

**EFFECTIVENESS OF UNDUGU SOCIETY PROGRAMMES IN
EMPOWERING FEMALE COMMERCIAL SEX WORKERS IN NAIROBI
CITY COUNTY, KENYA**

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**A THESIS SUBMITTED TO THE SCHOOL OF HUMANITIES AND
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UNIVERSITY**

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DECLARATION

I declare that this thesis is my original work and has not been presented in any other university/institution for consideration of any certification. This research thesis has been complemented by referenced source duly acknowledged. Where text, data (including spoken words) graphics, pictures or tables have been borrowed from other sources, including the internet, these are specifically accredited and references cited using current APA system and in accordance with anti-plagiarism regulations.

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DEDICATION

To my husband Mwithali and our children Mwenda, Kenia, Mutai and Wega.

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OPERATIONAL DEFINITION OF TERMS

Commercial sex workers: In this study, this term is used to refer to women and girls who get cash or products in return for sexual administrations. They are also involved in business or routine with regards to taking part in sexual relations in return for payment. This study targeted CSWs aged between 15-35 years.

Commercial sex: As defined in this study, this is the exchange of money or goods for sexual services.

Empowerment: In this study, it depicts both the procedure and results of individuals (women and girls) who assume responsibility for their lives by changing behaviour, developing self-reliance, gaining knowledge, vocational and entrepreneur skills. It suggests women and girls (CSWs) capacity to make effective development and life choices and to transform the choices into desired actions and outcomes for the betterment of their livelihoods.

Graduate CSWs: In this study, these are CSWs who had completed undertaking the USK programmes.

Rehabilitation: In this study, this is the process of guiding, counselling and training CSWs with the aim of imparting them with knowledge, skills and desirable attitudes which can assist them to earn a living in a socially acceptable manner.

ABBREVIATIONS AND ACRONYMS

AIDS:	Acquired Immune Deficiency Syndrome
APNSW:	Asian Pacific Network of Sex Workers
CBO:	Community Based Organization
CSW:	Commercial Sex Worker
CSWs:	Commercial Sex Workers
ECPAT:	Early Child Prostitution And Trafficking
ECPIK:	Early Child Prostitution in Kenya
EMPOWER:	Education Means Protection of Women Engaged In Recreation
FBO:	Faith-Based Organization
HIV:	Human Immunodeficiency Virus
K-VOWRC:	Kenya Voluntary Women Rehabilitation
LLO:	Life Link Organization
NGO:	Non-Governmental Organization
SDG:	Sustainable Development Goal
SOLWODI:	Solidarity with Women in Distress
SWOP:	Sex Workers Outreach Project
UNESCO:	United Nations Educational Scientific and Cultural Organization
UNICEF:	United Nations Children Fund
USK:	Undugu Society of Kenya
WHO:	World Health Organization
WODIA:	Women Development International Association

ABSTRACT

Undugu Society of Kenya plays a major role in including CSWs in the current world-wide effort to emancipate the women through empowerment programmes. USK runs several empowerment programmes such as health, education, microfinance, guidance and counselling among others. Despite the efforts by USK to empower CSWs by doing all the positive things that should retain them, most CSWs keep going back to the sex trade. The study sought to assess the effectiveness of these programmes in empowering female commercial sex workers. The objectives of the study were; to identify USK empowerment programmes and activities for CSWs from 2012 when the programme started to 2015, determine the impact of the programmes and activities since 2012 to 2015, examine challenges faced by USK in empowering the CSWs and come up with strategies that could be put in place for effective empowerment of CSWs. The study was guided by the Liberal feminist theory. A descriptive survey design whose analyses were concerned with relationships between variables was used. The target population was all the 200 CSWs under the programme from 2012 to 2015, four social workers (1 from each centre) and one programme coordinator. Stratified random sampling was used to select a sample size of 40 CSWs from the target population (10 CSWs from each centre). Further, 4 social workers and the programme coordinator were purposively selected because they were believed to be more informed about the issue. Questionnaires and interview guides were used to collect data. Quantitative data was analyzed using statistical package for social sciences (SPSS) while qualitative data was analyzed thematically and interpreted in context. The findings of the study revealed that rehabilitation programmes mainly included education, microfinance, vocational training, health education, guidance and counselling as well as peer education programmes. It was also found that some of these rehabilitation programmes were effective in the social and economic empowerment of the CSWs. A regression analysis revealed that microfinance access had the highest influence in empowering CSWs, with the results being highly significant ($p < 0.05$). Inadequate facilities, financial constraints, inadequate trained and support staff hampered empowerment efforts by the NGO. Stigma, poverty, low level of education and gender roles challenged the CSWs. The study recommends that USK should provide adequate rehabilitation facilities, avail adequately trained staff, provide adequate rehabilitation facilities, sensitizing community members, establishing more centres and continued follow-up activities to the reformed CSWs. USK should also avail adequate seed money to enable CSWs to start small businesses.

CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

Sex trade is one of the oldest global professions that is least respected and most stigmatized (Asamoah-Adu, 1999). Where a material or monetary exchange is involved in return for sex is commonly referred to as 'sex trade' or in modern terms 'commercial sex' (Cohen & Trussels, 1996). According to Gitonga (2009), a commercial sex worker can be defined as an individual who has hit puberty and consciously generates income by exchanging sexual services for money or goods. This study focused on female commercial sex workers rehabilitated by the Undugu Society of Kenya.

Studies have shown that women move into sex work for economic reasons (Sahni & Shankar, 2011; Agustin, 2007; Bindman, & Doezema, 1997). Some move to sex work over other economic options, for example, the search for better earnings to prevent income deficiency syndrome is the primary reason (Sahni & Shanker, 2011). For some sex workers, commercial sex is a source of regular income while for others, it serves as a supplement income for the other work they do during the day while others are coerced into sex work (Agustin, 2007).

Various pathways lead individuals to commercial sex work. Squires (2005) posits that there are sex workers who work autonomously and conduct sex trade by choice. These groups are well-organized and are conscious of their sexual health and accessing health services. For others, sex work is a career decision which offers them a high level of job satisfaction and independence to dictate their terms of

service and clients (Anon, 2006). For other sex workers, coercion, poverty and addiction are the driving factors behind their decisions to engage in sex. These women have no option, but to engage in commercial sex work, as they are economically dependent on this line of work to meet their financial needs. Moreover, some of the women from poor socio-economic backgrounds have limited education and skills which can enable them to engage in alternative entrepreneurial work (Augustine, 2007).

Kaufman (2008) argues that the government, NGOs and community leadership are not playing an adequate role in promoting gender-sensitivity in all aspects of life. These institutions have given little attention to empowering these women through greater involvement in leadership posts in politics, religion, education and science asserting that it is their choice (Augustin, 2007). There is therefore, a need to emphasize gender equity, gender mainstreaming and gender empowerment (Anon, 2006).

Globally, commercial sex workers face many challenges such as health implications particularly concerning sexually transmitted infections and mental health (WHO,1989). They are also a stigmatized group in the society and have been blamed for the spread of sexually transmitted diseases, corruption, immorality, witchcraft and death (Bolin & Whelehan, 2009). In many countries in the world, various interventions have been made to empower CSWs with alternative skills for livelihood. In developed countries such as India, Britain and USA, there are some NGOs that offer empowerment programmes such as leadership training programme, health programme, education programme, guidance and counselling, employment

skills and legal support (Crawford & Kauffman, 2008). In addition, some organizations use art therapy as a means of emotional and economic empowerment. For example, FAIR FUND, a non-profit organization which focus on empowering commercial sex workers through a programme called Jewel girls in which the commercial sex workers make and sell jewels. The NGO has been effective in giving the CSWs vocational and life skills on means of generating income from entrepreneurial activities (Velikonja, 2015). The study filled in the gap of establishing the programmes that have a great impact on empowering CSWs in Undugu Society of Kenya.

Glendenning and Miller (1992) claim that in Britain, the feminization of poverty where single mothers are the head of families and are the sole breadwinners is a major contributing factor to the engagement of women in the sex trade in order to supplement the income from child-care benefits and part-time work (Phoenix, 1999; Sanders, 2017). Phoenix (2006) further argues “Women’s lives are still circumscribed by the same dynamics of inequality that have existed for centuries and that these dynamics continue to structure women’s poverty and their economic dependence on men.” To address this challenge facing single mothers and other women who engaged in the commercial sex trade, the British government works closely with NGOs through its social-work department to impart knowledge and skills (Bolin & Whelehan, 2009).

Nonetheless, these Non-Governmental Organizations rehabilitating CSWs do face many challenges. For instance, rehabilitation requires a long-term commitment from participants, service providers and donor organizations (Wickham 2009). However,

with the frequent return to the sex trade and lack of reliable funding, to provide long-term care can be challenging (Robinson & Paramo, 2007). Rehabilitation programmes are often viewed by donor organizations as risky, politically and socially sensitive (Ploumen, 2001). The type of funding is highly unreliable (Leah, 2009). Also, grants and other forms of donations are rarely given without “extensive application and audited financial report, visits to or from donor” and other requirements that these centres are unable to provide due to time and resource constraints (Kara, 2009). It is evident that other studies raised issues on challenges facing empowerment programmes for CSWs. This study was intended to fill this gap by providing evidence-based information as to why CSWs rehabilitated by USK are not effectively rehabilitated.

Kaufman (2008) examined the effectiveness of rehabilitation programmes whose main goals and objectives would be developing increased recovery from sex work, which would come through increasing the sex worker’s self-esteem and self-empowerment. However, despite the efforts of NGOs such as EMPOWER, FAIR FUND and SOLIWODI, the programmes failed to equip the women with life skills, knowledge and get them access to microcredit finances to start their own businesses.

Moreover, Chatterjee (2006) posits that the most effective rehabilitation strategies for sex workers should encompass family visits, gradual reintroduction into the society, train them to acquire skills to seek jobs and provide money for them to establish reliable sources of income. To achieve effective rehabilitation, the CSWs should be consulted. For example, CSWs supported by an organization called Shakti Samuha in Nepal perform street theatre as a way of interacting with families,

communities and police in order to raise awareness and challenge societal norms surrounding rehabilitation. There must also be a constant collaboration with CSWs to offer them an opportunity to define their own needs and set priorities. They should also be involved in the implementation of the programmes and mentorship of other CSWs (Ploumen, 2001). This study sought to establish the extent to which USK achieved the objectives of CSWs empowerment programmes.

Crawford and Kaufman (2008) examined the effective rehabilitation for CSWs. They found that most women who undergo rehabilitation services often re-lapsed due to lack of sufficient life and entrepreneurial skills to sustain the demands of day-to-day life. They recommended a variation of the following services: a central location for support, proper healthcare, psychological care, counselling, vocational training and literacy education. Besides, studies in some effective programmes have revealed similarities in the following characteristics: maintaining confidentiality, eliminating stigma and discrimination by those who provide services and allowing frequent family interaction (Chatterjee *et al.*, 2006).

