in problems will always experience some relapsing and healing can never fully be realized. Consequently this study argues that the existing counseling services in these institutions would be greatly improved by translating valuable information in this study into strategies for more effective guidance and counseling practices.

1.8 Limitation of this Study

Time-factor is one of the major limitations of this study. There was not enough time to allow a thorough research as the investigator would have liked to do. Another limitation was that some very 'good' incidents may not have been reported by the respondents for fear of stigmatization and embarrassment. Another limitation of this study was fear of victimization. Since most abuse cases are committed by blood relatives and even biological parents, the respondents feared that if they reported the abusers, legal action would have been taken against them and the respondents would have lost the benefits they get from the very perpetrators.

1.9 Definition of Terms

Among the terms that have been used in this study are: Child abuse, guidance, counseling and psychotherapy, professional counselor, counselee/client, Children

Act, Children Bill, United Nations Convention on Rights of the Child, and rehabilitation center. Here below follows a definition of each of them.

Child Abuse

This term has been used in this study to mean any act by a person or society designed to inflict harm on a young person, or prevent him/her from realizing normal growth and development.

Child

A child is a minor, a growing person or a juvenile. He or she is below the age of 18 years in Kenya. He/she is entitled to some right privileges and some amount of protection from both the society and his/her parents. A child is too young to make mature decisions, and he or she is limited in strength and capabilities.

Guidance

At the face value, this word derives from the root word guide, which means “to direct”, “to pilot”, “to manage”, “to steer”, “to aid”, “to assist”, “to lead”, “to inform”, and “to interact”. Besides these definitions, it has been used in this study to mean psychological service or help that a professional counselor offers to client or counselee. It has also been used, to mean steps or the process that a professional counselor may follow while interacting with counselee to make him/her to have a better understanding of himself/herself and his/her world, and his/her own

contribution to his/her problem, thereby making wise and informed decisions to provide solution to the problem that is agitating him/her.

Counseling and psychotherapy

These terms have been used inter-changeably in this study. This is because the difference between them is a controversial point, and most psychologists agree on their degree and not in kind. This means that they can be placed mainly at the opposite sides of a continuum although in practice they keep shifting along the continuum. In this study, they have been used to mean a helping relationship where assistance takes the form of enabling someone to change attitudes and to become self-directing. Effective counseling or psychotherapy helps the counselee to effect change in his/her behaviour so that he/she is able to live in a more productive and satisfying life. The new behaviour should be rewarding in order for the counselee to achieve a stable emotional disposition in life.

Professional counselor

This term has been used in this study to mean a person who is trained and experienced, who possesses knowledge and skills that are needed to help others with special problems and that no amateur counselor can be expected to have. S/he knows how to identify and interpret significant symptoms; s/he knows about the shifting dynamics of the human person and basic relationship between needs and feelings. S/he is expected, and is able to, develop the acceptance, the

permissiveness and objectivity that psychotherapy requires. The professional counselor helps individuals to cope and manage specific crises and conflicts which are characteristic of personality development. S/he facilitates personal growth and development in many ways such as managing traumatic events, acquisition of basic complex skills, coping effectively with hostile aspects of environment and behaviour modification for a positive lifestyle.

Counselee

This term has been used in this study to mean a person in distress. It has been used interchangeably with 'client' and 'individual'. These terms are used specifically in the study in reference to a child who an act of injustice has been done to by an institution, a caregiver or another child, and who may be in need of psychological help.

Children Bill

This term means a proposed law, aimed to promote the well-being of children in Kenya. When the Bill is passed by Parliament, it leads to a law called an Act.

Children Act 2001

This term means a Bill that was passed in Parliament in the year 2001 to become a law. Children's Act is a law that was enacted best to safeguard and promote the interests of children in our country.

United Nations Convention on Rights of the Child (U.N.C.R.C)

This is a comprehensive document dealing with children's social, economic, cultural, civil and political rights. It is an historic international stature which puts the child's best interest first and foremost.

Rehabilitation Center

This term will be used in this study to mean an institution where a child with a problem, due to bad life experiences, can be received, given both physical and emotional needs and be helped to readjust to normal life once again.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

I do not intend in this chapter to repeat the historical accounts of pioneers in the guidance movements in the West. Some of them like Brewer, (1932; 1942), Reed, (1944) and Shertzer and Stone (1976) have very well documented such history. Makinde (1976) has highlighted the development of modern counseling in Nigeria. Instead, my approach is to identify rationale and basic assumptions, outcomes or implications which have shaped modern practice of psychotherapy.

Various references have been consulted for literature that has been used in this chapter. These sources include verbal communication, government documents such as reports of education commissioners, papers presented at seminars, books, magazines, newspapers, theses and dissertations, grey literature and computer search.

This chapter presents the material that has been reviewed under 5 main headings:

1. The origins and the development of formal counseling; - U.S.A, Philadelphia and London, and Nigeria.
2. The development of modern counseling in Kenya:- the reports of the education commissioners and 1998 bomb blast.

3. A comparison between modern counseling and counseling in traditional African societies.
4. Related literature:- Introduction , evils behind child abuse, factors giving rise to acts of abuse, response of society.
5. Response of the society to the problem of child abuse.

2.2 The Origins and the Development of Formal Counseling

2.2.1 Background

Counselling started many years back and it can be said to be as old as the human person. In the early civilization, the philosophers, priests and the vice-regents of gods assumed the function of advising and offering wise counsel to individuals in distress. The historical origins of guidance may be identified in the early Grecian societies with emphasis on developing and strengthening the individual through education. Plato and Aristotle were the earliest to organize psychological insights into a systematic theory. According to Belkin (1975) Plato's interests were varied and he examined the psychology of the individual in all its ramifications:- In moral issues, in terms of education, in relation to society, in theological perspective and so on. Plato stimulated specific questions more than any other person in the history of human thought and set way for modern counseling relationship.

2.2.2 United States of America (U.S.A)

By the turn of 20th Century, psychotherapy had become an endeavour to be encountered constantly in the U.S.A. It included not only interactions involving mental health professionals but also technologies of self as Alcoholic Anonymous, human relations, management and training, support groups of various kinds, the diet industry and transcendental meditation to mention but a few.

Mental health expertise, in the United States, is available in the internet and virtual psychotherapy is available as well. And of course, just like in any other society, lay therapy is practiced by almost everyone and at least on someone. However, it was the schools that evidenced more concern in societal problems more than any other institutions. This was because the American society was becoming more complex and to find one's appropriate place within it had become very complicated. As a result, Frank Parsons (1909) organized the Boston vocational Bureau to serve young people and train teachers in the service of vocational counselor. He coined the term 'vocational guidance'. He described his procedures in his book 'choosing a vocation' which was published in 1909. To reflect the shift in emphasis from vocational guidance to counseling the whole individual, the American Personnel and Guidance Association changed its name to American Association for Counselling and Development. This was done in 1983. Long before this, Carl Rogers (1942) had redefined counseling by stating that it was not

to be limited to placing a person on the right 'niche' but rather it was to aid the client in realizing his or her own potential.

York and Cooper (2000) when reporting about Roger (1951) stated that counseling emphasizes growth not pathology, the use of the clients strengths not weaknesses, and the belief that each human being, when provided with the appropriate interpersonal climate, will move toward self-actualization (defined as the need for any person to be all that she/he can be).

This humanistic orientation of counseling is consistent with many of the positions advocated by the existential and gestalt therapists.

2.2.3 Philadelphia and London

Among those who expressed a guidance point of view was Jean Jaques Rousseau (1712-1778). As Zylwiski (1972) puts it, Rousseau suggested that the growing individual can best learn when s/he is free to develop according to his/her natural impulses. At approximately the same time, the famous Swiss educator Johann Pestalozzi (1746-1827) expressed the belief that the society could be reformed only to the extent that the individual in the society is helped to help herself/himself to develop.

2.2.4 Nigeria

Modern guidance and counseling was introduced by missionary educators. A child guidance clinic was established in 1964 and the emphasis of the clinic was remedial work. Modern counseling developed as a supplement to the traditional counseling. It was a product of deliberate effort made by a movement to help people to live well, cope better, understand more, work more effectively and be more effective on any activity in which they indulged. In 1967, the Nigerian Careers Council organized a workshop for careers masters and mistresses on vocational guidance. Consequently, upon the expansion of counseling activities in the country, the awareness of its role in guiding the youth towards self-actualizing living, there was a great need of forming a larger association. Thus the Counselling Association of Nigeria (CAN) was launched in December 1976 at the University of Ibadan. CAN has for its members the inclusion of professional counselors, personnel workers, social workers, psychotherapists and professionals from allied disciplines.

2.3 Development of Modern Counseling In Kenya

There is not much documented information about the development of modern guidance and counseling practices in Kenya. Having been a colony of Britain, Kenya seems to have borrowed the idea of vocational guidance in schools from the west and included it only in school curriculum. In schools, what could be called guidance and counseling, until recently was confined within careers guidance.

Until recently, even this was dependent upon voluntary effort by some teachers who felt motivated to do it.

2.3.1 Contribution of Reports of Education Commissioners and 1998 Bomb Blast to the Field of Counseling

The Gacathi Report

The commissioners of National Committee on Education Objectives and Policies (1976) were of the opinion that when guidance and counseling of pupils and students is properly done, it plays an important role in enhancing the persons future adaptability as does academic teaching. In this regard, they stressed the need to have all teachers trained in guidance and counseling work and be required to do it as one of their normal duties. Despite this recommendation, only Kenyatta University offered a unit in guidance and counseling to its teacher trainees. Today Kenyatta University has widened its horizons to degree and Masters level in guidance and counseling under the Department of Psychology.

The 1998 Bomb Blast

7th August 1998 marked a turning point in the endeavours of counseling in Kenya. Counseling movement drastically and suddenly acquired a new outlook when a Palestinian blew a suicide bomb at the American Embassy building in Nairobi. The building went up in flames while the adjacent buildings came a tumbling down burying hundreds of people under the rubble and debris. The effects of the

bomb were felt all over the city as people scampered for their lives as glass of most buildings continued to break hurting many more. People died, others were taken to hospitals with major and minor injuries and relatives and non relatives were shocked. Some people were saved alive from the rubbles as more bodies continued to be unburied. Many lost loved ones in death while others lost limbs and vital body parts. Parents got separated from their infants as they sought escape while others lost their property. A red letter day it was, and there was an urgent and great need to counsel the victims of this tragedy, whose effects were permanent and long lasting for a majority.

The Americans brought in their personnel on site and along with them counselors, for there were hardly any professional counselors in Kenya then. Also, anyone who held even a certificate of attendance in any counseling course was recruited to handle the post trauma effects of the victims and survivors. It was noted with regret that counseling needs were not very much catered for in Kenya. After this incident, need for counseling services could not be overemphasized. Many counseling institutions mushroomed, offering both psychological help and training. Some of them give some recommendable help but a majority of them have been started by people who are not fully qualified for the work.

Among notable counseling institutions in Kenya are Amani Institute, Kenya Professional Counsellors and Churches. Apart from this tragedy, Kenya has

continued to be invested with many problems such as of HIV/AIDS, drug abuse among the youth, poverty, fire accidents, strikes in schools, single parenthood, street children, child abuse, early retirement etc. All these problems are a clear indication for the requirement of services of trained counselors both in schools and society.

The Koech Report (1999)

The commissioners of inquiry into the education system under the leadership of Davy Koech were to come up with Totally Integrated Quality Education and Training (TIQET) system.

The commissioners noted that in the Seventh National Development Plan (SNDP) of 1994-1997, HIV/AIDS was recognized as a serious issue. In 1997 the government published Sessional Paper No. 4 on AIDS in Kenya. This paper has provided a policy framework within which AIDS prevention and control efforts were to be undertaken in the following fifteen years and beyond. It challenged all to contribute to the effort against AIDS: Communities, educational institutions, parents, private sectors, non-government organizations and donor agencies. It urged that efforts be made to promote social-cultural norms, values and beliefs that would have helped to reduce the risk of HIV/AIDS transmission. Despite the production of this paper, people still did not seem to view HIV/AIDS as an epidemic. Meanwhile, the scourge continue to wipe out many people

indiscriminately each day. Parents continue to die leaving behind orphans of school going age, some of who are themselves infected with AIDS.

These orphans require guidance and counseling besides other services in order to live with the disease and to persuade them not to spread it further or to take their lives prematurely. Koech report then saw the need of having multisectoral programmes to address HIV/AIDS' spread.

Another of Koech's recommendation was that guidance and counseling in educational institutions be offered by professionally trained and mature members of staff and students be guided and counseled on the basis of gender and parity.

Professionally trained personnel would be called upon to render services to parents and guardians of the learners as well. This called for both professionalism and maturity and dedication to duty on the part of the counselor. The commission was aware, also, that counseling involves a considerable degree of trust.

Another recommendation was that a national programme to be instituted for the professional training of teachers to handle guidance and counseling in education and training.

These recommendations were made out of the realization that the once vibrant unit of guidance and counseling in the Ministry of Education, created in the 1970, and staffed with professionally qualified officers was no longer effective as it used to be. Its trained personnel had since retired or had been deployed to other sections. The institutional and field staff had nowhere to seek necessary advice to help them in carrying out their guidance and counseling duties effectively.

The Koech commission also observed that a large number of learners in education and training institutions are in dire need of counseling and guidance services themselves as well as members of their families. It was also noted that most staff in institutions who offer counseling services are not professionally trained. This antisocial behaviour indicated that there was an urgent need to have professionally trained staff to handle guidance and counseling throughout the country. It was as a reaction of these recommendations that The Wangai Report recommended to grant fully paid leave to professionals who opted for post graduate study in counseling or psychology which still stands. Even then, the focus of the reports is on the schools and not on the destitute and street children out there.

2.4 Comparison between Counseling in African Traditional Societies and Modern Practices of Psychotherapy

It is always wrongly assumed that guidance and counseling did not exist in Africa prior to the introduction of Western Culture and Education. But the services of

counselors in Africa are as old as an African. Makinde (1984) says that the traditional African practitioner had a role in preventing, for example, suicide attempts and counselled for change of behaviour besides the perpetuation and creation of the extended family atmosphere to relieve feelings of loneliness and helplessness.

African poetry, music and dance, narratives, provocative and non provocative verbal instructions, proverbs, riddles, wise sayings and religious rituals (therapy) were used as psychological checks and balances. Group and one to one counseling services were offered. Ndambuki and Mutie (1999) stress that the objective of guidance in Africa was to mould the individual in such a way that s/he fitted in the society as a responsible member of the community. Female clients were guided by mothers, aunts, grandmothers and other responsible women in society. Male clients on the other hand, were guided by grandfathers, fathers, uncles and other responsible men in the society. Besides these counselors, there were, in every society a council of elders that dealt with truth and reconciliation matters.

Guidance and counseling in Africa is a long-life process because in every new stage of life of a person, some new information and skills are required. Kenyatta, (1937) says that learning is a continuous process that begins at birth and ends in death. Transition from one stage of life to another was marked with a ceremony when counseling and guidance through songs, dance, music, proverbs, riddles and

verbal instructions was done. Family life education was offered during the period of seclusion that followed initiation into adulthood.

On the other hand, the institution of the extended family together with sacred persons helped people out of their problems. Mbiti (1969) rates these sacred persons together with Kings and refers to all of them as specialists. They are very qualified in their specialized roles. These are the medicinemen, mediums, diviners, prophets, priests and rainmakers. They were friends of all in the community and they were accessible to everybody. Their guidance and wise counsel was indeed a special service and profession.

Traditional counselors belonged to a category of their own. They had a language, symbolism, knowledge, skill, practice and office and a personality of their own which was unique from other professions and not accessible to ordinary person just like in modern day counseling.

A typical African counselor, like his/her Western counterpart, believes that counseling is an art as well as a science. It is very much knowledge based and full of activities in search of meaning of life. It believes in the worth of an individual (client) and in awareness of the concepts of growth and development, physical, mental, intellectual, emotional, moral and social. It is also aimed to develop philosophical and questioning minds through the provision of a favourable or

conducive climate. The all pervading objective of guidance and counseling in Africa as well as all other parts of the world is to effect change in behaviour – a change that is initiated when alternatives are provided by one psychotherapist in modern context. For this reason, African counselors underwent a long period of training. According to Makinde (1973) the duration was not less than seven years. The training was arduous and strenuous. According to Makinde (1984) their course consisted of instructions in trado-medicalism, psychotherapy, counseling and human relations. Today one is not a professional counselor unless s/he has undergone postgraduate studies i.e. has had at least 16 years of education in Kenya.

Reporting from Bepo (1974), Makinde (1984) says that at the end of the training, an African indigenous counselor submitted himself to an oral examination where he recited verses necessary for his function. Also, he had to observe the code of conduct and ethics of the profession and most of all he has to be honest. Today training counselors are subjected to Practicum II which is basically an oral training in skills and must adhere to the code of ethics for counselors.

Among the problems in the inventory of counseling in African societies were cases of isolation, sleeplessness, poor adjustment, nervous disorder, excessive worries, suicide attempts, sonlessness, separation, widowhood, marital problems, truths and

reconciliation etc. This list is a clear indication that traditional counseling has largely been effective.

2.5 Literature Related to Child Abuse Incidents

2.5.1 Introduction

Child abuse consists of anything which individuals, institutions or processes do or fail to do which directly or indirectly harms children or damages their prospects of safe and healthy development into childhood. Shisanya (1999) defined child abuse the following:

Child abuse refers to any act by a person or society, designed to inflict harm on a child, or prevent a child from realizing, normal growth and development. P.51

We read and hear of horrifying experiences of children suffering in our society. There are those children who have been battered, those that have been raped, those that have been subjected to excessive labour, those who have been emotionally deprived, those that have been clitorydectomised and then married off to old men etc.

Child abuse goes together with child neglect. The latter is, also, a form of abuse that designates the absence of efforts to provide conditions whereby a child will develop normally. Such conditions include deprivation of educational opportunities, medical care, adequate nutrition and parental attention. Child abuse

and neglect are on the increase in Kenya. The large number of street children in Kenya cities and those others in rehabilitation centers are a clear indicator of high magnitude of this problem.

2.5.2 The Evils behind Child Abuse (Incidents)

Shisanya (1999) identified eight (8) forms of child abuse as battering, labour, abandonment, child imprisonment, sexual assault, cultural abuse, street children and religious abuse. On to this list the investigator in this study adds clitorydectomy, parentification, incest, child marriage, canning, verbal insults, gender discrimination, kicking, burning with hot object, pinching, denial of basic needs and general maltreatment. Here follows an explanation and possible illustrations of some of these incidents of child abuse.

(i) Child Battering

A battered child syndrome is a term used to characterize a clinical condition of children who have received serious physical abuse from a parent or a guardian. The phenomenon is deliberate and it includes minimum as well as serious fatal injuries. Children with this syndrome are mercilessly beaten, leading to fractured bones and other lesions. According to Shisanya (1999) 25 cases out of 75 that were reported in Kenyatta National Hospital in the year 1972 died.

The Daily Nation (2004 June) reported about Ms Beatrice Atieno who assaulted her 16 year old househelp, Hellen Anyango, in Buruburu Estate. Atieno was released on sh. 10,000 bond.

Writing about child abuse, Ogwang (2003) in *Childlife* reported the following:

Believe you not, Maurine a ten year old girls who had worked for several years as a househelp, got her lesson when her employer cut her head and mercilessly plucked out her fingernails using a sharp object. Apart from her fresh wounds, the girl had fresh healing wounds all over her body. On the fateful day she profusely bled throughout the night before neighbours came to her rescue. She used to earn only a token of 450/= per month which used to be sent to her mother up country using telegraphic money order (p.8).

In a personal interview with an interviewee who did not wish her name to be disclosed, she regretted having inflicted a scar on her son's hand with a hot object. She confessed to have been very frustrated by her truant husband who was abroad for study and who she suspected to have been flirting with other women. The boy has born the scar since then.



Figure 2.1 A battered child with multiple bruises.

Figure 2.1 shows a child victim of battering. The face bears multiple bruises and child neglect is indicated by uncleanness.

(ii) Child Labour

Many poor parents engage their children in wage employment with a view to raising money for their family maintenance. Unfortunately, children work under exploitative conditions where they do too much and they are paid half the adult's wage. A good example for these is in sisal estates such as those in Nakuru, Taita Taveta and Kilifi districts and other places where cash crops such as coffee and tea are grown. Although children are given juvenile work tickets, they do the same amount of work like the adults. They are not entitled to house but they are not given a house allowance. By virtue of being children, they do not have any benefits other than the salary. They are made to understand that by being allowed to work in these farms, a favour has been done to them because they can get pocket money. The investigator in this study worked in such farms in her childhood.

Children who work as househelps are not only lowly paid but also live under strict regulations. Their monthly salary is not only meager but it is not given to them either. Instead it is paid to older relatives. Others are denied right of association by being confined in houses. For some, their meals are rationed.

Engaging children in labour is morally wrong because they are lessened to commodities that can be marketed and bargained for. Besides, the children may

not have the capacity to bargain adequately for the labour that they offer and they end up giving too much while receiving too little.

The ill-treatment of children labourers by their employers lead to malnutrition, poor health, denial of education opportunities, recreation and normal socialization process that enables the child to be integrated into society. Children workers usually exhibit stunted growth. The psychological effects include; withdrawal, resistance, inferior status, regressive behaviour like hysteria and aging of the child.