Contrary, Gayen (2006) found that fruitful recuperation of CSWs must incorporate coordination by government, NGOs, local agencies and international organizations. For example, an NGO in Kolkata called Durbar Mahila Samangwaya found it necessary to build a partnership with local and national governmental organizations such as the department of health and social welfare counsellors and police force in order to provide a full range rehabilitation (Gayen, 2006). Crawford & Kaufman (2008) concurred that increased involvement and dedication by all actors focused on the recovery of CSWs can improve programme interventions and use of strategies

designed to address the physical, psychological, behavioural, social and economic needs of those involved in the industry.

Sandra (2012) reported that there are several NGOs in Thailand such as EMPOWER, APNSW who respond to the needs of commercial sex workers by helping them financially through giving out loans and providing schooling opportunities. “EMPOWER” is an organization in Thailand which has an education programme for commercial sex workers (EMPOWER Foundations, 2011). The organization teach the commercial sex workers about law and human rights issues with a view to providing them with information about HIV and AIDS (Sandra, 2012).

In England, one successful pilot scheme based in Liverpool involved commercial sex workers including male workers, nurse practitioners, street workers and several outreach projects. They were all included in order to build trust and provide fast track clinic appointments for both workers and their partners (Wells & Wakelam, 2004). Another effective model is working women’s project in Stratham, South London which is run by mainliners and based in primary healthcare centres. The project provides a full range of services such as pregnancy testing, referral for abortion and other gynaecological problems. The success of the programmes was attributed to the increased government expenditure on the projects as well as donor funds which facilitated employment of adequate staff, purchasing of training equipment and loaning the money to the women to start their business or pursue further education. It is apparent that other studies unveiled CSWs empowerment

strategies applicable in western countries but this study established the core programmes that empower CSWs locally.

In Nigeria, Adonsade and Aderrinto (2008) assert that commercial sex workers in the country faced many challenges such as stigmatization, sexually transmitted diseases, drug abuse and were often mistreated by their clients. They also found that these women were shunned and shamed by other members of the community which affected their children and other family members. In response, some NGOs such as WODIA and LLO have set out to offer empowerment programmes for commercial sex workers. The commercial sex workers are empowered through programmes such as vocational training, guidance and counselling, health programmes and are also adequately established to make them financially independent enough for the new vocation to be a rewarding alternative (Adonsade & Aderrinto, 2008). However, the study also cited that the NGOs were often constrained by some challenges such as lack of funds, facilities and resources to effectively conduct their mandate.

In another study by Diwakar, Ramanathan, Goswami, Ramakrishnam, Saggurti, Sen & Paranjape (2013), in developing countries, there was a high number of young commercial workers from the low-income areas, mostly slums. They found that these women had minimal education and reverted to commercial sex work due to lack of life skills that could facilitate entrepreneurial work and role models to guide them through their change process. Nevertheless, they reported that community mobilization helps to empower commercial sex workers and reduce vulnerability to HIV/STI (Diwakar *et al.*, 2013).

Similarly, health education programmes that were targeting sex workers have been carried out in several African countries such as Cameroon, (Mommylobe *et al.*, 2009), Zimbabwe (Wilson *et al.*, 1990), Tanzania (Mhalu *et al.*, 2013) and Kenya (Plummer *et al.*, 1989). The programmes were found to be ineffective due to the lack of funds, resources, facilities and high turnover of staff due to poor pay. Goswami (2013) found that in Ethiopia, the number of commercial sex workers is on the rise, more so among young girls who drop out of school and move to urban areas where they are either coerced into commercial sex or join the trade voluntarily. However, these girls were found to be exposed to unwanted pregnancy, sexually transmitted diseases, broken families and stigmatization from the community and their clients.

In response, Alexander (1997) observed that the Ethiopian government partly funds an NGO called NIKAT, which empowers CSWs by guaranteeing that their economic, political, social and psychological rights are regarded and improved. NIKAT runs several programmes such as a drop-in - centre that provides a safe place to rest and enable CSWs to access information, practice peer support and experience sharing. It also encourages information sharing about HIV and AIDS and offers access to cooking services and counselling. The organization works closely with CSWs by including them from the beginning (planning of the project) straight up to the venture fruition time (completion of project). They also train reformed sex workers as peer tutors to mentor the sex workers under the programme. The organization occasionally creates awareness to the members of the public through mass media on rights of CSWs and the significance of rehabilitating them (Diwaker *et al.*, 2013).

Moore (2014) reported that in Madagascar, the mental and physical well-being of commercial sex workers is threatened by their line of work. The community shuns and shames them and many are infected with sexually transmitted diseases, forced abortions and children born out of wedlock. These women are often the sole breadwinners of their families and have no other skills or knowledge to help them earn money to sustain themselves and their families. In response, there have been joint efforts by the government, community leaders and NGOs through community engagements to empower commercial sex workers through provision of health services, vocational training, entrepreneurial training and access to micro-finance services to help equip the women with life skills to facilitate their exit from commercial sex trade.

Wilson (2015) noted that in Senegal, NGOs receive funds from donors and their facilities are well equipped to facilitate effective provision of education and skills for the women. The NGOs adopt several strategies, which involve responding to the community expressed needs and demands. The commercial sex workers are contacted through the formal association that grants them access to the local port to solicit clients on the condition that, they make regular visits to the public STI clinic. Health educators are supposed to contact commercial sex workers by virtue of legal requirements for them to register with one of the four national specialized medical centres (Moore, 2014). The current study is therefore intended to add knowledge on effective empowerment programmes for CSWs based on Kenyan context.

In Kenya, several rehabilitation centres empower commercial sex workers such as Lifebloom Rehabilitation Centre whose main goal is to train the CSWs in various

skills in order to offer them a second chance by empowering them through skills. SOLWODI is another organization in Mombasa, which was established due to the increase of commercial sex in Kenyan coast because of the high influx of tourists. The organization offers commercial sex workers with entrepreneur skills, vocational training, health programmes, guidance and counselling.

“Survivor” is another organization based in Busia County. Its main mission is to support and empower CSWs in making better decisions concerning their sexuality. To accomplish this, the organization carries out advocacy, capacity building training, dialogue and networking with different stakeholders. The organization employs various strategies to economically empower CSWs by promoting self-sufficiency as an alternative source of livelihood. The organizations’ activities also include peer education training, advocacy for sex workers’ human rights, provision of VCT services and facilitation of support groups for CSWs. The organization also runs a savings and credit co-operative (Sacco), where all CSWs do contribute a specific amount of money each month and get their dividends every year (WHO, 2002).

K-VOWRC is another NGO based in Nairobi where microfinance programme is one of the integrated activities that the organization runs. It also offers programme activities geared to empowering CSWs such as business support, education, counselling and peer support (Putnam, 2000). Undugu Society of Kenya (USK), an organization under study is also another NGO that empowers commercial sex workers. Undugu Society partners with organizations such as Doctors without borders, Germany Doctors, ECPIK and SWOP in its acting for life project that seeks

to empower CSWs living in the slums with alternative life skills for survival and promoting their sexual rights. It focuses on girls and women (CSWs) aged 15 -35 years.

Undugu Society of Kenya is playing a major role of empowering CSWs and including them in the current worldwide effort to emancipate the women of the world. The sustainable development goal (SDG) number five of gender equality cannot be achieved fully if one class or group of women in the society is not empowered. The organization recognizes that it will be improper for African women to talk about empowerment, equality and liberation without including the women labelled as sex workers (Nnabugwu, 2009). This is because commercial sex has continuously been seen as a social problem, so there is a need to have better-informed policies to address social problems associated with commercial sex. In most instances, there is some level of gender bias in the criticism of commercial sex since little is mentioned about the clients of the CSWs (Nnabugwu, 2009). However, the success of the organization in achieving its objectives remains unclear since the problems faced by CSWs continue to escalate, hence the motivation for this study.

Researchers, for example, Njine (2016) and Gathece (2001) have raised issues on challenges facing rehabilitation of CSWs. The researchers have narrowly paid attention to general challenges facing rehabilitation of CSWs. Despite the abundance of work done by several other researchers, for example, Wamwea (2005) and Muya (2009) raising same issues on challenges facing rehabilitation of CSWs including the lack of effective imparting of life skills, entrepreneurial skills and access to role models as well as a financial support system for the effective rehabilitation. All

these researchers however narrowly paid attention to general challenges facing rehabilitation of CSWs in Kenya. Further, the studies fell short of identifying the key issues that lead to a high turnover of CSWs from the programmes. This study was intended to fill these gaps by providing evidence-based information as to why CSWs rehabilitated by USK are not effectively rehabilitated.

1.2 Statement of the Problem

In an evaluation carried out on USK through the Undugu children and youth programmes in 2012, it was observed that girls were not reached by the programme as most girls were found on the streets at night. They were involved in risky activities such as commercial sex, child labour, working in stripping clubs and running criminal errands for survival. In response, USK identified the girls involved in commercial sex activities and influenced them to form a girls-only association. Ideally, the intervention aimed to; promote peer-to-peer learning, leadership, development of girls for discussions on issues affecting them and how to develop solutions. They also sought to offer training in various marketable skills that could provide an alternative source of income such as business management skills, soap making, hairdressing, welding, plumbing, catering, embroidery, tailoring and basketry among others (Onyancha & Shorter 1999). Undugu Society runs several empowerment programmes for the CSWs such as microfinance, health education, vocational training, guidance and counselling among others. Despite the good intentions of the USK empowerment programmes, most of the commercial sex workers keep going back to the sex trade, (Wamwea, 2005). This study, therefore, sought to establish the extent to which USK achieved the objectives of CSWs programmes and determine factors contributing to the CSWs re-lapsing.

1.3 Objectives of the Study

Overall, the study aimed to examine the effectiveness of Undugu Society programmes in empowering female commercial sex workers in Nairobi City County, Kenya. Specifically, the study was guided by the following objectives;

- i. Identify the empowerment programmes and activities for commercial sex workers in USK from 2012 to 2015.
- ii. Determine the impact of the above programmes in empowering commercial sex workers in USK within a period of 4 years.
- iii. Examine challenges faced by USK and CSWs in the course of implementing empowerment programmes.
- iv. Identify appropriate strategies that could be put in place to effectively provide an alternative source of livelihood to the commercial sex workers in USK.

1.4 Research Questions

- i. What are the USK empowerment programmes and activities for commercial sex workers from 2012 to 2015?
- ii. To what extent have USK programmes empowered the CSWs in the last 4 years?
- iii. What challenges are faced by USK and CSWs in the empowerment programmes?
- iv. What strategies could be put in place in order to effectively empower commercial sex workers in USK?

1.5 Justification of the Study

The study on commercial sex workers is timely taking into account the rampant problem of many girls who eke a living through the sex trade. Rehabilitation of CSWs is not only beneficial to rehabilitees but also the society at large. They live a dangerous lifestyle characterized by drugs and irresponsible sexual behaviour which pose major problems which include health challenges, particularly in relation to sexually transmitted infections and mental health.

Poverty is one of the driving factors that force girls and women to engage in commercial sex. Many people engage in it due to desperation. The study was deemed important because its aim was to determine the impact of the USK programmes which would in turn help to assess whether the programmes are effective or not. These reasons validated the need for the study.

The study was also motivated by the fact that USK initiative to empower CSWs is in line with SDG five and ten on gender equality and reduced gender inequality respectively. This is also in line with Kenyan Government commitment to the vision 2030, especially on social and economic pillars.

The choice of this topic was necessitated by the need to contribute in evaluating the effectiveness of measures being undertaken to improve the holistic wellbeing of the CSWs. Studies have shown that some occupations can increase the risk of contracting and spreading STIs and HIV. Among these occupations are long-distance lorry driving, itinerant market women and commercial sex workers (Akinawo, 1995).

1.6 Significance of the Study

It is hoped that the findings of the study will help USK to identify the challenges facing the rehabilitation process of commercial sex workers. Through recommendations given out from this study, USK may take necessary steps towards overcoming the challenges that face CSWs.

The programmes will help the CSWs change their behaviour and assist them to be self – employed in activities like sewing, basket making, tailoring and et cetera. Once the CSWs acquire skills and start their own small businesses, this will remain with them for life and as a result, there would be a reduction in the rate of the commercial sex trade and spread of HIV and Aids. The acquired skills would be used for their sustainability and that of those they mentor. The women will be the direct beneficiaries of the project while their immediate families and community will be indirect beneficiaries. Further, while the study could add to the existing knowledge, other researchers could also use the findings and conclusions for further research in related areas.

1.7 Assumptions of the Study

The researcher assumed that the informants would be willing to answer all the questions accurately, truthfully and correctly and that they would actively participate during the process. Another assumption was that the management of USK would permit the researcher to carry out research within the institution. Also, the study assumed that USK had appropriate and functional empowerment programmes for the CSWs. The last assumption was that the strategies suggested to empower CSWs were the best and would enhance effective rehabilitation.

1.8 Scope of the Study

The history of the Undugu Society of Kenya spans more than 35 years with experience and expertise in the implementation of its programmes (Aira 2016). It is one of the pioneers and oldest organization in Sub-Saharan Africa focusing on rehabilitating and empowering vulnerable youth (Aira 2016). It is within this context that the study draws its inspiration to assess the effectiveness of the USK programme. USK had four centres located in the densely populated informal settlements of Nairobi county. The centres were specifically located at Kangemi, Kawangware, Mathare and Dandora. The study confined itself to the CSWs who had been in the programme from 2012 to 2015 because this was the length of the programme by the time the study was carried out. The study focused on 2012 because this is the time when the CSWs programmes started. The study confined itself to the CSWs programmes only and did not take note of other programmes under USK. The study confined itself to female commercial sex workers under USK and did not pay attention to other CSWs who are not under the USK programme. The researcher had a special interest in researching on social-economic empowerment of women specifically the most vulnerable because she wanted to seek and add knowledge in the empowerment of women who engage in the ‘oldest profession.’ Further, the study did not focus on other Non-governmental organizations rehabilitating sex workers because this was not meant to be a comparative study. Precisely, the study investigated the effectiveness of the programmes used in empowering the female commercial sex workers aged between 15 to 35 years in USK.

In conclusion, it is evident that few studies have been carried out on challenges facing empowerment programmes for CSWs. However, not many studies have been done on evaluating rehabilitation programmes for CSWs especially in Kenya. It is hoped that the findings of this study would bring to light, how to effectively rehabilitate and empower CSWs.

1.9 Limitations of the Study

The study was carried out in centres located in the slums of Dandora, Mathare, Kawangare and Kangemi. The socio-cultural and economic dynamics that form lifestyle in slums coupled with insecurity were a challenge to the study. However, to overcome these challenges social workers who are familiar with the geographical locations were used. The study confined itself to the CSWs programmes only hence did not pay attention to other programmes under USK. This factor calls for caution in generalizing the results to other programmes run by USK.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

Included in this chapter is a related literature review of empowerment programmes and activities for CSWs; the success of empowerment programmes; challenges faced by organizations and CSWs in the empowerment programmes and the strategies that could be put in place to provide an alternative to the CSWs. The subtitles are arranged in a thematic form. This chapter also presents theoretical and conceptual frameworks.

2.2 The Undugu Society of Kenya

Undugu Society of Kenya (USK) is an independent NGO that was started in 1973 by the late Father Arnold Grol. The organization runs several programmes such as basic education programme, village saving and loaning, family therapy, community empowerment programme, children and youth programme among others. These programmes are geared towards social and economic empowerment of youth, women and children to have alternative life skills for a decent livelihood. It is within this context that the study draws its inspiration to assess the effectiveness of the USK programmes. Undugu Society of Kenya extended its effort of empowering women and initiated a rehabilitation programme for CSWs in 2012 aimed at removing young girls and women (CSWs) from the streets by instilling positive change and giving them alternative ways of living. To achieve this objective, the organization partners with organizations such as Lions Medical centre, WeseeHope, MSF Medicines and Volunteers, Doctors without Borders, Germany Doctors, ECPIK and SWOP in its

acting for life project that seeks to empower commercial sex workers living in the slums with alternative life skills for survival and promoting their sexual rights. The main objective of USK programmes is to rehabilitate, reintegrate, educate and skill training vulnerable youth for self-reliance.

USK has created networks and alliances both locally and internationally. The local alliances are various Government Ministries and departments including: internal security, children department, human rights commission, Nairobi county council, youth and sports among others. Key donors of USK programmes include: Kindernothilfe of Germany, Friends cycle of Holland, Department for International Development of Britain, Action Aid and Norwegian foreign aid Agency (Wangenge 2003).

2.3 An Overview of Empowerment Programmes and Activities for Commercial Sex Workers

The term “Empowerment” was defined by the World Bank (2002) as the expansion in resources and capacities of individuals who negotiate, partake in, control, influence and account for institutions that impact their lives. Kebeer (2001) also defined empowerment as the expansion in people’s ability to make strategic life choices in a context where the ability was previously denied to them. Robinson and Parano (2007) also refer to empowerment as the process where the cognitive is restructured to enable individuals to identify and alter abuse-distorted thoughts, beliefs and assumptions by enabling them to subtly challenge abuse and distorted perceptions of self and others. Longwe (1990), defines Women Empowerment Framework on the concept of five different “levels of empowerment” whose achievement in social and economic life determines the level of womens’

empowerment. The levels of empowerment indicate the extent to which women have achieved empowerment. The levels of empowerment are in a hierarchical order ranging from Welfare, Access, Conscientization, Participation to Control. According to the framework, if a development intervention focuses on higher levels, there is a greater likelihood that women empowerment will be increased by the intervention than if the project focuses on lower levels.

Empowerment programmes enable CSWs to acknowledge the root cause of their low self-esteem and enable them to construct a positive identity. It is on this note that Crawford & Kauffman, (2008) set out to examine the empowerment programmes utilized in the United Kingdom. The researchers found that the most utilized empowerment programmes included leadership training programme, health programme, educational programme, guidance and counselling, employment skills and legal support. However, the study was conducted in the United Kingdom where the economic, social and political factors differ from those in Kenya; hence, this study examined the empowerment programmes adopted in Nairobi with a focus on Undugu Society of Kenya.

Velikonja (2015) purposed to investigate the rehabilitation programmes used in India. He found out that some organizations use art therapy as a means of emotional and economic empowerment, for example, FAIR FUND, a non-profit organization focuses on the empowerment of teenage girls who survive and recover from sexual exploitation and gender violence. The country has put in place a programme titled “Jewel girls” in which these survivors of sexual exploitation create and then sell jewellery. Through their focus on producing and selling jewellery, the girls feel a

sense of self-worth by having something that others seek to purchase. Even though the Fair Fund organization has been successful in empowering young commercial sex workers; it has faced various challenges such as financial constraints and high turnover of CSWs from the programme. This study sought to identify if similar challenges prevail in Undugu CSWs programmes as well as provide strategies to overcome them.

Similarly (Wilson 2015) examined the principles of effective sex workers' HIV prevention programmes in Australia. He found that these principles include strengthened programmatic and contextual understanding, intensified programme implementation, improved programme monitoring and evaluation. Wilson (2015) reports that, in Australia, no cases of HIV transmission was being associated with sex workers who do not use drugs. Asian campaigns geared to increase female condom use by sex workers saw a reduction of STIs and HIV incidence rates by 90%. In India, the epidemic was reduced by 60% through community-based targeted interventions (Wilson, 1999). Therefore, this study employed the principles of intensified programme implementation, improved programme monitoring and evaluation to determine whether the health programme for CSWs in USK was effective.

Sandra (2012) conducted a meta-analysis study to determine rehabilitation programmes in Thailand. The researcher found that there were several NGOs in Thailand that came to the rescue of women engaging in commercial sex by giving them financial assistance, loans and giving them opportunities to return to school. For example, EMPOWER is an organization which has an education programme for

CSWs (Empower Foundations, 2011). The NGO educate the females on law and human rights and enable them to access information and data on HIV and AIDS (Sandra, 2012). In addition, the organization gives women a safe non-judgmental setting where they feel safe and the prejudice associated with sex work is stripped enabling them to see life from a new perspective (Empower Foundations ,2011). The organization helps CSWs to set up and run their own coffee shops to supplement their income. They offer education, counselling, health care as well as a child daycare centre for working mothers. The study strongly aligns with the good principles of how CSWs can benefit from the empowerment programmes hence the current study set out to unveil best practices of CSWs programmes that would inform the Undugu Society implementation process.

Putnam (2000) used a case study research design to examine the effectiveness of K-VOWRC, an NGO based in Nairobi to determine the programmes used to empower CSWs. The researcher found that microfinance programme was one of the integrated activities that the organization runs. It also offers other programme activities geared to empowering women such as business support, education, counselling and peer support. Although different studies regarding empowering CSWs have been conducted, the studies fell short of identifying the key issues that lead to a high turnover of CSWs from the programmes. Therefore, this study established why these programmes have not combated the CSWs issues as they keep going back to the sex trade.

A study carried out in Nairobi Kenya by Gathece (2001), revealed that condom use among commercial sex workers increased from 77% to 94% when peer educators

were used to promote condom use and those who had not used condoms decreased from 77% to 49%. Behaviour change in commercial sex workers can be achieved by information, education, communication which aim at reducing the risk-taking behaviour and encouraging responsible sexual behaviour (USAID, 2002). Behaviour change requires locally appropriate information that targets the population at risk, training them in negotiation and decision-making, social and legal support and access to means of prevention (Kigano, 2003). Based on the statistics, peer instructors play a major role in promoting condom use among commercial sex workers. Hence, this study was intended to add knowledge on the roles the peer educators' programme plays in empowering commercial sex workers in USK.

2.4 Impact of Empowering Commercial Sex Workers Globally

O'Neill (1997) posits that various reasons propel men and women to engage in commercial sex. However, economic reasons are the most predominant causes for women going into commercial sex (Phoenix, 1999; Scrambler and Scrambler, 1997; Mathews, 2008). Often, a direct correlation is found between the number of women in sex work and the economic state of a nation and employment opportunities for women (Hankins, 1996). Glendenning & Miller (1992) argue that, in the majority of female-headed households, taking care of children with only child-care benefits and part-time work compels women to engage in sex work in a bid to make ends meet. Phoenix (2006) is of the opinion that, the lives of women are controlled by similar forces of inequality which have been in existence since time immemorial which continue to promote structures that limit empowerment of women by chaining them to males for protection and financial assistance. The previous studies are on

empowering CSWs in western countries hence the current study added knowledge on the empowerment of CSWs in Kenya.