(iii) Child abandonment

An abandoned child is s/he who has been deprived the right to protection by the guardian or parent. There are many reasons why people abandon their children. These reasons are such as unwanted pregnancy, especially from rape, disability, children being out of incestuous relationship, children resulting from extra-marital and pre-marital sex and cultural practices e.g where firstborn twins are an omen. The mothers of such children find themselves in a dilemma between keeping and killing children and the outlet left for them is to discard them, usually where some kind person may find them and take care of them. Because of problems related to HIV/AIDS disease, children abandonment has become very common of late.

On the other hand, as the New People (2004, May-June) puts it, traditional beliefs considered disability a curse and a punishment from gods. The family and the

community does not feel motivated to take care of a disabled child. Families usually hide such a child. In some instances they are abandoned to die. A good illustration of this is a recent show by Gikenye (presenter) where an abandoned child was found at Kangemi near Kabete Police Station in Nairobi. He was estimated to have been two months old and he was taken to Mama Ngina children's home for the abandoned children.

Children may be abandoned, when their parents are arrested. In the Nairobi city, when the City Askaris arrest women hawkers, their children are usually left behind. This is usually very risky because the children, particularly girls, stand the risk of being molested and sexually abused by street boys.

(iv) Children in Prison

Sometimes nursing mothers are taken together with their children to prison in Kenya. While in prison, the children become exposed to bad environment where all sorts of convicts are found and foul language is used. The hygiene is usually poor in the prisons and the children stand chance of contracting communicable diseases. Girls risk rape by inmates or prison wardens and their helpless mothers will not be able to do anything. Consequently, these children become maladjusted and hate the society that has imprisoned them when they have committed no crime.

(v) Sexual abuse

Sexual abuse is the engagement of children by adults in sexual activities. It usually happens forcibly and even when force is not used, the children are made to believe that the act is alright or it is just another game. In most cases children may not be aware of what is happening to them. Sometimes it is done to small girls by boys slightly older than them, who have learnt about sex elsewhere from adults or other children. Sometimes, children are lured into sex by adults through gifts such as sweets, money and pocket money for school going girls.

Sometimes, children are compelled to participate in incest, sexual stimulating acts such as fondling, touching private parts, masturbation and lesbianism and sometimes they are forced into prostitution to earn the family a living. It is irritating to learn that more than 75% of sexual abuse acts are committed by relatives of the children, like all other child abuse incidents. This happens in entirely preventable circumstances. Here below follows an illustration of this fact by Ogwang (2003).

Nancy, a 12 year old, confessed in tears her love affair with her 46 year old uncle that had existed since she was in standard 4 at the age of 9 years. The earth breaking news was received by her mother when she sought to know why Nancy was having difficulties in walking. Nancy, like all other victims of sexual abuse, found herself with unexplainable health problems ranging from excessive pains around her genitals and stomach to restlessness and dizziness. Finally her doctor diagnosed a venereal disease infection (P.10).

Sunday Standard (2004, July) published a story of a man who allegedly kidnapped and defiled a three year old girl and infected her with a sexually transmitted disease. The Nyando Divisional Police Commandant confirmed the incident and the arrest of suspect. He could not allow the mother to settle the case out of court because it deserved judicial punishment that would deter indulgence in such crimes. The mother's attempt to conceal the matter is an indication that abuse cases go unreported and that caregivers participate in abusive conditions.

In a mail posted to the Daily Nation (2004, July 13) the Roman Catholic Church in England and Wales received 62 new allegations of sexual and other abuse of children in the past year. The complains to Catholic dioceses and religious orders, which included 52 about alleged sexual abuse, were referred to police. In addition, 51 complaints of inappropriate behaviour towards children were dealt with internally by the church.

These and many other incidents of sexual abuse to children depict the extent to which these horrible crimes exist within our midst. These crimes are an invasion of the children's innocent life with the most abominable, heinous, barbaric and inhuman acts that should not be tolerated by any society.

(vi) Street children

This term refers to children who live in the streets having run away from their homes' environment. There are two categories of street children:

- a) Those that permanently live in the streets
- b) Those that come to town everyday to beg but in the evenings they resort to their homes.

A number of reasons cause the phenomenon of street children:- economic pressure, poor family relationships, parental deprivation, parental separation, defective discipline and overcrowding in houses.

Many street children are involved in crimes such as peddling drugs, stealing parts from motor vehicles, pick-pocketing, raping street girls or any other woman who may fall their prey, handbag snatching etc. A majority of these children sniff glue and use other hard drugs.

Talking to the East African Standard (2004, July), Toon revealed that the Kenya Government will soon draft a policy that would tackle the ever-increasing number of the street children. The Minister for Home Affairs said that his Ministry had set up a national steering committee on orphans and vulnerable children.

(vii) Cultural abuse

There are some African cultural practices that fall under the category of child abuse. These are such as plucking lower six teeth in some communities, clitorydectomy and child marriage. In a recent television show by Kenya Broadcasting Corporation (2004, July 26) in which the investigator was a participant, a girl narrated how, at the age of 10 years, her parents took her to their rural home and had her circumcised. She confessed that most of what was said in songs and dance was in symbolic language which she did not understand, but most of it, it was clear, was relating to sex. Besides, the sponsors kept on telling her that she had now become a woman. To imagine that a 10 year old has become a woman and is expected to be sexually active is too much for the children whose bodies and minds are still forming as Okemwa (1996) observed.

Another cultural practice that is an abuse to children is the throwing away of twins and killing of deformed children. Africans should remember that all children are gifts from God and they should be cherished. Both deformed and normal children have been created in the image of God and therefore have equal human dignity and human rights like all other persons.

(viii) Religious abuse

There are some sects in Kenya such as the Mungiki that subject its children members to taking drugs such as alcohol and tobacco as part of religious rituals.

The use of such drugs exposes the users to related diseases. Prolonged use is fatal. In some other sects such as Dada Mary's church in Kawangware in Nairobi, children members are forced to wear turbans and long cloaks and to sit in puddles during worship when it is raining. Such children are made to look different from others and this affects them emotionally as they can not mingle freely with other children without being marginalized.

In yet another sect, the Akorino Sect, children go hungry the whole day on Sundays because it is a Sabbath. At the same time, they are expected to be actively involved in worship. Such children may not watch cartoons like their counterparts at home nor do their homework and when they do, it is not well done because they do it in spite of hunger pangs.

Recently, some evangelists have been recruiting children to dance in their crusades to win worshippers. Although such evangelists get a lot of money in tithes and offertory in such crusades, the children are not paid for their services. They are only 'assured' of Gods blessings, as if to say the money is not part of that blessings.

'Miracle birth' babies

Pictured together, all 11 children at the centre of trafficking probe. They are in protective custody for their own good.



Figure 2.2: The Preachers Human Trade.

Figure 2:2 shows children victims of religious abuse. A Kenyan sect founder was discovered to be trafficking in children to Europe to become slaves and sex objects.

'Spare the rod and spoil the child' is a theme supported by Christianity. To some Christians, children can be thus treated accordingly. Harsh treatment is then usually justified by the belief that physical punishment is necessary to maintain discipline, transmit educational decisions and to purge evil spirits (Hamilton 1988).

(ix) Child marriage

Early betrothals and marriages deny the girl child a chance to go to school. Besides soon after marriage they become pregnant when their bodies are not ready for it. Soon then, they are enshouldered with the responsibility of parenting their own children while they themselves need that parental care. At childbirth, such girls experience a lot of problems and they may even die. Kanyoro (1996) gave the following illustration in relation to this abuse:

'I came back to the hospital a week after delivery, because I could not hold urine. The doctors have not yet helped me even though I have had two operations. They say it is because of infibulations I had when I was 10 years. I am now 16 years and this was my first birth. There was no money for school fees, so I did not go beyond primary class 6. My parents arranged for this marriage. My husband is more than 40 years and he has two other wives. I am the youngest (p.6).

(x) Sodomy

Sodomy refers to a sexual union between a grown up man and a boy or a minor. Reporting about child abuse, Munyao (2003) recounted an incident when a parked courtroom was sent to total dismay when some inmate children requested for the magistrate's intervention to save them from prison wardens who were sodomising them in exchange for food. In another incident in Kawangware, a man ran away without his trousers when the villagers ambushed him upon suspecting him to have abducted a boy on his way from school and dragged him to a nearby bush to sodomise him. This happened in the month of March in the year 2004, near where the investigator of this study resides.

(xi) Canning

In Kenyan schools, canning was acceptable as a form of punishment to those pupils and students who violated school rules. However, some teachers and headteachers did it to excess, often resulting to permanent injuries and in some cases causing death to the culprits. Relatively the government moved in to stop canning in schools.

(xii) Verbal insults

Verbal abuse like, 'Ask your mother who fathered you' and 'You are nothing special than your father' are very common with some parents, particularly in conflict habituated family processes. Emotionally these insults tore the children and also put them in a dilemma as to which parent they should follow or belong to.

(xiii) Discrimination

There are various forms of discrimination against children in most families. For instance, education is intended to prepare and equip children to take up their various roles in future within the society. But to some extent, it has been an instrument of child abuse and oppression to girls in particular. The boys as much as girls need the kind of education which will help them create a new identity. In some families, girls are taken to school only to learn to read so that they can read letters from their husbands. Once this is achieved, they are not paid for fees any more. They pull out of school get married and the dowry drawn is used to pay

school fees for the brothers. Such girls also may not inherit any property from their parents because their inheritance is at their husbands.

In societies like Taitas and Kikuyu where children are named after close relatives, the mothers tend to discriminate against those children that are named after their husbands' relatives. This becomes very bad and open especially when the husband is not fully responsible as a husband. It also causes rival factions among siblings of the same parent.

It is clear, from these and other incidents that the investigator has not discussed, that adults cause untold physical and emotional suffering to the children instead of protecting them. The governments' efforts together with church and the society generally have not been very successful in curbing this problem of child abuse because they concentrate on effects instead of addressing the causes. In the next sub title, the investigator of this study will discuss some of the causes of child abuse.

2.6 Factors that Influence Child Abuse

There are many factors that give rise to child abuse. Some of them are related to predisposing factors in the individuals who abuse children. Some of them are related to poor environment and poverty while others are rooted in our cultural

heritage as Africans. Some of these factors are beyond our control but some are entirely preventable. Here below follows a discussion of some of these factors.

Discussing predisposing factors contributing to individuals abusing children, Townsend (1993) proposes that Biological theories and psychological theories contribute to child abuse.