In the United Kingdom, Squires (2005) examined the impact of the empowerment of CSWs. He found that the majority of the most effective programmes was the legal and economic help accorded to the women. He found that CSWs were better empowered academically and through employment hence their economic circumstances became better. As a result, women would not feel the need to get into sex work in order to get a regular and reliable source of income. Gunter (1992) was of the same opinion that, if women are better empowered academically and through employment, then their economic circumstances would be better. This would eliminate the continued cases of extortion of female sex workers. Satz (1995) noted that women suffer from economic challenges due to inequality between the female and male members of the society. She contends that the inequalities plaguing the labour market are a plausible explanation for the continued engagement of females in commercial sex as a source of income (Satz, 1995). In Cambodia, an NGO called Women Network for unity works towards improving the lives of CSWs by engaging them to advocate for their social inclusion and freedom from violence, stigma and segregation (Wilson, 1999). The previous studies examined the impact of CSWs empowerment programmes in western countries hence this study established the impact of CSWs empowerment programmes in Undugu Society of Kenya.

Contrary, Ericsson (2013) critiques the economic approach to explain sex trade arguing that, despite the historical evidence of the economic gains of commercial sex, it is a mistake to assume that eradicating poverty and inequalities would put an end to

commercial sex. In his view, Ericsson feels that economics fails to explain the supply and demand of commercial sex, which according to his view, is insensitive to the economic organization. Similarly, Kuo (2002) departs from the economic empowerment of women rejecting the view that commercial sex is purely the outgrowth of poverty. Instead, she asserts that, given the current situation, commercial sex is a legitimate choice. She does not believe that it will disappear when women are economically solvent (Kuo, 2002). For Kuo, even the middle-class women may still enter into commercial sex although they have other more potentially higher-earning opportunities. This study sought to examine the perspectives of CSWs in USK to determine whether they have similar views.

In Africa, Nnabugwu (2009) targeted an NGO in Nigeria called Civil Society for HIV and Aids which empowered 154 CSWs in Gombe state with income-generating activities to discourage them from the sex trade. The researcher found that the NGO gives each member a sewing machine, knitting machine or money to start a business depending on the type of business she chooses. Further, it provides psychosocial services and health information through the dissemination of information, education and counselling to the CSWs. The NGO empowers CSWs with skills and vocational training on cake making, hairdressing, pedicure and manicure (Sandra, 2012). The study was, however, conducted in Nigeria whereas the current study was done in Kenya to fill the gap in the literature.

In Canada, a study was conducted by Kaufman (2008) to examine the effectiveness of a pilot peer health training programme. The findings indicated that the programme aimed to enhance community empowerment to enable CSWs to shape

their practices around their health promotion and prevention strategies and to contribute to improving access to health and social services within their communities. It was found that the programme enhanced the CSWs' self-esteem, reduced internalized stigma, increased their critical consciousness, acquired new knowledge from participation and control over the training programme. They also strengthened solidarity with other sex workers and contributed to increased resource mobilization in the community. The study targeted a pilot programme hence the findings may not be generalizable to the USK programme.

Rekart (2005) also purposed to examine the living and working conditions of sex workers during the empowerment programmes in Ethiopia. He found out that the lives of the sex workers can be significantly improved by using economic empowerment strategy. If CSWs have alternative sources of livelihood, they can easily accomplish more prominent financial security which intern assist them in making major decisions that shape their lives. These incorporate the decision to work, save and make future plans. Eyben (2008) concurred that, by economically empowering commercial sex workers, they can greatly participate in economic activities in the society. This eventually makes the community members recognize and value their contributions, which intern boost their self - esteem. This makes it easy for them to acquire a future circulation of financial increases. The study was, however, conducted in Ethiopia; hence, the current study sought to fill the gap in the local literature.

2.5 Challenges Faced by USK and CSWs in the Empowerment Programmes

Reviewed literature unearthed several challenges found to be impending on the empowerment of Commercial Sex Workers by the Undugu Society of Kenya. It is evident that a few studies have been carried out on USK programmes by at least four researchers: Onyancha (1999), Wangenge (2003), Wamwea (2005) and Aira (2016). However, the studies dwelt on street children rehabilitation, Education Programme Evaluation, Microenterprise management and Performance of the Institution. Apparently, there was no study similar to the current one which was found to have been done at USK.

The study carried out by Aira (2016) on factors influencing the performance of USK found out that, USK projects funds came from different donors and were not provided at the same time hence influencing implementation of project activities and success of the programmes. Similarly, Onyancha (1999) also found that financial constraints are major challenges faced by USK because they depend almost entirely on donor funds and such funds are notoriously uncertain. Wamwea (2005) researched on microenterprise performance and found out that the money the women are given by USK is not enough hence they get engaged in the sex trade to supplement their income. According to research carried out by Wangenge (2003) on the evaluation of the USK education programme, USK does not have a follow-up programme for its former rehabilitees. Therefore, it cannot effectively assess how rehabilitees perform in life after completing the programmes. The study further revealed USK centres and halls are located on the land which belongs to the City Council hence USK does not have title deeds for these properties. Lack of title deeds

has occasioned problems to USK such as; some of this land has been allocated to private developers (Wangenge, 2003).

Globally, many governments and law enforcement officials, service providers and citizens remain insensitive to the challenges and obstacles facing commercial sex workers. Their situations are both oversimplified and judged by people who do not understand their complex circumstances (Leah, 2009). Often CSWs are viewed as naive or stupid. Sex workers are perceived as immoral and dirty. To provide effective rehabilitation programmes for commercial sex workers, it is necessary for NGOs to understand and empathize better with their situations.

Kempado and Doezema (1999) aimed to examine the challenges faced by empowerment programmes in Sweden. They found out that organizations often overlook outreach intervention as an important dimension of rehabilitation strategies. To locate sex workers and build a relationship with them, many service organizations must engage in outreach intervention before rehabilitation and reintegration programmes can even begin. Njine (2016) asserted that other challenges faced by rehabilitation centres were lack of facilities, finances, role models and trained staff. Additionally, the lack of a follow-up programme was found to make it difficult for sex workers to be traced and build a relationship with them. Also, since many CSWs return to the sex trade amid rehabilitation or after reintegration, service organization must continue to reach out to them when their services are needed again (Robinson & Paramo, 2007). Although the previous studies revealed that the CSWs return to the sex trade in the midst of rehabilitation. However, they did not reveal the reasons that force them to go back to the sex trade.

This study thus sought to establish the reasons why the CSWs under the Undugu Society of Kenya empowerment programmes keep going back to the sex trade.

Robinson and Paramo, (2007) purposed to examine the constraints hampering the effective empowerment of CSWs in South Africa. They found that rehabilitation requires long-term commitments from participants, service providers and donor organizations. However, with a lack of reliable funding and frequent return to the sex trade, providing long-term care can be challenging. Financial constraints are major challenges faced by many NGOs because they depend almost entirely on donor funds and such funds are notoriously uncertain. For instance, applications for grants must be repeated (donor policies change). While funding for emergencies or initial capital development may be available, donors refuse to take care of running costs (Muya 2009).

The stigma attached to sex work and the criminal sanctions it can entail make reliable data hard to come by. In Cambodia, sex workers are seen as vectors of HIV and Government policies treat them as objects (Asia Pacific viewpoint Vol. 46 No 1, April 2005). In Kenya, the illegality is only felt in urban centres when there is a public outcry or crises, other times it goes unabated (Gitonga, 2009). Many sex workers are hesitant to look for assistance through standard administrations, for example, genitourinary medication (Gum) facilities and general specialists because of a paranoid fear of shame and objection (William, 2015). Subsequently, a specialist must overcome this obstacle by building trust, upholding confidentiality and being non judgemental (William, 2015). Although earlier studies on challenges facing CSWs have been carried out, there was insignificant consideration of their

implication to the rehabilitators. The current study identified the challenges that CSWs face, their implications to the USK and strategies that would lead to effective empowerment programmes.

Commercial sex workers who wish to exit the sex industry may face different challenges depending on their degree of vulnerability. For instance, CSWs based on the streets require protection from violent partners through emergency provision of shelters, referral to counselling services to address psychological issues and referral to drug rehabilitation programmes (William, 2015). Barriers to re-integration of sex workers into the non-sex workforce include a criminal record, learning difficulties and low education level (William, 2015). A survey research of female sex workers in London discovered that provision of shelter was their greatest demand followed by the provision of sexual health and substance misuse services (William, 2015). In contrast, among those wishing to leave the sex industry highlighted provision of safe shelter, guidance and counselling services and peer support systems. Hence, the current study was able to establish whether the challenges faced in other organizations are the same as those faced by USK.

Another problem is lack of employment though girls are being given vocational training; they are not adequately established to make them financially independent enough for the new vacation to be a rewarding alternative (Adonsade & Aderrinto, 2008). Caregivers in Nigeria rehabilitation centre noted getting employment for the rehabilitated ex-sex workers could be herculean as many employers would rather not have anything to do with them (Kuo, 2002). The organization records a high turnover of the girls from the programme. Sometimes the services offered are not

enough to provide an attractive alternative to them. Despite the earlier studies on challenges facing CSWs having been conducted, the studies failed to identify the key issues that lead to a high turnover of CSWs from the programme hence, the researcher wanted to authenticate the veracity and also fill the gap by providing accurate information as to why commercial sex workers rehabilitated by USK record high turnover.

Gitonga (2009) points out that, the necessity of commercial sex workers to support their own family financially is given a huge burden. The amount of money given at the rehabilitation centres may not be enough to meet their needs hence they find going back to the street better because they earn more money (Wamwea, 2005). The desperate case is when the whole family is completely dependent on the money coming from commercial sex work hence understanding the increasing pressure put on commercial sex workers to support a whole family is tremendous (Oduor, 2010). The current study, therefore, sought to find out if the financial assistance provided by the rehabilitators was sufficient and if not, it wanted to find out if this could be one of the major reasons the commercial sex workers go back to the sex trade.