2.6.1 Biological Theories

i) Neuropsychological Influences

Various components of neurological system have been implicated in the facilitation and inhibition of aggressive impulses. The limbic system in particular appears to be involved, as stimulation of this area in humans has produced evidence of hostile and aggressive responses. Higher brain centers also play an important role in humans by constantly interacting with aggression centers.

ii) Biochemical Influences

Various neuro-transmitters may play a role in the facilitation and inhibition of aggressive impulses. This theory is consistent with “fight or flight” arousal described by Selye (1956) in his theory of the responses to stress.

iii) Genetic Influences

Some studies have linked aggressiveness with selective inbreeding suggesting the possibility of a direct genetic link.

iv) Disorders of the Brain

Organic brain syndromes associated with various cerebral disorders have been implicated in the predisposition to aggressive and violent behaviour. Tumors in the brain, particularly in the areas of limbic system and the temporal lobes, trauma to brain, resulting in cerebral changes, diseases such as encephalitis and epilepsy have all been implicated.

2.6.2 Psychological Theories

i) Psychoanalytic Theory

Unmet needs for satisfaction and security result in underdeveloped ego and poor self-concept. According to May (1972) aggression and violence supply individuals with a dose of power and prestige that boosts the self-image and validates a significance to his/her life that is lacking. Other psychoanalytic theorists have supported this hypothesis that aggression and violence are overt expression of powerlessness and low self-esteem.

ii) Learning Theory

According to Bandura (1969) children learn to behave by imitating their role models, which in most instances are their parents. Models are more likely to be

imitated when they are perceived as prestigious, influential or when the behaviour is followed by positive reinforcements. Later in life, children will imitate teachers, friends and significant others. Individuals who were abused by parents as children or whose parents disciplined with physical punishment are more likely to behave in a violent manner as adults and discipline their own children in the same way.

iii) Television and Movies

Adults and children alike model most of their behaviour after individuals whom they observe on television and movies. Unfortunately, modeling can result in maladjustive as well as adaptive behaviours, particularly when children view heroes triumphing over villains by using violence.

2.6.3 Other Causes

(i) Culture Erosion and Pressure to Work

In African societies, it was the duty of every parent together with extended family members to care and protect all children within their reach, at all costs. Today, the care of children is left solely to the parents, who also have to be away from home the whole day in order to earn a living. Children are usually left behind at home at the mercies of strangers in the name of house helps who may be boys or girls. It is during such times when parents are away from homes that strangers take advantage to abuse children, sometimes to revenge on the parents who may be

mistreating them as workers. The following is an illustration of such an incident by Munyao (2003).

A mother of an 8 year old boy was rescued by neighbours from committing suicide when she one day reported home from work and found her 16 year old house-help girl naked in the boy's bedroom having sex. Similarly, another 14 year old house-help was discovered to have been dozing a two and a half year old girl to sleep with piritions to enable her to get time to play outside with other children (p.10)

(ii) Economic and Poor Environmental Factors

Due to their low economic returns, a majority of people working in the city reside in impoverished conditions in slums such as Kawangware, the area of interest in this study, Korogocho, Kibera, Mathare and such others. These areas have very congested houses which are usually one or two roomed. The sanitation is very poor and people of all walks of life are found here. The moral standards are very low. Most families are unable to provide adequately for educational, shelter, clothing and medical needs for their children. Sometimes children are forced to become porters in market place to earn a living while the girls are either twilight girls or house helps. Other children are left to take up the role of parent when the parents are working at night as barmaids or as prostitutes.

In such areas, illicit liquor is prepared in almost every place and children are used to ferry it from one corner to another as the police may not suspect them. There are, also, those other parents who struggle desperately with no outputs hence

leaving their fate to God to handle. At this point, nobody cares, bothers or minds about children.

The investigator of this study, who has worked in Kawangware as a teacher for 15 years has observed that most people earn their living through small businesses such as selling fish, charcoal, being night guards, washing clothes for others and working in industries away from the slums as labourers and drivers. But there are a well to do lot that owns the houses within the locality and big businesses such as shops and bars. Some civil servants rent houses in these areas because they are cheap and affordable to them.

(iii) Antisocial behaviours

Some single parents and prostitutes also force their daughters in the same business to earn a living. Other parents take part in drug dealing and liquor brewing and when they are rounded up by the police their children are left without a caretaker, and suffer both physical and emotional neglect. Another category of slum dwellers are those parents who, are too lazy to do some honourable work to earn a living, send their children to the streets every day to beg.

(iv) Family Misunderstanding

Misunderstanding between parents and violence expose children to abuse than most of us could imagine or expect. Today, domestic violence is rampant in

marriages with strained relationships. Domestic violence usually begins with husband severely beating his wife. The wife then directs her anger to the children by beating, shouting and insulting them. This is when verbal insults like 'You are nothing special than your father' are hurled to children. Gradually, the intensity of abuse increase resulting to severe damage such as burning or strangling children to death.

(v) Armed Conflicts

Civil conflicts, tribal clashes and other situations of armed conflicts affect children who suffer as innocent victims through massive displacements. Maruping (1987) reported that 75% of the displaced persons in the events of conflicts in Africa are usually children. He further observed that those children are usually faced with problems of torture, rape, murder, abduction and enrolment in armed forces.

The New people (2004, May-June) reported that 'the LRA (Lords Resistant Army) in Uganda continue to abduct children, a fact that goes unreported in local media.... Army Officers admit privately that children are among the casualties every time there is a battle against the L.R.A.

(vi) Unwanted Pregnancies

Many adolescent girls engage in pre-marital sex and when they become pregnant they discard the babies or terminate the pregnancy. Those few who give birth are

unable to provide essential basic needs for their babies and this culminates to abuse and neglect and sometimes suffocating the babies to death.

(vii) Characteristics in a child that make him/her liable to abuse

The issue of children with unique, undesirable characteristics is another cause for child abuse. Some children are born prematurely and with low birth weights. Others are born out of rape. Others are born with physical or mental handicap. Sumba, (1989) identified other unique factors in abused children such as disobedience, failure in love bond between mother and child, poor school performance, poor conduct and neurotic problems. Mothers deny such children an opportunity to survive by failing to provide medical care and nutritional needs. In some cases, the mothers deny such children protection by abandoning them altogether. Ikenye (presenter) reported over Nation T.V. news that a 16year old boy, who is mentally handicapped used to be tethered by his mother, like a goat against a tree outside their house, using an iron chain. The chain had inflicted a wound around the hand. The Nation Media crew could not reach the mother for interview.

Physical attraction in a child may make her liable to abuse. In another incident a 43 year old father confessed in public to save his life from mob lynching saying that he sexually assaulted his 14 year old daughter because she was more beautiful than her mother. The girl had eventually a few hours before the confession lost

her virginity to none other than the person she respected, trusted and knew since childhood as her father.

Other causes of child abuse are effects of alcohol in the abuser and use of other drugs.

2.7 How to Detect an Abused Child

Children are often ashamed or frightened and they cannot find the right words to express what they have gone through nor what they may be going through after the traumatic incident.

However, generally, abused children tend to have abrupt emotional changes, nightmares, excessive fear or fright, strong resentment on certain issues, bitterness, poor self-esteem, lack of confidence in themselves, lack of respect, some engage in acts of carelessness, are unhappy, they tend to be very quiet and very many other emotional effects.

Some children may bear unexplainable marks, bruises, scars on the body, they may lose weight, have vaginal discharge which is unusually smelly etc. Academically, some of the abused children may perform very poorly or drop from their previously good performance. These effects can be classified into physical, behavioural and emotional signs.

i). Physical Signs of an Abused Child

These include any non-accidental physical injury caused by parent or caregiver.

These are:

- 1) Bruises over multiple parts of the body, bruises around the head and face
- 2) Bite marks and skin welts
- 3) Burns e.g glove-like burns that indicate the hand has been immersed in hot liquid, cigarette burns, burns in shape of an iron or a poker etc
- 4) Fractures and scars indicating battering
- 5) Lacerations, abrasions
- 6) Bald spots on the head indicative of severe hair pulling etc

ii). Behavioral Signs

- a) The children may become very aggressive
- b) May have extreme fear of the parent or the caregiver
- c) Extreme rage or passivity and withdrawal
- d) Apprehension when other children cry
- e) Extreme hyperactivity, distractibility, or irritability
- f) Disorganized thinking, self injurious and suicidal behaviour
- g) Truancy, stealing and drug abuse
- h) Severe depression, flashbacks
- i) Poor performance in academic work
- j) Inability to form satisfactory peer relations etc

iii). Emotional Signs

This is serious impairment of child's social, emotional or intellectual functioning. Indicators include:

- a) Age inappropriate behaviours
- b) Day time anxiety and unrealistic fears
- c) Sleep problems (nightmares)
- d) Behavioural extremes (overly happy or affectionate)
- e) Social isolation
- f) Self-distractive behaviour
- g) Inappropriate effect (e.g laughing at something sad)
- h) Vandalism, stealing, substance abuse
- i) Thumb sucking

Besides these signs, a neglected child, may be seen wearing dirty clothes, inappropriate wear, either too small or too large, may always seem hungry and s/he may steal or hoard food, is often tired, has poor hygiene and medical problems such as infected sores ringworms, dental problems etc. The performance may be poor if the child happens to be going to school and may be having poor relationships.

Counselors, caregivers and teachers need to be on the look out for other signs that are indicative of abuse such as the following: Frequent urinary infection, venereal

disease, gonorrhoea of throat, pain in walking or sitting , foreign matter in bladder, rectum, urethra or vagina, sleep problems, rashes or itching in genital area, scratching the genitals a great deal or fidgeting when seated and frequent vomiting.

Other behavioral indicators will be such as exhibiting seductive behaviour, advanced sexual knowledge for his/her age, excessive curiosity about sex, sexually abusing other children, having inordinate number of gifts or money etc.

2.8 Response of the Society to the Problem of Child Abuse.

The problem of child abuse is a global issue. It is the responsibility of all of us to protect vulnerable children and to promote their interests. Some of the National and International bodies that have made some effort to seek redress are such as discussed here below;

1. The Universal Declaration Of Human Rights 1959

The rights of children that were embodied in the 1959 declaration of Human Rights were:-

- a. The right to special protection
- b. The right to social security
- c. The rights to special care for the handicapped children
- d. The right to parental love

- e. The right to education
- f. The right to protection against exploitation among other rights.

2. The United Nations Convention On The Rights Of The Child 1990

On 26th July 1990, the government of Kenya ratified the United Nations Convention on the Rights of the Child (UNCRC). It enacted the children's rights that were embodied in the 1959's declaration. The UNCRC is a comprehensive document dealing with children's social, economic, cultural, civil and political rights. It is an international statute which puts first best interests of child and promotes greater respect for the child as a human being. It summarizes the rights of children into four categories i.e. the right to survive, to develop, to participate and to protection.

Right to Survive. Children must be protected by adults from any risk of life. They should also have access to proper nutrition, healthcare, education and rehabilitative care for victims of abuse.