2.6 Strategies for Effective Empowerment of Commercial Sex Workers

Rehabilitation and reintegration strategies targeting individuals recovering from violence and exploitation within the sex trade require multifaceted approaches. This is supposed to involve a variety of actors. Recovery efforts must simultaneously address the physical, psychological, behavioural, social and economic issues encountered by these individuals. Moreover, successful recovery must include service coordination agencies, (Crawford & Kaufmann, 2008). Notwithstanding how

women and youngsters previously became associated with the sex trade, regardless of whether as sex workers or sex slaves, the rehabilitation and reintegration systems for their recuperation are comparative. All survivors need a central place for guidance and counselling, instruction, skill training, community support and health services (Crawford and Kaufmann, 2008, Farr, 2005; Jayasree, 2004; Kara, 2009; Kempadoo and Doezema, 1998). Counsellors recommend that individuals who were moved from their original homes need to be given some period of recuperation dependent on individuals' need, which precedes reintegration into society (Chatterjee *et al.*, 2006).

a) Provision of Training (skills development)

The incorporation of women into the sex trade is often attributed to a lack of educational and economic opportunities (Kuo, 2002). Thus education and employment play a major role in their rehabilitation and reintegration. For the reason that each community had unique cultures and customs, education and employment training were obligated to be locally applicable. For example, an organization in Nepal focused on providing education and skills such as driving, hotel cooking, community health and micro-credit opportunities (Crawford & Kaufman, 2008). A local organization in India called Shakti Samuha provided vocational training to prepare women for electrical work, roles in beauty salons and office work. The NGO also provided loans to support small businesses such as goat rearing, stationery shop and grocery shop (Shakti Samuha, 2007). Since many women were often denied access to school and educational opportunities, it was important for them to learn to read and write hence the rehabilitation centres sought to provide literacy programmes.

Small-scale enterprise development and microfinance training are viewed as viable strategies for economic empowerment for self-selected people who are low-income earners and jobless. Micro-enterprise development programmes focus on job creation, poverty eradication, increasing economic self-sufficiency and also increasing the economic stability of individuals and members of the community. Encouraging microenterprise development also has spin-off effects. Micro enterprises create jobs in a community, improve the economic stability of neighbourhoods and also help in restoring and building communities through a philosophy of self-help (Dumas, Smith & Prinz, 2001). From the previous studies, Shakti organizations employed various strategies to empower CSWs and the current study, therefore, sought to add knowledge on strategies based on Kenyan reality that USK employed in order to provide an alternative to commercial sex workers.

b) Provision of Shelter

Commercial sex workers seek assistance from shelters, especially, when they perceive a threat against their lives and do not have adequate support to survive. However, even in such situations, women shelters are usually a last resort (Cohen, 2009). In this regard, commercial sex workers cannot be expected to apply to an unspecialized body which cannot meet their specific needs. In an ideal construction, a woman's shelter is more than a safe place. Many commercial sex workers who are recovering from sex trade require temporary housing. Recovering commercial sex workers at times also require extensive psychological counselling and long-term care (Crawford and Kaufman, 2008). Some of these individuals may also remain active in the industry and seek services to impose their experiences such as condom

distribution, safe sex training, health clinics, sleeping and bathing facilities and childcare (Jayasree, 2004).

c) Provision of Employment

All individuals have the chance to participate in financial activities to some extent. However, commercial sex workers' chances are often relatively diminished compared to others across countries and societies (Kapista, 2008; Golla *et al.*, 2011). Obviously, opportunities and productive assets make up the two sides of the same coin. With greater access and control of resources, a commercial sex worker has more capacity to make desirable decisions that will have a positive impact on her wellbeing. Simultaneously, greater chances to make choices regarding the economy would enable her to accumulate more assets to secure her sustained monetary achievement (Bachelet, 2012). For the NGOs, this study contributed to suggestions for future working strategies. Additionally, the current strategies corresponded to commercial sex workers' perceptions of needs.

2.7 Summary of Literature Review

Reviewed of literature indicated that empowerment programmes which lead to effective rehabilitation often include leadership training programme, health programme, education programme, guidance and counselling, employment skills and legal support (Crawford & Kaufmann, 2008). The previous studies strongly align with the good principles of how CSWs can benefit from the empowerment programmes hence the current study sought to unveil best practices of CSWs programmes that could inform the Undugu Society implementation process.

Many Non- Governmental Organizations such as EMPOWER, Fair Fund, and Shakti have played a key role in empowering CSWs globally. Although these organizations have been successful in the empowerment programmes, they have faced many challenges such as financial constraints, high turnover of CSWs from the programmes. This study sought to identify challenges specific to Kenyan context through Undugu CSWs programmes as well as provide Kenyan based strategies to overcome them.

Undugu Society of Kenya is one of the pioneers and most established NGO in Sub-Saharan Africa concentrating on the recovery and integration of vulnerable youth (Aira 2016). Although studies about rehabilitation programmes for CSWs have been conducted by Gathece (2001), Wamwea (2005), the studies fell short of identifying the key issues that lead to a high turnover of CSWs from the programmes. Therefore, this study sought to establish why these programmes have not combated the CSWs issues as they keep on relapsing in to practice.

All individuals have the opportunity to engage in economic activity to some extent, in contrast, commercial sex workers' chances are often relatively diminished in comparison with others (Kapista, 2008). Obviously, productive assets and opportunities make up two sides of the same coin with greater access and control to resources, a CSWs has more capacity to make choices that will have positive consequences in her wellbeing. For the NGOs, this study sought to contribute to possible suggestions for future working strategies and obviously, the current strategies correspond to commercial sex worker's perception of needs. Consequently, the study is very relevant from a research perspective.

2.8 Theoretical Framework

The study was guided by liberal feminist theory, which was popular in the 1950s and 1960s. One of the proponents of liberal feminism was Betty Friedan (1963). The fundamental perspective on liberal feminists' activists is that every human being whether male or female was created equally by God and deserve equal privileges and rights. Liberal feminist theory criticizes practices that deny women equal protection and opportunities under the laws as well as laws that discriminate against females. With regard to sexuality, liberal feminism maintains the customs of liberalism, keeps up the custom of radicalism, valuing personal autonomy and privacy. For instance, liberal feminists adopt a libertarian or public health approach regarding commercial sex activity. Thus, many liberal feminists reject calls to condemn or criminalize the act of commercial sex. They defend their position by citing and emphasizing privacy but also by involving the inherent value autonomous choice. The liberal women's activists accept that oppression exists due to the manner by which people are cultured and socialized, which supports patriarchy, male dominance in leadership positions which keep men in power positions. They accept that women ought to be given the same opportunities in political, economic and social circles. They emphasize women's development in all spheres of life hence women ought to have the right to choose. Liberal feminists demand equal rights and opportunities for females.

This theory is relevant to the study because it emphasizes that everyone deserves equal rights and opportunities and rejects calls to criminalize or condemn commercial sex. In this case, CSWs is a group which is vulnerable to a wider variety of human rights abuse. These include sex workers being victims of violence

perpetrated by police, the clients and members of the wider society. This group face many forms of violence such as sexual violence, rape, harassment, humiliation, emotional abuse among others. In relevance to the study, the theory emphasizes the empowerment of all women including the most vulnerable (CSWs) in all spheres of life. When the CSWs are empowered and given equal opportunities they become socially and economically empowered hence betterment of their livelihoods. Moreover, empowering CSWs helps in achieving SDGs five and ten on gender equality and reducing gender inequality respectively as emphasized by the liberal feminists. Additionally, the SDGs of empowering women cannot be achieved if a group of women labelled “commercial sex workers” are not empowered. Since the signing of the Beijing platform for action in 1995, many NGOs such as USK are committed to achieving gender equality and empowerment of all women including the most vulnerable.

2.9 Conceptual Framework

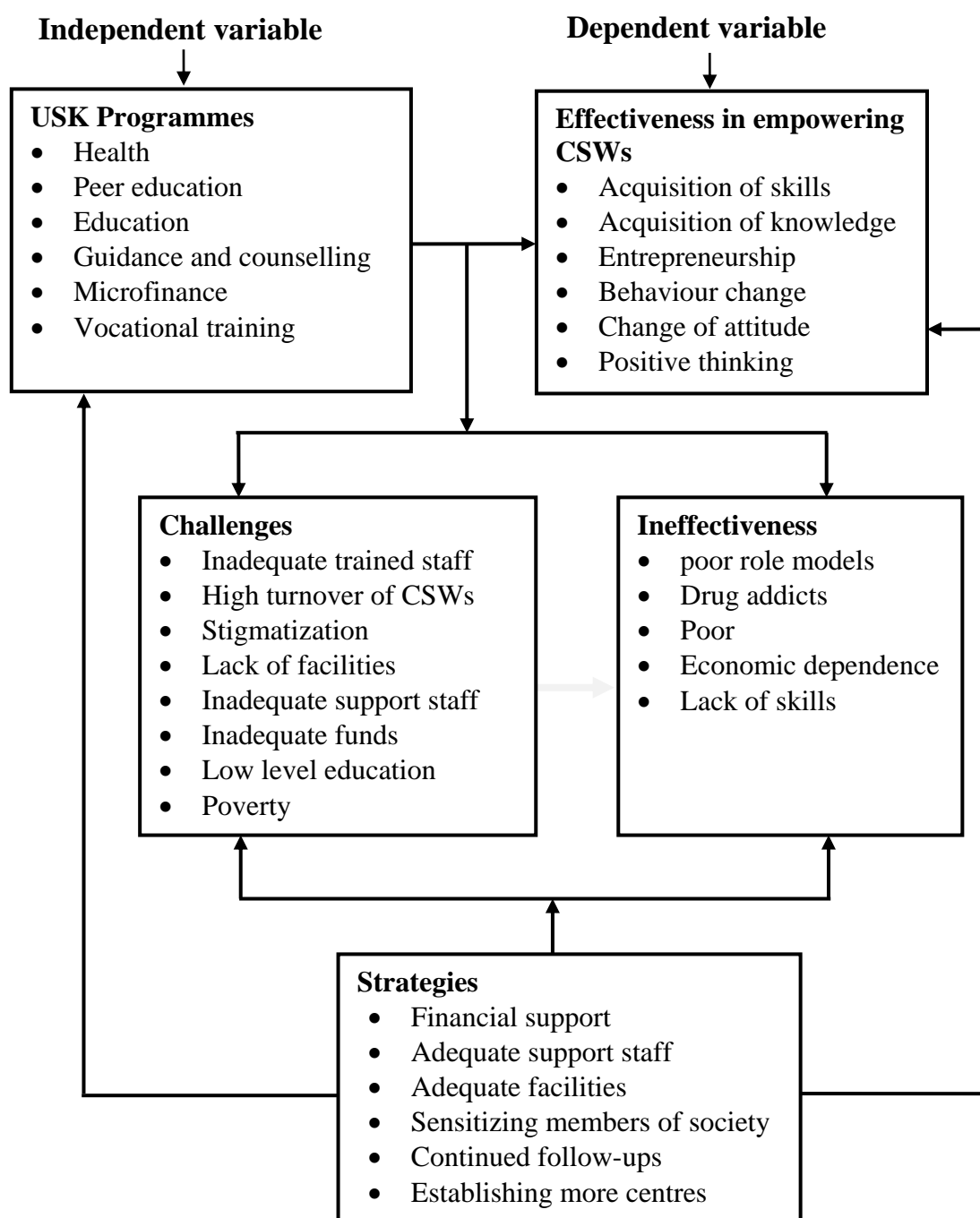


Figure 2.1: Status of USK programmes in rehabilitating CSWs in Nairobi City County Kenya.

The conceptual framework in this study is informed by the Liberal Feminist Theory and literature review. In the conceptual framework, critical inputs (Independent

variables) include programmes offered such as peer education, vocational training, education and guidance and counselling. If these variables are well manipulated, they determine the output (the dependent variable) which is the effectiveness of the empowerment programmes.