Right to Development. It is the responsibility of adults to lay foundation for a child's ladder to prosperity. Development in childhood has permanent irreversible and irresistible effects on individuals denying them the ability to reach their full potential.

Rights to protection. Children should be allowed to grow in a clean and safe environment. Recently the world got on a rude shock when the television showed a girl of three years whose hand had to be amputated as a result of a gunshot she had suffered in Rwanda/Hutu/Tutsi ethnic clashes of 1999. The physical damage and trauma inflicted on such a child cannot be fathomed. Similar events took place in Kenya during the ethnic clashes of 1992 which were said to be politically motivated.

3. The Children's Bill 2000

In the year 2000, a law was proposed in parliament to promote the well being of children in Kenya. It addressed the rights that a child is entitled to and the role of the government in protecting these rights. These rights are the ones stated in the UNCRC. What the Government was seeking to ensure was that the right provided for in the instruments for the rights of children were also provided for in its laws. The Children's Bill 2000 explained the general roles and responsibilities of parents in ensuring the well being of the child. It provided for the establishment of institutions and gave guidelines on issues of children's welfare, legal help, custody and care of children, foster care, guardianship and adoption.

4. The Children Act 2001

The bill proposed in the year 2000 was in 2001 passed in parliament to become Children Act 2001. It was enacted to promote the interests of children regardless

of their tribal, religious and social affiliations. It enhances social morals in all matters affecting children.

5. Children's Court

The Government of Kenya has initiated legislation and action measures to regulate the welfare of children. With respect to the judiciary a separate specialized court exists in Nairobi, the Children's Court, that handles children's' cases.

6. The Children's Department

The Government of Kenya has a children's department in the Ministry of Home Affairs and National heritage. This Department provides institutional services, community based services, adoption service among others. The government maintains and supports juvenile remand homes.

7. Education

The government has provided Free Primary Education (FPE) to ensure that all children are accorded right to education. The government is also making a substantial effort to provide guidance and counseling services in schools.

8. Non Government Organizations

These are organizations such as The Child Welfare Society (CWS) and African Network for the Prevention and Protection Against Child Abuse and Neglect

(ANPPCAN). They provide some rehabilitative services to the affected children. They ensure that basic needs such as food, shelter, and medical care are met.

9. Church Organizations

The National Council of Churches of Kenya (NCCCK) has a family life education programme that has built clinics in slum areas such as Mathare Valley in Nairobi. In such clinics, counseling services are offered to children and their family members. The NCCCK also has established rehabilitation centers to cater for the needy children in various parts of the country e.g. Garbatula in Northern Kenya for children rendered homeless by Shifta attacks.

The Role of Parents

Parents are responsible for bringing children into the world and they should be responsible, too, for their upkeep. Parenthood, therefore, should not be entered into lightly. The foundation for self-confidence is laid at home. The way parents interact with their children plays a major part in instilling confidence in them. Children will value themselves if parents take an interest in their life. Therefore, parents should avoid derogatory comments about their children all the time and avoid repeating negative remarks.

A child thrives best in a family environment that has predictable and consistent standards. Predictability gives a child a sense of security and well being. Children

from good home environment are able to organize themselves later in life because they have the experience of doing it in childhood.

2.9 Conclusion

This project proposal is a discussion of incidents of child abuse with the view of residents of Kawangware slum area. These incidents are a victimization of a growing minor or juvenile by an adult or by another child. Cases of sexual harassment, battering, negligence, rape, incest, sodomy, verbal insults, excessive labour, clitorydectomy, child marriage, abandonment and general maltreatment of children are on the rise in Kenya and all Kenyans are affected.

Abuse of children began with disruption of African traditional pattern of life. When Christianity and colonialism began, the closely knit family patterns split. Heads of families moved to towns in search of jobs since wage labour had been introduced alongside system of taxation. The society was also stratified into elite, illiterate, rich and poor social classes and individualism set in. Moral standards went loose and people no longer care about feelings of others nor do they feel obliged to children who are not their own. The care of children is no longer a communal but a family responsibility. Money has become a god to many. The society no longer punishes those that go against traditional norms.

In this study, various factors have been theorized as influential in predisposition to child abuse. Some beyond our control, such as those of heredity and others essentially and entirely preventable.

From learning theories, we can gather that those people that abuse children were themselves abused at one time or they have learnt it by observing others or movies and televisions. There are also those people that abuse children because they have been influenced by alcohol and other drugs.

Another established cause of child abuse in this study is the characteristics in the abused child that make him/her liable to abuse e.g. being born out of wedlock or being disabled or a poor performer in school etc.

Children may experience many years without reporting an abuse because culturally a child may not accuse an adult, or because the adult is a sole provider.

It was established, in this review of literature, that many abuse incidents are committed by people related to the children or caregivers such as house helps and other family workers and even teachers. Neighbours and other familiar persons were also identified as primary abusers of children.

The effects of abuse on the victim were discussed and were seen to be in behavioral, emotional and physical categories. Examples were given and illustrations where possible. The influence of poor home environment and poverty to abuse were discussed. Child abuse is emerging as a national crisis in Kenya. Professional counselors are in a unique position to intervene in all spheres of life. However they are not and their service has not yet been given full recognition by the public and the government of Kenya.

2.10 Hypotheses

From the reviewed literature and my own observation, I hypothesize that:

- (a) Majority of the victims of child abuse are from low social class families.
- (b) More than 60% of incidents of abuse are perpetrated against children by their own relatives.

CHAPTER THREE

METHODOLOGY

3.1 Proposed Research Design

3.1.1 Descriptive Survey

The research design to be used in this study will be a descriptive survey. It will be used to determine the incidents of child abuse in Kawangware slum area. In descriptive survey research, the subject of investigation is precisely determined before the study commences. The collection of data is on a wide number of cases, each being investigated for a particular aspect. In this survey, two types of variables will comprise the respondents. These will be 100 children from a street children's center who will represent the underprivileged and 100 children from a prestigious school, who will represent the affluent, or the fairly well to do.

3.1.2 Ex-post Facto Research Design

This study, also, was an ex-post facto research design. This was because there was no control of variables. Kerlinger (1973) asserts that a design such as this one is carried out in disciplines like psychology, sociology and education, because these disciplines do not subject themselves to experimental inquiry.

3.1.3 Comparison Research Design

This study, also, was a comparative study. This is because it is required to demonstrate that two variables, i.e poverty and child abuse, are correlated. To do this, the researcher will compare frequency of abuse incidents among the poor and among the rich.

3.1.4 Location of Study Area

Kawangware is located on the West of Nairobi City and it is approximately seven (7) Kilometres from the city center. It is sandwiched among three prestigious estates i.e Lavington to the West, Mountain View to the East and Karen to the North. It overlooks another slum, the Kibera slum which neighbours Karen.

Originally, Kawangware was part of a settlement scheme with pieces of land that were owned by some members of Kikuyu community. These original landlords either sold their land to rich people who constructed rental houses or those who were able constructed such houses themselves did so. Therefore, the pattern of settlement has changed from widely scattered and dispersed population to one which is concentrated in a series of sub units.

There are about six sub areas within Kawangware. Some are associated with one or the other religious group or social (ethnic) group e.g Muslim village, Msalaba which are religious groups. Others are Coast, Kanungaga also called Gatina and

forty six (46) which are satirical names. Kongo and Kanungaga villages are mainly illicit liquor brewing areas whereas Coast and Muslim villages are mainly Islamic areas, with their own Mosques. The most dominant Christian faith in Kawangware is the Catholic faith – This is clearly indicated by the presence of many Catholic institutions within the area.

Due to the influx of upcountry folks coming to seek employment in the city of Nairobi, houses of low quality, from mud houses to one roomed stone houses are on the increase in Kawangware area.

Most dwellers of Kawangware are of low economic status. Most of them caretakers, watchmen, charcoal sellers, labourers, fish sellers etc. Among the dwellers are also twilight girls. It is believed that Kawangware is a hideout for many criminals. There are many primary schools but there is only one public secondary school- the Precious Blood School. Even then, this school does not serve the 'local' people because their children are not motivated well enough and they do not do well in their Kenya Certificate of Primary Education (K.C.P.E). There are many street boys in Kawangware and a few street girls. It is in this setting that Precious Blood children's family center is situated, from here, the investigator of this study will pick part of the data. There are many cases of violence that take place in Kawangware and many incidents of child abuse from all its meanings. It is this area that the researcher has an interest.

3.2 Proposed Population

The target population is underprivileged children living in Kawangware. This group has shown to be affected by incidents of child abuse more than any other group. According to the investigation, ardent poverty, poor environment, poor social relationship among parents and the absence of good moral standards are all contributory factors to the problem of child abuse. The effects of all these factors will wholly be represented in the investigation.

3.2.1 Accessible Population

The accessible population was 200 children. 100 of them will be from poor and underprivileged backgrounds and 100 will be from fairly well to do families. The children from fairly well to do families will be selected from Precious Blood school but the 100 destitute children will come from Precious Blood Children's Family Center, which is a rehabilitation center.

3.3 Proposed Sample Description

In this study, the sample was acquired through the services of both simple random sampling and stratified random sampling. This is because the population under investigation is divided into two sub groups, the underprivileged slum dwellers and the fairly well to do or rich people. This means that the sample will consist of the two sub groups as well.

3.3.1 Stratified Random Sampling

To obtain the sample from the fairly well to do children, the investigator, with the help of the school administration, stratified the sample by variable parent's economic status. This information was available from the school's official register and from the Head of the institution. Children from poor family backgrounds were eliminated and were not be part of the sub-sample.

3.3.2 Simple Random Sampling

The second sub type came from the underprivileged lot. With the help of the administration of the rehabilitation center from which the data was collected, the researcher compiled a list of all the children. Each one of them was assigned a number. The numbers were then written on bits of small papers and were folded. Those papers were then put in a container and were thoroughly mixed after which a 100 of them were randomly picked.

3.3.3 Sample Size

The sample comprised 200 children. This sample was stratified into two subtypes- the well to do and the destitute children. Each subtype was represented by 100 children.

3.4 Proposed Data Collection Procedures

3.4.1 Instrument of Data Collection

The research instrument which was used in this study was a self-administered questionnaire. As it has been suggested by Bless and Achola (1987), the questionnaire as the tool for data collection is a suitable method in a descriptive survey like this study is, for a number of reasons. A large coverage of population can be realized within a limited time, personnel and cost. Anonymity of respondents filling the questionnaire may enable them to be honest when giving their answers. It also helps to avoid bias due to personal characteristics of interviewers as none are used and it allows the respondents to have enough time on the questions that would require reflection or consultation before answering, therefore avoiding hasty responses.

The questionnaire that has been used in this study was designed to address itself to various variables that formed the basis of this study. It sought information pertaining to social and economic life of the homes from which the population was drawn. It consisted of some close-ended questions to provide for structured responses which facilitate easy tabulation and analysis. It also included some open-ended questions to provide in-depth information.