Orodho (2008), defines (dependent variable) as, the one that varies as a function of the independent variable. The dependent variable indicates the total influence arising from the effects of the independent variables. In this study, the dependent variable is the effectiveness of empowerment programmes. The effectiveness may vary within the variation of independent variables in the study.

Any effect or shift of any of these factors may affect the effectiveness of the programmes. A positive effect such as availability of resources may produce a positive result that may trickle down to effective empowerment programmes whereas a negative shift such as inadequate rehabilitation programmes may produce a negative result which may trickle down to ineffectiveness of the empowerment programmes.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

This chapter highlights the methodology that was adopted in this study. It comprises; research design, research site, target population, sampling technique and sample size, research instruments, pilot study, data collection procedure, data analysis and ethical considerations.

3.2 Study Design

The study adopted the descriptive survey design in which the study sought to establish the effectiveness of empowerment programmes of the female commercial sex workers rehabilitated by the Undugu Society of Kenya. According to Mugenda and Mugenda (2003), descriptive surveys enable researchers to obtain data about practices, situations or views at one point in time through questionnaires and interviews. The descriptive survey design was preferred in this study because of its appropriateness in establishing relationships between dependent and independent variables (Kothari, 2003).

3.3 Research Site

Undugu Society of Kenya (USK) is a Non-Governmental Organization that was established in 1973 by the late Father Arnold Grol in response to the plight of street children whose conditions on the streets of Nairobi was a call for humanitarian action. In 2012, the USK through the Undugu Children and Youth Programme noted that girls were not reached as much with the programme as most girls were found on

the streets at night engaging in risky activities such as commercial sex, child labour and criminal errands. This prompted them to start empowerment programmes for the CSWs. The empowerment programmes included; microfinance programme, health programme, vocational training, educational programme, peer education, guidance and counselling. The researcher chose Undugu Society of Kenya as the area of study because it is one of the oldest and pioneer organizations in Sub-Saharan Africa which focus on integration, rehabilitation and empowerment of vulnerable youth working and living on the streets (Wangenge, 2003). By the time the research was done, the programme of rehabilitating Commercial Sex Workers was the most recent started by Undugu Society of Kenya hence its effectiveness had not been sufficiently investigated (Gitiiya 2005). Undugu Society of Kenya rescued girls from the slums who were at risk of becoming sexually exploited due to their high poverty levels. The girls were then placed in the various empowerment programmes. The CSWs empowerment programmes started in 2012. The study focused on assessing the effectiveness of these programmes from 2012 to 2015. The study focused on 2012 because this is the time the CSWs empowerment programmes started.

The commercial sex workers were placed in the empowerment programmes depending on their level of education and interest. The programmes ran for a period of between six months to one year depending on the rate of acquisition of skills and consistency of attending to the activities of the programmes. On completion of the programmes, the girls were funded by USK to start their own small businesses such as hairdressing, basket making, soap making, tailoring and bead making among others. The study focused on those CSWs who had been in the USK empowerment programmes from 2012 up to 2015 and those that had graduated.

The main focus of the empowerment programmes was to equip the CSWs with knowledge, attitudes, vocational and entrepreneur skills that could help them change their behaviour and become economically empowered through an alternative source of income such as small enterprises development and employment creation rather than engaging in commercial sex. The commercial sex workers' programmes were located in the slums of Nairobi, namely; Kangemi, Dandora, Kawangware and Mathare slums. The commercial sex workers visited the centres twice a week for vocational training to engage in programme activities.

USK's head office is located in Westland's Nairobi, with satellite offices in Dandora, Machakos, Kisumu and Gwassi. The main objectives of USK programmes are to rehabilitate, integrate, educate and skill train vulnerable youth in order to improve their quality of livelihood for self-reliance. The organization vision is 'a just, economically and socially empowered members of the society where each individual is enabled to have access to livelihood which is decent.' USK mission is to participate in economically and socially empowering vulnerable, disadvantaged, street children and marginalized members of the community for self-reliance.

The ultimate responsibility of proper implementation of the programmes rests on the Executive Director of USK with the assistance of Assistant Director and the Head of the programmes. Under each programme, there are programme managers, programme coordinators, programme officers, youth facilitators, social workers, counsellors and support staffs (USK 2010).

Table 3.1: A table showing CSWs enrolment in the programme between 2012 – 2015

Year	No of CSWs – admitted	No of CSWs – Who completed	No of CSWs –still in the programme	No of CSWs- left	% of those who left
2012	50	8	32	10	20%
2013	55	12	36	7	12.7%
2014	68	14	39	15	22%
2015	70	16	43	11	15%
Total	243	50	150	43	

Source: Undugu Society of Kenya

As shown in table 3.1, the initial enrolment was only 50 members in the CSWs empowerment programmes in 2012. Between 2013 to 2016 when the research was being carried out, the NGO had been enrolling between 50-70 commercial sex workers annually. Out of this number, 8-16 of the CSWs completed the rehabilitation process annually. This gave an annual percentage turnover of between 12.7-22%.

This was a high turnover rate, an indication that the CSWs recruited did not always stay long in the programme. According to the Programmes co-ordinator at the time of the study, this was a high turnover because even the CSWs who remained often did not complete the programme as scheduled. Some took too long to complete the programme due to sickness and lack of commitment and cooperation. Others did not attend to the activities of the programme regularly. He further explained that some dropped out and resurfaced after some times. In order to make a follow-up of CSWs who had completed the programme, the coordinator explained that they relied on the Undugu Society Alumni. The Co-ordinator of the programme also explained that 20% of CSWs left the programme in 2012 but the dropout rate decreased as the programme became established because there was a 15% dropout rate in 2015.

3.4 Target Population

This study targeted all the 200 commercial sex workers who had been in the USK programmes between inception 2012 and 2015. The study focused on 2012 because this is the time the CSWs empowerment programmes started. Other targets were four social workers (1 from each centre) and the programme co-ordinator who were included as key informants.

3.5 Sampling Technique and Sample Size

Commercial sex workers programmes had a population of 200 CSWs from all the four centres; namely Dandora, Mathare, Kangemi and Kawangware. Among the 200 commercial sex workers, 50 of them had completed the programmes and had been funded by USK to start small businesses such as soap making, basketry, beading, hairdressing and tailoring among others.

Each centre had 50 commercial sex workers, categorized into two subgroups; those who were still undertaking the programmes together with the ones who had already completed the programmes. Through stratified random sampling technique, the researcher grouped the 200 CSWs according to the 4 centres where each centre formed a stratum. Each stratum consisted of 50 respondents. In each stratum, further stratified random sampling technique was used to proportionately select 10 respondents from each subgroup. Stratified random sampling ensured proportional selection of 31 CSWs who were undertaking the USK programmes and 9 who had graduated. In this way, a total of 40 respondents were selected to participate in the study.

The sample of 10 represented 20% of the target population which according to Gay (1992) is adequate. Stratified random sampling was employed to select 40 commercial sex workers to participate in the study (10 from each centre). Stratified sampling ensured that sub-groups were proportionately represented, (Kombo, 2003).

Further, the 4 social workers and the coordinator of the programme were included as key informants because they were in a better position in providing necessary information for the study. All the social workers and the co-ordinator were included as their limited number prevented any type of sampling.

Table 3.2: Distribution of the sampled respondents

USK Centres	Kangemi	Kawangare	Mathare	Dandora	Total
Ongoing Respondents	8	8	6	9	31
Graduated Respondents	2	2	4	1	9
Total	10	10	10	10	40

Source: Undugu Society of Kenya

3.6 Research Instruments

The study utilized both primary and secondary data. Primary data were generated using the following instruments:

a) Interview Guide

An interview is a face to face oral communication which utilizes a set of predetermined inquiries involving one or more individuals. The technique was good for this study as it gives the expected comparability, unconstrained responses and valuable data to address the objectives (Robson, 2007).

Interview guides were used with 20 CSWs who were randomly selected from the 4 centres (5 respondents per centre) who acted as key informants. Further, one

coordinator and the four social workers were interviewed. The interview guides were chosen in order to allow the respondents to speak in their own words for the purpose of getting in-depth information from them. It also allowed the researcher to take control of the response situation and to probe further for the clarity of the information being sought. The interview guides were administered in different sessions.

b) Questionnaires

Questionnaires were appropriate because they allowed for the collection of large amounts of information in a reasonably quick space of time and could be interpreted easily without altering the meaning.

The researcher developed three different questionnaires for use with the 4 social workers, the programme coordinator and the 40 CSWs. They filled in the questionnaires and answered questions. The questionnaires were self-administered which made them easier to interpret without changing the intended meaning. These questionnaires also ensured that the information needed could be easily described in writing. Secondary data relevant to the study were generated from institutions records as a supplementary method of gathering information especially on rehabilitation programmes.

3.7 Pilot Study

A pilot study was done in Rescue dada rehabilitation centre which is a different institution with similar issues and circumstances with the centres of study. Rescue Dada Centre is located in Eastleigh in Nairobi County. The questionnaires were piloted on a small representative sample of five commercial sex workers

rehabilitated by the NGO. Two social workers and the programme coordinator in charge of the rehabilitation programme were used in the pilot study. The purpose was to enable improvement of reliability and validity of the instruments. The researcher analyzed the questions to check whether they provoked a response and if they were biased.

3.7.1 Validity of the Research Instruments

Validity is the degree to which data collected in a study accurately represent the variable being measured, (Mugenda, 2003). The researcher aligned the questions in the study with the study objectives. The researcher pre-tested the research instruments before field research. The results of the pilot study were used to check whether the questions had been framed in a manner that is understandable to the respondents. The questions which were ambiguous and not clear were modified while the identified omissions were addressed. Data entered was also reviewed for any outliers thus enhancing the validity of the research instruments. Additionally, the researcher ensured the validity of the data to be collected by administering the instruments personally as well as with the assistance of trained research assistants (Golafshani, 2003).

3.7.2 Reliability of the Study Instruments

Mugenda (2003) observes that reliability is the dependability and consistency of data collected through repeated use of instruments or data collection procedures under the same conditions. To test the reliability of the instruments, the researcher employed the test-retest method during the pilot study done in Rescue Dada centre weeks before the actual study was conducted. The reliability was determined by the

results of the pilot study creating room to correct any inconsistencies and thereby enhancing its reliability.

3.8 Data Collection and Documentation

The researcher booked an appointment with the programme coordinator of the Undugu Society of Kenya to notify him of the mission and purpose of the study. The researcher then sought the respondent's consent and assured them of the confidentiality of their responses.

The researcher explained the purpose of the study and offered guidance to the respondents on how to fill in the questionnaires before they were administered. The researcher administered the questionnaires to the sampled population of CSWs, social workers and the programme coordinator. The researcher and the research assistants assisted the CSWs in filling in the questionnaires. Those that were in a hurry to leave were not able to complete filling in the questionnaires, therefore, the researcher and the research assistants made follow-up visits in order to assist them all and especially those that were illiterate.