3.4.2 Data Collection

With the help of the institutions' administration, the investigator addressed the questionnaire to the children. A cover letter was sent along with the questionnaire. The letter explained to the respondents the purpose of the study. It also requested for their cooperation and honesty and at the same time guaranteed confidentiality for any information that was to be given. The letter introduced the researcher to the respondents and thanked them in advance for their contributions. The investigator made arrangements to collect the completed questionnaires. The involvement of the administrators of the institutions enabled the researcher to make a follow-up contact to any respondent who did not submit the questionnaire.

3.5 Data Analysis Procedures

The data obtained was compiled, was tabulated and presented in form of frequencies and percentages, ranks and ratios to answer the research questions number 1,2 3 and 4. Percentages and ranks were computed to test the hypotheses. These methods of analysis were used given that the data in this study was basically nominal in nature.

3.6 Measurement of Variables

3.6.1 Independent Variables

The independent variables that were used in this study included demographic characteristics of the respondents. These are:-

- (a) **Gender.** The respondents indicated their gender e.g. boy
- (b) **Age.** Age was operationalised by asking the respondent to tick the appropriate category to which they belonged e.g. 12-16 years.
- (c) **Education status:** The respondents indicated their level of education e.g. form one, standard 2 etc.
- (d) **Religion:** The respondents indicated their religious affiliations e.g. Muslim, Protestants etc.

3.6.2 Dependent Variables

The variables in this study included those characteristics that the investigator was trying to explain. They included incidents of child abuse, environmental and socio-economic factors that are conducive to child abuse, the child abusers and indicators of an abused child. The investigator used both open and close ended questions as tools for measurement of these variables. The questionnaire consisted of four sections. Section A was set aside for demographic data, Section B for incidents of child abuse and possible abusers, Section C for socio-economic factors influencing child abuse and Section D for indicators of an abused child.

CHAPTER FOUR

RESULTS OF THE STUDY

4.1 Introduction

The focus of this chapter is to present the results of data analysis on incidents of abuse against children from Kawangware slums. This chapter is divided into five sections. Section one is concerned with the data that is addressing question 1 of the research questions. This data is obtained from section B of the questionnaire and it seeks to find out the most severe incidents of abuse that are committed against children from Kawangware slums.

The second section is concerned with answering question 2 of the research questions. These data will specifically address itself to finding out the chief perpetrators of abuse incidents against children from Kawangware slums whereas section three is concerned with data collected from section C of the questionnaire, whose aim is to establish the types of incidents of child abuse that are reported among the poor people and those that are reported among the fairly well to do or the rich in the society. The fourth section is concerned with the establishment of indicators of abuse that are particularly prevalent among children from Kawangware slums. This data was collected from the section D of the questionnaire. Finally section 5 is concerned with testing hypotheses a and b

4.2 Section One

Question One: Which are the most severe incidents of abuse against the children from Kawangware slum areas?

The information on the incidents of abuse against the children from Kawangware is contained in Table 4.1.

Table 4.1: Incident of Abuse among Children from Kawangware Slums.

INCIDENT	OCCURENCES	%	RANK
Verbally Insulted	136	68.0	1
Beaten	124	62.0	2
Slapped	86	43.0	3
Threatened	75	37.5	4
Touched in sex organs	70	35.0	5
Excessive labour	67	33.5	5
Sexually assaulted	67	33.5	5
Battering	60	30.0	7
Denied food	45	22.5	8
Bitten	37	18.5	9
Kicked	36	18.0	10
Abandoned	36	18.0	10
Confined	27	13.5	12
Incest	25	12.5	13
Discriminated upon	19	8.0	14
Burned with hot water/object	12	6.0	15
TOTAL	200	100	

According to the data analyzed from Table 4.1, verbal insults were the most common form of child abuse. It was mentioned by 68% of all the respondents. It was followed by beating which was mentioned by 62.0% whereas slapping ranked third having been mentioned by about 45% of all cases. The least significant form of child abuse was burning with hot objects or hot water.

4.3 Section Two

Question two: Who are the perpetrators of acts of abuse against children?

The information on perpetrators of acts of child abuse against children is contained in Table 4.2 below.

Table 4.2: Perpetrators of Acts of Child Abuse against Children in Kawangware Slum area

	Incident/acts	Father	Mother	Relatives	Others
1.	Verbally Insult	9 (4.5%)	32 (16.0%)	25 (12.5%)	70 (35.0%)
2.	Beating	15 (7.5%)	63 (31.5%)	21 (10.5%)	25 (12.5%)
3.	Slapping	13 (6.5%)	38 (19.0)	12 (6.0%)	24 (12.0%)
4.	Threats	12 (6.0%)	24 (12%)	14 (7.0%)	25 (12.0%)
5.	Touching private parts	-	-	22 (11.0%)	48 (24%)
6.	Excessive labour	4 (20%)	26 (13.0%)	20 (10.0%)	17 (8.5%)
7.	Sexual assault	-	-	22 (11.0%)	46 (23.0%)
8.	Battering	10 (5.0%)	21 (10.5%)	10 (5.0%)	19 (9.5%)
9.	Denial of food	-	22 (11.0%)	17 (8.5%)	6 (3.0%)
10.	Biting	-	-	17 (8.5%)	20 (10.0%)
11.	Kicking	-	-	3 (1.5%)	23 (11.5%)

12.	Abandonment	12 (60%)	23 (11.5%)	-	-
13.	Confined	-	-	6 (3.0%)	5 (2.5%)
14.	Incest	-	-	23 (11.5%)	-
15.	Partiality	-	-	11(5.5%)	15 (7.5%)
16.	Burning	-	-	8 (4.0%)	4 (2.0%)
	TOTAL	75	249	231	347
	MEAN	4	15	14	TOTAL
	RANK	4	2	3	22 56
	RATIO	1:14	2:7	1:4	1
					11:28

The data presented in Table 4.2 show that the parents and other relatives of children are the greatest perpetrators of acts of violence against children. They record 62% of all cases of abuse while others record 38%. The category 'others' may seem at a glance to account for the highest incidence of perpetrators. However, the category 'other', combines many disparate groups that were lumped together due to the fact that they were individually insignificant. The next section present information on the differences in incidences of child abuse based on socio-economic status of the children's family.

4.4 Section Three

Question Three: How is Abuse of Children Distributed along Social Class Lines?

Information on the relationship between social status and child abuse is presented in Table 4.3 below.

Table 4.3: Relationship between Child Abuse and Socio-economic Background

Type of abuse	Social class		Total
	High Class f1	Low Class f2	
Battering	13 (21.7%)	47 (78.3%)	60 (100%)
Overworking	9 (13.4%)	58 (86.6%)	67 (100%)
Sexual Assault	15 (22.4%)	52 (77.6%)	67 (100%)
Verbal Insult	57 (41.9%)	79 (58.1%)	136 (100%)
Incest	3 (12.0%)	22 (88.0%)	25 (100%)
Biting	7 (18.9%)	30 (81.1%)	37 (100%)
Threats	23 (30.7%)	52 (69.3%)	75 (100%)
Confinement	6 (22.2%)	21 (77.8%)	27 (100%)
Slapping	41 (47.7%)	45 (52.3%)	86 (100%)
Denial of food	6 (13.3%)	39 (86.7%)	45 (100%)
Beating	46 (37%)	78 (62.9%)	124 (100%)
Burning	5 (41.7%)	7 (58.3%)	12 (100%)
Touching sex organs	27 (38.6%)	43 (61.4%)	70 (100.0%)
Kicks	5 (13.9%)	31 (86.1%)	36 (100.0%)
Partiality	2 (11.8%)	15 (88.2%)	17 (100%)
Abandonment	1 (2.8%)	35 (97.2%)	36 (100%)
N	266 (100%)	654 (100%)	920 (100%)
X	16	38	54

The findings from data in Table 4.3 show that out of all the cases of abuse that were reported, low social class children recorded the most with a mean incidence of 40.875 or 71% while the children from high social class recorded the least with a mean of 16.625 or equivalent of about 29%. Therefore the odd that an abused child would come from a poor family is almost 3:1. The next section deals with indicators of abuse that are most prevalent among children in Kawangware Slums.

4.5 Section Four

Question Four: Which indicators of abuse are particularly prevalent among children from Kawangware slum area?

The information on the indicators of abuse most prevalent among children from Kawangware slum area is presented in Table 4.4

Table 4.4: Indicators of An abused Child

SIGN	f	% of N	RANK
Regular nightmares	139	72.0	1
Withdrawn	88	44.0	2
Crying often	80	40.0	3
Disturbed sleep	74	37.0	4
Burns from hot objects	66	33.0	5
Fractures	48	24.0	6
Bald spots on head	31	15.5	7

Bite marks	26	13.0	8
Multiple Bruises	24	12.0	9
Ringworms marks	18	9.0	10
Glove like burns	3	1.5	11
TOTAL	200	100%	11

From the data presented in Table 4.4, the most prevalent sign of abuse among children in Kawangware slums is regular experiences of nightmares (72%) followed by withdrawal with 44% while the least common sign is glove like burns (1.5%). This means that the perpetrators do not often dip the children's limbs in hot liquids instead they indulge in other acts whose effects may be quite magnified.

4.6 Section Five

Testing the Hypotheses

This section presents findings that seek to verify or falsify the research hypotheses.

4.6.1 Hypothesis (a)

H_a: "The majority of the victims of abuse are children from low social class."

H₀: "The majority of the victims of abuse are not children from low social class".

The information that tests the hypothesis is presented in Table 4.5.

Table 4.5: Relationship between Social Class and Incidents of Abuse.

Type of Abuse	Social Class		f1 + f2
	High class f1	Low class f2	
Battering	13	47	60
Overworking	9	58	67
Sexual Assault	15	52	67
Verbal Insult	57	79	136
Incest	3	22	25
Biting	7	30	37
Threats	23	52	75
Confinement	6	21	27
Slapping	41	45	86
Denial of food	6	39	45
Beating	46	78	124
Burning	5	7	12
Touching sex organs	27	43	70
Kicking	5	31	36
Partiality	2	15	17
Abandonment	1	35	36
N	266	654	920
X	16	38	54

According to evidence from Table 4.5, the average incidents of child abuse are greater in low social class, 38 mentions or 70% as opposed to high social class 16 mentions or the equivalent of 30%. We do not reject the null hypothesis. Therefore the results mean that the research hypothesis that 'the majority of the cases of child abuse occur among children from low social class' has been proven right.

4.6.2 Hypothesis b: H_a “More than 60% incidents of abuse are perpetrated against children by their own blood relatives.”

The information on the basis of which the testing of this hypothesis is based is presented in Table 4.6.

Table 4.6: Perpetrators of Acts of Abuse against Children.