In consultation with the programme coordinator, a suitable locality and time of interview were identified for the CSWs as one of the targets. The interviews were conducted in different sessions based on the rehabilitation centre locations. The researcher assisted by the research assistants conducted the interviews and took notes during the interviews. Further, the two interviews for the coordinator and the social workers were conducted in a centralized place. Through the assistance of the research assistants, the data collection process took one month.

3.9 Data Analysis

The data was collected, processed and edited before doing an analysis essentially to address errors and issues identified in the raw data. This basically involved elimination of unusable and incomplete data, vague answers and conflicting information from related inquiries. A suitable coding system was formulated to create codes and scales from the responses which were summarized and analyzed in different ways based on theories generated from research questions.

The purpose of the coding system was to categorize the data into small clusters of similar content to allow a simple analysis of the data. Qualitative data was presented thematically in line with the study objectives and research questions. The qualitative data was analyzed using content analysis. The data findings were presented using explanations, discussions and citations. Narrative reports from the data were also used to enhance the validity of the research study results. Quantitative data was equally coded and analyzed using the statistical package for social sciences (SPSS). The analysis included the use of descriptive statistics such as; averages, frequency distributions, percentages, Likert scale and Ordinary Least squares (OLS) regression model. Likert scale technique was used to measure the levels of CSWs empowerment. The respondents were presented with a range of statements on a Likert scale where; 1= high extent, 2 =medium extent, 3 = low extent and 4= none. Ordinary Least Squares (OLS) regression model was used to establish the association between each empowerment programme employed by Undugu Society and the levels of CSWs empowerment. The presentation was done in the form of tables, graphs and charts. The Liberal feminism theory was used to determine the

influence of equality and free choice on the women's journey to empowerment and how it affected the effectiveness of the USK empowerment programmes.

3.10 Ethical Consideration

Prior to the actual data collection, permission and letter to carry out the research were given by Kenyatta University Graduate School stating the purpose of the study. The researcher also sought a research permit from the National Council for Science, Technology and Innovation (NACOSTI). Permission was also granted by the Programme Coordinator of Undugu Society of Kenya. Respondents were explained the purpose of the study and assurance of confidentiality was made. More confidentiality was achieved by ensuring that the respondents' real names and identity were not used. The respondents were also requested not to write their names on the questionnaires. The researcher assured the respondents that the data collected was treated with the confidentiality it deserves and was for academic research only. The CSWs questionnaires were translated into Kiswahili for easier understanding. The researcher also ensured that all ethical considerations are upheld before, during and after conducting the research due to the sensitivity of the study.

CHAPTER FOUR

DATA PRESENTATION, INTERPRETATION, ANALYSIS AND DISCUSSION

4.1 Introduction

In this chapter, findings and discussions of the study were presented based on the analysis of the collected data. The presentation is guided by study objectives, namely; identification of empowerment programmes and activities for the CSWs, the impact of the programmes and activities in empowering CSWs, challenges faced by USK and CSWs in the course of implementing empowerment programmes and appropriate strategies that could be put in place to effectively provide alternative sources of livelihood to the CSWs in Undugu Society of Kenya. Also analyzed and presented at the onset of the chapter are the demographic characteristics which were found to influence the findings of the study objectives.

4.2 Demographic Information of Commercial Sex Workers

This study sought to find out the demographic characteristics of the CSWs who participated in the study. The demographic characteristics of the study population are discussed based on age, level of education, marital status and occupation. As discussed in chapter three, a total of 40 CSWs participated in the study.

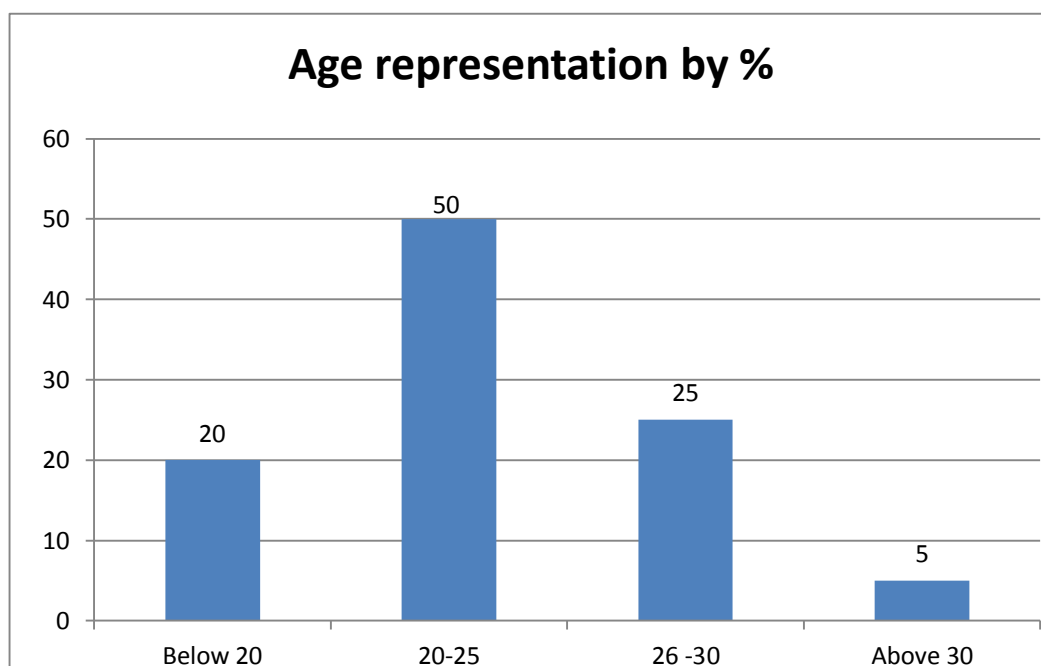


Figure 4.1: Distribution of CSWs by age
Source: Field Data

a) Distribution of CSWs by age

As presented in figure 4.1, the age range of the CSWs who participated in the study ranged from 15-35 years. The demographic attribute of age has importance since it indicates the age of the majority of the CSWs rehabilitated by USK. According to findings in figure 4.1, majority of the CSWs were mainly of the ages of 20 – 25 years (50%). The minimum age was 17 years and the maximum age was 35 years. The average age of the sampled women was 24.1 years. These findings indicate that the majority of CSWs under USK programme was between 20-25 years where they were supposed to be engaged in both formal and informal sectors of the economy. This hence could offer credible insights on factors driving them into commercial sex work.

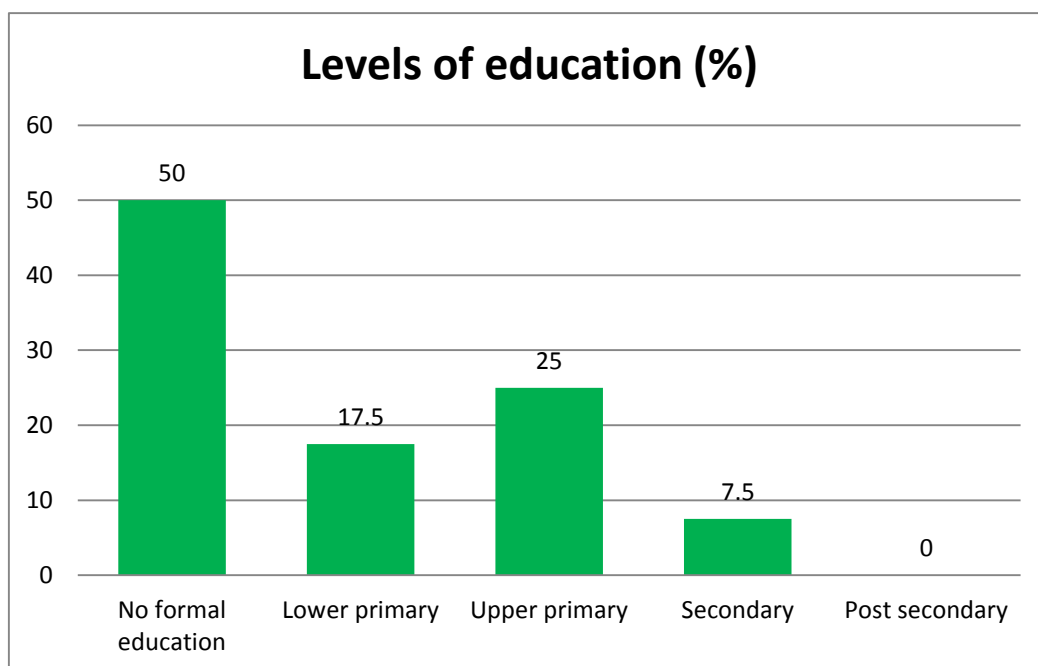


Figure 4.2: Education background of CSWs
Source: Field Data

b) Education background of CSWs

According to the findings, the majority of CSWs rehabilitated by USK have very low academic qualifications as shown in figure 4.2. The study established that 20 (50%) have no formal education while 3 (7.5%) of the CSWs have acquired secondary education. However, none of the CSWs had attained post-secondary education. The education background information is important because it can have a bearing on the type of programme to empower the CSWs since some programmes required one to have acquired some literacy. It is evident that the majority of the CSWs have no formal education or primary education, which shows that there is a relationship between the educational attainment of the women and being a CSW. Therefore, the findings imply that improving the educational opportunities for these women may lead to a decline in the number of women engaged as CSWs.

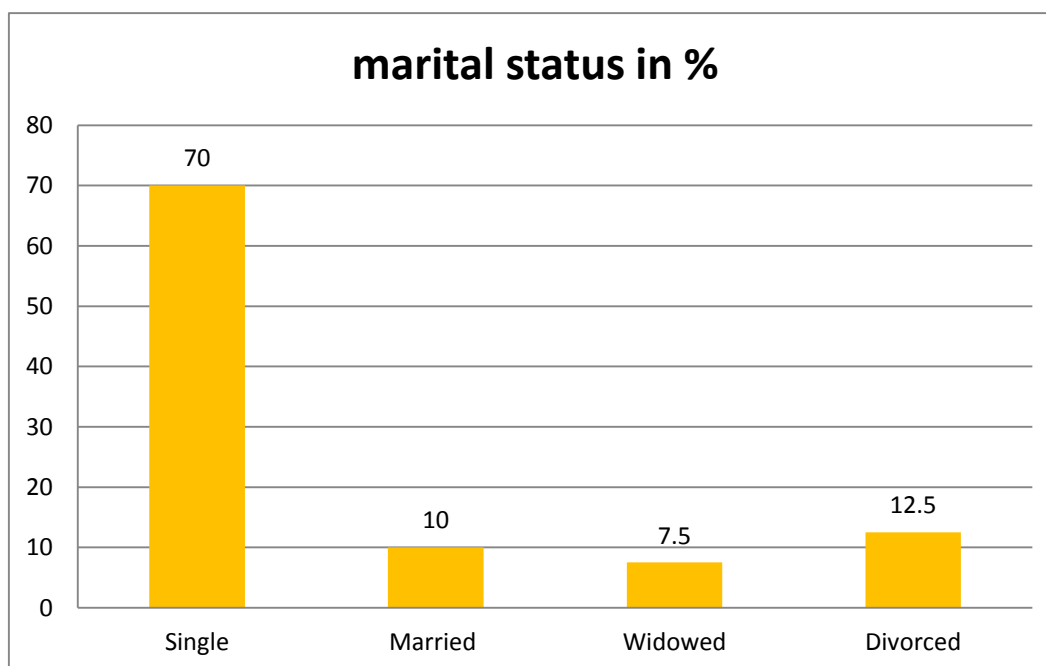


Figure 4.3: Marital status of CSWs
Source: Field Data

c) Marital status of CSWs sampled

The findings in figure 4.3 indicate that all the respondents who were CSWs were females. According to the findings, 28 (70.0%) of the CSWs respondents were single women, while 3 (7.5%) were widowed. Based on the findings of the study, it can be deduced that the majority of commercial sex workers rehabilitated by USK were single women. Evidently, only a minority of the women were married with the majority being single, divorced or widowed. This shows that the women engaging in the commercial sex trade have no male figure in the family to help support them financially. Therefore, with the women being burdened with the financial responsibilities of the family, they are forced to engage in the sex trade.