Incidents	Father	Mother	Relatives	Others
Verbal Insult	9	32	25	70
Beating	15	63	21	25
Slapping	13	38	12	24
Threatening	12	24	14	25
Touching sex organs	-	-	22	48
Overworking	4	26	20	17
Sexual Assault	-	-	22	46
Battering	10	21	10	19
Denial of food	-	22	17	6
Biting	-	-	17	20
Kicking	-	-	3	23
Abandonment	12	23	-	-
Confinement	-	-	6	5
Incest	-	-	23	-

Partiality	-	-	11	15
Burning	-	-	8	4
Total Incidents	75	249	231	347 TOTAL
X	11 (13 %)	31 (37%)	15 (18%)	25 (30%)
				56
RANK	4	2	3	1
RATIO	1:14	2:7	1:4	11:28

The data presented in Table 4.6 show that in total about 68% of all cases of child abuse are perpetrated by relatives (13%+ 37%+ 18%=68%) as opposed to others who account for 30% of all cases of abuse. Therefore, the research hypothesis has been verified and retained. The next chapter, five, is a presentation of the summary of findings and discussion of issues arising from the results with regard to literature available from previous studies in this area.

CHAPTER FIVE

CONCLUSIONS

5.1 Introduction

The focus of this chapter is to discuss the results of data analysed and presented in chapter four of this study, about incidents of violence against children from Kawangware slum area. The findings are discussed with a view of literature reviewed in chapter two of the present study and where they concur or disagree will be pointed out in this chapter.

The most severe incidents will be identified and discussed as well as the prevalent perpetrators. Possible factors influencing abusive behaviour in the perpetrators will be highlighted and remedies to curb the menace will be recommended. Difference in rates of abuse between the rich and poor families will be discussed and accounted for. The investigator will present in this chapter a summary of the present study and suggest possible areas of further research. Answers related to research questions of the present study will be discussed sequentially below.

5.2 Discussion of the Results

5.2.1 Research question one: Which are the most severe incidents of abuse against the children from Kawangware slum area?

This question sought descriptive responses from the section B of the questionnaire of the present study. The items received 100% responses from either positively or

negatively. The data was collected, analysed and presented in Table 4.1 of the preceding chapter. The peculiarities are discussed in the proceeding paragraphs. According to the analysed data, children from Kawangware are vulnerable to quite a number of acts of abuse. The data revealed these acts to be; verbal insults, beatings, threats, tampering with sex organs, excessive labour, sexual assault, battering, denial of food, bites, kicks, abandonment, confinement into houses, incest, partial discrimination and being burnt with hot object or hot water. The most prevalent of these incidents was found to be verbal insults while the less common was burning.

Sixteen various acts of abuse were surveyed across a population of 200 children. The outcome showed that out of 200 children who responded to the questionnaire items, 68% mentioned that they had been verbally insulted by a blood relative or by some other person. Beating was mentioned by 62% of the respondents. Slapping was mentioned by 45% of all reported cases. Thirty-seven percent mentioned that they had been issued with threats while 35% agreed that their sex organs had been tampered with whereas, 33.5% had been sexually assaulted or subjected to excessive labour or both. Thirty percent mentioned that they had encountered battering. About 22.5% reported having been bitten while 18% admitted kicks and abandonment with 13.5 % saying that they had been confined into houses while 8.5% had been discriminated against by their parents. The form of abuse that recorded the lowest percentage was burning with 6%.

According to this data analysis, the most prevalent form of abuse is verbal insult which was reported by 136 respondents out of all 200 respondents. It held the first rank. However, the literature reviewed does not concur with the present research in as far as prevalence is concerned. Shisanya (1999) ranked child battering first and religious abuse last.

According to the reports of newspapers, sexual assault is the most common abuse against children. This was highly reported during the time of literature review and it has continued to be reported. For instance, in a report by Saturday Nation (August, 14) a standard two girl was impregnated by a senior civil servant...the official, who had two other wives, had employed the girl as part-time househelp, when not attending classes but he chased her away after she became pregnant.

All literature consulted in chapter two whether newspaper, magazines or books has at least some form of sexual abuse. Kanyoro (1997) in *Violence Against Women* reported the case of a 16 year old mother who had infibulations since the age of 10 years. She was married to a 40 year old husband who had two other wives. Her bladder could now not hold any urine and was beyond treatment.

On the other hand, both the literature and the present study agree on the nature of abuses i.e. battering, sexual assault, excessive labour, confinement, religious abuse, verbal insults among others. The variation in rank can be attributed to the

fact that authors of the reviewed literature probably did not subject their theoretical frameworks to testing like it has been done in the present study.

5.2.2 Research question two: Who are the perpetrators of acts of abuse against children?

The second research question sought to determine the prevalent abusers of children especially in Kawangware slum area. Regarding this problem, all the items from the section B of the questionnaire were of interest. The items received 100% responses either positively or negatively. The results are presented on Table 4.2 of the present study.

According to the information provided on Table 4.2, mothers are reported to be the worst abusers of children. The mother column reported 249 counts which was equivalent to 28%. Fathers recorded 75 of all counts of acts of abuse while other relatives recorded 231 counts. All the relatives put together recorded 62% of all cases of abuse while 'others' category recorded 38%. The category or column 'others' may at a glance seem to account for the highest incidence of perpetrators. However, this category lumps together many disparate groups that would have been insignificant put individually.

All literature reviewed in chapter two of this study depicted relatives to be the prevalent abusers of children. For example, Mary Adhiambo (2004, September 11-17). The Saturday Magazine, reported the following:

When I was six years old, my parents separated...I was left with my dad. Since my father was working and couldn't to hire a maid to look after me, I was sent to my aunt who looked after me very well. My uncle was a totally different matter...he would wait for my aunt to go to work in the morning and then he would call me into their bedroom. In the beginning he would just ask me to come and sit in his lap, giving me a sweet. Slowly he began to caress my bony thighs, and then, gradually started fondling my private parts. I was so confused and terrified of saying anything that would wreck havoc in my new home. P7.

Childlife magazine (2003) also reported the case of the 12 years old Nancy who constantly had sex with her 46 years old uncle since she was nine. The presenter (Nation T.V. 2004 July) reported a case of a boy whose mother used to tether him to a tree whenever she was going to work to ensure that he did not wander away from home. Therefore, the present research and the literature reviewed both agree that relatives of the children are the most prevalent abusers. This is mainly because the violence takes place in places we consider to be safe. These are areas, such as in weddings, funerals and family gatherings, when it is houseful. A child may be molested, in these places, by a relative under the guise of 'tickling' or 'joking about'.

Male relatives have been shown to prey on young girls in the family under the

nose of their parents without the latter's knowledge. The figure 5.1 best illustrates this fact.



Figure 5.1: A Child Faced by an unwelcome sexual advance from a relative.

Issues affecting the family may sometimes cause one or both parents to subject their children to harsh treatment. According to grey literature from the lectures that

the investigator in this study attended, this situation is common with conflict habituated marriages and alcohol abusing families. It is here that mostly cases of incest are to be found and the parentification of one child by one parent who maybe suffering an emotional constraint. This usually creates a rift between the abused child and his/her siblings.

5.2.3 Research question three: How is abuse of children distributed along social class lines?

The third question of the present study sought to compare the cases of abuse that are reported among children from the rich and those that are reported among children from the poor families. Data collected from section C of the questionnaire was used to respond to the problem. The data presented in Table 4.3 was used to verify that all types of abuse against children, even though affecting the rich and the poor alike, the prevalence rates are higher among the poor than among the rich. According to the data on Table 4.3, 47 counts within battered children were reported by the poor while the rich registered only 13 counts. Similarly, of those that were subjected to excessive labour, the poor registered 58 cases while the rich registered 13 cases of excessive labour. Out of 100 children from poor families, 52 had been sexually assaulted while only 15 from rich families had been sexually assaulted. This is equivalent to 77.6% and 22.4% respectively.

Similarly, 88.0% of the children with poor economic backgrounds had been victims of incest while only 12.0% had been victimized for the same from the economically stable families. On the whole, the total incidents of abuse that were counted amounted to 920 out of which the poor recorded 654 which is 71%. The rich registered 266 incidents of abuse cases which was equivalent to 29%.

According to Eric Ogwang (Executive Director, Children's Legal Action Network) poverty and unemployment account in Kenya for almost 75% of causes for child abuse. Many parents struggle desperately with no outputs hence leaving every fate to God to handle. At this stage nobody minds, bothers or cares about the children. This is why our country Kenya is recording a worrying trend in uprising cases of child abuse in the urban slum areas such as Kawangware the area of interest in the present study.

Shisanya (1999) reckons that due to their low economic returns, majority of women headed households reside in impoverished conditions in slum areas with poor sanitation and general poor living conditions. Mothers in such slum areas are not able to adequately provide food, shelter, clothing, medical attention and education to their children. The women spend more time in money generating activities and less time with their children and in extreme cases, they abandon them altogether leading to the problem of street children.

Other single mothers engage in criminal activities such as illicit liquor brewing, prostitution and hawking in prohibited areas with the view to raising money for the upkeep of their children but when they are imprisoned the children suffer from malnutrition, physical and emotional neglect, some mothers force their girl children to prostitution for maintenance of their families.

Therefore this study concurs with Shisanya in as far as poverty is the main cause for child abuse. Nevertheless, this is not the only cause for abuse. War, strife, factors within the abused child, heredity and being in the wrong place and in wrong company are other motivators to abuse. Alcohol and use of hard drugs or being senile may make people to have a tendency to abuse the children as well.

Even with the economically able families, some parents relieve their frustrations, anger, stress and pressure from their working areas or offices or social places to family members, the greatest victims being the children.

Literature reviewed in chapter two suggest that some traditional and obsolete African cultural practices have been major attributes of child abuse. These involve practices like early child marriages, clitoridectomy, and selective discrimination of boys and girls. However, this research shows that although these cultural practices constitute abuse, they are not among the prevalent ones.

5.2.4 Research question four: Which indicators of abuse are particularly prevalent among children from Kawangware slums?

The fourth question of this project sought to detail the indicators of an abused child. It is important for a counselor or caregiver to be equipped with such knowledge to enable him/her to act appropriately. The data collected from section D of the questionnaire was analyzed and presented on Table 4.4 to respond to this question. The items received 100% responses either positively or negatively.

The results show that most abused children have experiences of nightmares after the traumatic events. Seventy two percent of respondents who had been abused in one way or another indicated that they got nightmares in their sleep. About 69% of the total respondents indicated that they bore ringworm marks especially on the head. This is a physical sign of neglect and poor hygiene. Approximately 54.9% of the total respondents claimed that they did not have friends or they had between one and two friends. This was a sign that they were less sociable and withdrawn. Some 42% reported that they cried often times with no apparent reason. This is a sign of emotional stress. At the same time, 87.8% of the respondents admitted to have visited the institutions' counselors mainly because they were stressed.

In her book *Psychiatric Mental Health Nursing: Concepts of Care*, Townsend, M.C. (1993) writes:

Child abuse includes physical, and emotional neglect, and sexual abuse of a child...the victim experiences flashbacks, nightmares, rage, physical symptoms, depression and thoughts of suicide. (p 675).

Kisoi (2003) urges counselors and child care givers to the do the following:

Be on the look out and watch out for any abnormal behaviours in a child. If carefully observed you will note abrupt emotional changes, nightmares, excessive fear or fright, strong resentment on certain issues, bitterness e.t.c....those who take their time with children will realize physical changes as unexplainable marks, bruises, scars, on the child's body, change of body weight and anal discharges. (P11).

These reports and many others from the literature agree with the present study about the emotional and physical signs that can help counselors and caregivers to detect a child who has been victimized by perpetrators of acts of violence.

5.3 Summary

The purpose of the present study was to determine the extent to which children from Kawangware slum area are actually abused and the psychological counseling implications. Various literature were reviewed for the purpose of placing the present study into perspective of what has been accomplished in this area and to give it a focus. The origins and development of formal counseling was reviewed to show the possible avenues of development likely to take place in modern practices of psychotherapy in Kenya. Factors such as interactions involving mental professionals, technologies of self-help such as Alcoholic Anonymous and human relations would be good for counseling in Kenya.

The literature further revealed that there is a great need for the establishment of counseling programmes among the poor who dwell in the slum area within cities in Kenya. This lot experiences much stress due to economic, social and political constraints that are brought about by the need to eke a living.

The data for the present study was collected by use of a questionnaire that was developed by the investigator of this study. Respondents from stable economic backgrounds administered the questionnaires to themselves while the children from the rehabilitation center were assisted by the institutions' administrators to respond to the questionnaire. One hundred percent of the expected respondents responded to the questionnaire. Ratios, frequencies, ranks, means and percentages were employed to analyse the data, as they were the appropriate analysis procedures for this study.

5.4 Conclusion

The result of this study show that there is greater need for the establishment of counseling programmes particularly to cater for the underprivileged communities in the cities. It also showed that even the rich need some amount of guidance particularly on responsible parenthood. Perhaps the difference between the two strata can be accounted for by their social economic standing. Most acts of violence against children were perpetrated by biological parents and the children's own relatives. Some perpetrators were reduced to being inhuman by economic

constraints and poor environment. The findings showed that the orphans who responded to the questionnaire were more vulnerable to abuse than any other destitute children. Most acts of violence centered on insults, battering, threats, beatings, touching sex organs and sexual assault. Guidance programmes can be effective in changing such devastating and inhumane acts on the part of children caregivers and relatives. Programmes aimed at poverty reduction within the country would go along way to alleviate child abuse.

Nevertheless the findings indicated that a majority of caregivers loved the children but they were fast flooded by the need to look for financial support. Consequently, they had little or no time with their children and some relatives and immoral people seized this advantage to abuse the children. The literature reviewed in this study indicated that there are some children who become vulnerable to abuse due to factors within themselves. These factors are such as a child having a big body so that she appears to be a grown up, and a man may desire to have sex with her or being disobedient so that stern disciplinary measures culminating in battering are administered by the care giver to a child etc. The literature also revealed that most incidents of abuse take place in environments that people consider to be safe. These are places where occasions of weddings, get together parties and worship and even learning take place.

5.5 Recommendations

1. This study confirmed the need to have counseling programmes in all sectors of the society, and in particular in institutions of learning and rehabilitation centers. Although of late there has been established counseling programmes in learning institutions, there are no well established guidance and counseling programmes for the public. The implication is that those who cannot access formal learning may not get help to adapt to life adequately.
2. Given that the Kenyan model of guidance and counseling is to utilize administrators, counselors and educators, essential courses in guidance and counseling should be made compulsory in all training institutions for various disciplines of the life of society.
3. Counseling programmes should be made compulsory in both public and private sectors with counselors in each institutions being assigned only to counsel and to coordinate counseling programmes. This recommendation is given with the view that in schools and institutions of learning where these programmes have been established, the counselors are expected to dovetail both counseling and work duties.
4. According to the literature consulted in this study, a children's court has been established in Nairobi. Nevertheless, this one court is not enough and many such courts should be established in every district to deal with children abusers.

5. The Government of Kenya has established a Children's Department under the Ministry of Home Affairs and National Heritage. This department provides institutional services, community based services and adoption services while the government maintains and supports juvenile remand homes. Nevertheless, the effectiveness of this department can be greatly improved if qualified counselors and guidance and counseling programme were put in place.
6. The role of parents: Parents should be aware that child abuse and particularly sexual predation in the homes is a reality. Little girls and boys are often molested in family homes. We have had recently from the media of rape cases involving grown up men and toddlers and it always starts with wrong looks and touches. Parents should, therefore, teach their children from an early age that their bodies are private property and no one is allowed to touch their private parts.

Parents should also not make children's genitals a taboo subject or they will be afraid of sharing any uncomfortable experiences thus making it hard for a parent soon enough to put a stop to them.

Parents should, also, never dismiss a child who tells that someone is worrying her. Parents should always remember that their children's physical and emotional well-being is of paramount importance than the

relationship with a relative who is a potential perpetrator of an abusive act.

Parents should avoid putting small girls in a situation where they may be alone with someone like a family driver, uncle, older cousin or a distant male relative. Parents should also realize that even sodomy is on the increase in our times and little boys as much as little girls can be sexually abused. Some relatives who take little girls for 'treats' in the absence of parents may molest them and consequently bribe or threaten them so that they do not inform their parents of an abusive encounter.

5.6 Suggestions for Further Research

Taking into account that most Kenyans live below the poverty line;

1. Similar research as this one utilizing national samples should be carried out to enable the development of a national programme.
2. This research show that a lot of literature has been written about child abuse but very little research has been done in relation to counseling implications. Most research that has been done center around school guidance and counseling. These were done in the 1960s and late 1970 with tremendous increment after the year 1997. Most of it center on HIV/AIDS, careers and unrest in schools. It should be noted that change is expected not only in schools but in all spheres of life of a nation.

3. The guidance and counseling needs for the physically handicapped and the psychology of the street beggars were not covered in the present study. Furthermore, the review of literature did not yield research done in Kenya with special population other than in the learning institutions. Future research in this area would supply useful information regarding the development of specialized services for the handicapped and beggars in Kenya. It is worth noting that all human beings are equal in dignity.

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APPENDIX A: COVERING LETTER**KENYATTA UNIVERSITY****DEPARTMENT OF PSYCHOLOGY**

Dear Student/Pupil,

I am a student from the above named University, where I am pursuing a Masters Degree in counseling psychology. I am undertaking a study on incidents of child abuse. You have been selected as one of the participants in this study. I am, therefore, making my humble request to you to kindly respond to the questions in the attached questionnaire. I am aware of the fact that some of the questions illicit not only very sensitive but also very personal information.

But it is just this kind of information that is needed to determine way forward in curbing this menace that has damaged lives of many innocent children. It is this very information that will pave way for further research. Please, bear with me. The information obtained from your responses will be highly confidential. There will be neither stigmatization nor victimization. You may distort your handwriting if you so wish. You are not required to write your name. The information will be used only for the purpose of this study. Thanking you in advance.

Yours sincerely,

Josephine A.M. Kirubi

APPENDIX B: QUESTIONNAIRE ON CHILD ABUSE**Section A. Demographic Information**

Please answer all questions in the spaces provided by ticking in the appropriate space or writing your responses as the question may demand.

1) Are you a boy or a girl? Tick in one of the boxes

1. Boy

2. Girl

2) What is your age?

1. 5-10

2. 11-15

3. 16-18

3) Please, write your current level of education e.g. Std. 2, Form 3 e.t.c.

4) Do you belong to a religion? Tick one of the boxes which one do you belong to:

1. Protestant

2. Catholic

3. Muslim

4. Greek Orthodox

Burning with hot object/water													
Touching of sex organs e.g. breast, behind e.t.c.													
Kicking													
Compelling to prostitution													
Partiality/discrimination													

Section c: environmental and socio-economic factors

Please respond to the following questions by either ticking in the box or writing the answer as the question may dictate.

1) Please write the part of the city in which your home is situated.

2) (a) What type of a house is your family house?

1. Bungalow []

2. Flat []

3. Maissonnette []

4. Two roomed []

5. One room []

(b) What kind of material has been used to construct the walls of your house?

1. Mabati/Iron []

2. Concrete/Stones []

3. Timber []

4. Mud []

5. Other

3) (a) Do your parents have salaried jobs?

1. Yes

2. No

(b) If yes, please write their jobs

1. Father _____

2. Mother _____

(c) if your answer in 3 (a) is no, please state briefly how the family earns a living

4) (a) Do you live with anyone other than nuclear family members?

1. Yes

2. No

(b) If your answer to 4 (a) is yes, state who the person is e.g. worker, cousin

e.t.c

5) What type of family is your family?

1. Nuclear

2. Single parent

3. Extended

4. Polygamous

6) How would you describe relationship between your parents?

1. Good

- 2. Fair
- 3. Satisfactory
- 4. Excellent
- 5. Other

7) (a) Is there anybody within your family who uses alcohol or any other drugs?

- 1. Yes
- 2. No

(b) If the answer to 7 (a) is yes, state the blood or any other relationship between you and the person (e.g. uncle) _____

8) (a) Have you ever received the service of a professional counselor?

- 1. Yes
- 2. No

(b) If yes in relation to what? Please explain briefly

Section D: Physical and emotional signs of abuse

Please tick in the boxes the answers as it may be appropriate.

1. Do you have any multiple bruises around your head and face?

- 1. Yes
- 2. No

2. Do you have any bite marks or skin welt?

1. One []

2. Many []

3. A few []

4. None []

3. Do you have any glove like burns on your limbs?

1. Yes []

2. No []

4. (a) have you ever obtained a burn by hot iron or any other object?

1. yes []

2. No []

(b) If yes, please explain how it happened.

5. (a) Have you obtained any fracture?

1. Yes []

2. No []

(b) If yes, please explain how it happened.

6. Do you have any bold spot on your head?

1. Yes []

2. No

7. If your answer is yes, please explain how you got it.

8. How often do you cry?

1. Many times

2. Rarely

3. Daily

4. Never

9. How often do you experience disturbed sleep?

1. Rarely

2. Often

3. Once in a while

4. Never

10. (a) Do you have nightmares sometimes?

1. Yes

2. No

(b) If yes how often do you do you have nightmares? Please select the answer

1. Once in a week

2. Once in a month

3. Once in a while

4. Once in a year []
5. Every day []
6. Other []

11. How many friends do you have? Please write.

Thank you very much for your cooperation

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