Table 4.1: Distribution of CSWs by their main occupation status

Main occupation	Number of CSWs (n = 40)	Percentage
Mentorship	5	12.5
Tailoring	2	5.0
Soap making	2	5.0
Selling of vegetables and fruits	5	12.5
Basket weaving	1	2.5
Salon	3	7.5
Commercial sex work	22	55.0
Total	40	100%

Source: Field Data

d) Distribution of CSWs by their livelihood

The results in table 4.1 show that majority of the CSWs (55%) under the USK programmes did not have any other occupation besides commercial sex work. Other occupations besides commercial sex work were; selling vegetables and fruits 12.5%, guiding and counselling services (mentorship) to other commercial sex workers 12.5%, salon business 7.5%, tailoring and soap making both at 5% and basket weaving 2.5 %. This is validated by Levy (2010) who argued that, in contemporary society, women are becoming the breadwinners of the household hence if deprived of employment opportunities, they are forced to look for other alternatives of sustaining the family among them being commercial sex workers.

4.3 Levels of Women Empowerment

The dependent variable in the study was the empowerment of CSWs resulting from Undugu Society programmes. Undugu Society of Kenya defines empowerment as equipping the women with life skills, knowledge and entrepreneurial skills to facilitate moving out of the streets and generating income from other economic means other than commercial sex work. In table 4.2, the CSWs' responses on levels

of acquisition of different aspects of empowerment programmes offered at Undugu Society have been presented. The respondents were presented with a range of statements on a Likert scale where; 1 = high extent, 2 = medium extent, 3 = low extent and 4 = none. Based on the answers provided regarding the acquisition of various empowerment aspects, the researcher was able to know the extent to which CSWs were empowered through the programmes implemented by the Undugu Society of Kenya.

Table 4.2: Effectiveness of Empowerment Programmes

Statement		High	Medium	Low	None
To what extent have the Undugu Empowerment programmes helped you to acquire life skills?	F	8	11	12	9
	%	20	27.5	30	22.5
To what extent have Undugu programmes helped you to acquire knowledge?	F	9	12	12	7
	%	22.5	30	30	17.5
To what extent have Undugu empowerment programmes facilitated you to develop entrepreneurship skills?	F	3	5	20	12
	%	7.5	12.5	50	30
To what extent have the empowerment programmes in Undugu helped you to change behaviour?	F	10	16	10	4
	%	25	40	25	10
To what extent have the empowerment programmes initiated by Undugu Society helped you to change your attitude towards yourself and your abilities?	F	7	16	14	3
	%	17.5	40	35	7.5
To what extent do you think the Undugu Empowerment programmes have helped you to think positively?	F	11	14	11	4
	%	27.5	35	27.5	10

Source: Field Data

As presented in table 4.2, 8 (20%) of the study participants asserted that the Undugu programmes had given them the chance to acquire life skills to a high extent while

11(27.5%) claimed that it had empowered them with skills to a medium extent, 12 (30%) to a low extent and 9 (22.5%) asserted that it had given them no skills at all. This implies that the majority of CSWs enrolled in the Undugu programmes had medium to low acquisition of life skills.

It can also be observed that the Undugu programmes have promoted the acquisition of knowledge among the CSWs to 9 (22.5%) high extent, 12 (30%) to a medium and low extent respectively and 7 (17.5%) none. This implies that the majority of the CSWs have been empowered in the acquisition of knowledge to a medium and low extent.

Similarly, table 4.2 also showcases that, majority of the CSWs concurred that the Undugu programmes have not facilitated the development of entrepreneurship skills 12 (30%) had no entrepreneur skills, 20 (50%) had the skills to a low extent, 5 (12.5%) to a medium extent and 3 (7.5%) to a high extent.

It can also be seen that the programmes have been effective in initiating behaviour change evident in the high 10 (25%) and 16 (40%) of the respondents who asserted that the programmes have initiated behaviour change to a high and medium extent respectively. On the other hand, 10 (25%) had experienced behaviour change to a low extent and 4 (10%) had no behaviour change.

According to the table 4.2, 7 (17.5%) of the CSWs had experienced a change in attitude to a high extent, 16 (40%) to a medium extent, 14 (35%) to a low extent and 3 (7.5%) had no change in attitude. Lastly, 11 (27.5%) of the participants asserted that they experienced positive thinking to a high extent, 14 (35%) to a medium extent, 11 (27.5%) to a low extent and 4 (10%) had no change in their thinking

patterns. These findings indicate that, for the majority of the CSWs, the Undugu programmes have facilitated a change in thinking, though to varying extent.

Generally, the findings presented in table 4.2 on the effectiveness of the Undugu Empowerment programmes suggest that the programmes have a medium to low effect on various aspects of CSWs empowerment. Further, it can be deduced from the findings that, the empowerment programmes are not effectively empowering the CSWs to an extent that can enable them to leave their current activities. This is because the programmes were found to be ineffective in empowering the CSWs with entrepreneurial skills, acquisition of skills and acquisition of knowledge which are vital in helping the CSWs change the direction of their lives and engage in other income-generating activities. The need to empower CSWs with skills and vocational training is highlighted by Sandra (2012) who asserts, the NGOs should empower CSWs with skills and vocational training such as; cake making, hairdressing, hat making, manicuring, pedicuring, tie and dye. The CSWs should also be given seed grants to help fund their small business as part of the project.

Robinson and Paramo, (2007) posit there is a high risk of frequent return to the sex trade due to lack of effective empowerment and lack of reliable funding to equip the CSWs with skills that ensure they have enough money and skills to support themselves economically. Further, these challenges are also presented by Adonsade and Aderrinto (2008) who reported that lack of employment is a major challenge though the CSWs are being given vocational training; they are not adequately established to make them financially independent enough for the new vocation to be a rewarding alternative. Gitonga (2009) also points out that, the necessity of commercial sex workers to support their own family financially is given a huge

burden. The amount of money given at the rehabilitation centres may not be enough to meet their needs hence they find engaging in sex business better because they earn more money which limits the effectiveness of these programmes to empower the CSWs.

4.4 Empowerment Programmes and Activities for Commercial Sex Workers in Undugu Society of Kenya

This section presents the findings and discussions of the first objective of the study which was to identify the empowerment programmes and activities of commercial sex workers in Undugu Society of Kenya and rate the extent to which they had benefitted from each of the named programmes. Respondents were asked to rate the benefits in a scale of 1 to 4. Where 1 represented benefit to a high extent, 2 represented benefit to a medium extent, 3 represented benefit to a low extent while 4 represented a benefit to a no extent (none). The results were as presented in table 4.3.

Table 4.3: Programmes and activities for CSWs

Item	Hig h	%	Medium	%	Low	%	None	%	Total
Guidance and counselling	22	55%	10	25%	5	12.5%	3	7.5%	40
Education	20	50%	10	25%	6	15%	3	7.5%	39
Vocation training	15	37.5%	15	37.5%	3	7.5%	2	5%	35
Peer education	10	25%	5	12.5%	3	7.5%	2	5%	20
Health education	5	12.5%	5	12.5%	3	7.5%	3	7.5%	16
Micro finance	5	12.5%	5	12.5%	3	7.5%	2	5%	15

Source: Field Data

a) Guidance and counselling programme

The study sought to establish the number of respondents in the guidance and counselling programme and the extent they had benefited from the empowerment programmes. As revealed from table 4.3, guidance and counselling was the major programme offered to commercial sex workers, where 55% of them benefited to a high extent while only 7.5% did not benefit from the same. This is because of its significance to the CSWs because of the nature of their jobs. According to the programme coordinator, guidance and counselling is an important programme to the CSWs because they must be guided and counselled in order to accept to be rehabilitated and also it is the first programme they are introduced to before the other programmes.

The study established the main objectives of the guidance and counselling programme as; to help CSWs refrain from sex work activities, change behaviour and enable them to find an alternative source of livelihood. The programme coordinator explained that, the main goal of counselling is to understand, detect and deal with anger management, guilt, self-blaming or low self-esteem. The study further noted that the major topics in this programme included; gender-based violence, drugs and substance abuse, decision making, parenting, psychosocial counselling, family therapy and how to make a living from alternative sources other than commercial sex.

This was supported by a social worker from Mathare centre who further explained that guidance and counselling helped the CSWs to talk out their problems with the social workers and the counsellors which enabled them to make right decisions. This

was further supported by a social worker from Kangemi centre who pointed out that, guidance and counselling is an important programme to the CSWs because it helps them in creating awareness of their strengths and potential of maximum output and also for overcoming problems and resolving difficulties.

The coordinator explained that guidance and counselling programmes were offered through several individuals such as social workers, counsellors, trained centre staff and in severe cases medical practitioners were involved. At Kangemi and Kawangware centres, the social workers explained that guidance and counselling was offered once a week due to the limited number of counsellors. Whereas, in Dandora centre, guidance and counselling was done once in a fortnight. The coordinator explained that the Dandora centre faced an insecurity challenge to both the rehabilitees and the USK staff. He added that the surrounding environment was not friendly hence they minimized the frequency of meetings. At Mathare centre, counselling was done twice a week because of its accessibility. The coordinator further explained that Mathare centre was favoured by its location because it neighbours many NGOs such as Germany Doctors, Lion Medical Centre, Medical Volunteer work in Africa and Doctors without Borders. These NGOs partner with USK to offer medical services and counselling to the CSWs. The study established that guidance and counselling programme was aimed at changing the behaviour of the CSWs in order to enable them to find an alternative source of livelihood.

The study further sought to establish how the programme was organized. The study established that social workers and counsellors offered a one-on-one session with commercial sex workers due to the sensitive nature of commercial sex. The coordinator explained that one-on-one discussions help the commercial sex workers

to choose the best option, taking into consideration the personal resources, skills and constraints. This concurs with the Liberal Feminist Theory which emphasizes personal privacy and autonomy and rejects calls to criminalize or condemn commercial sex. The coordinator further added that group counselling was usually done on issues that were common to all of them such as effects of drug abuse, rape, parenting skills, prevention and control of HIV and AIDS at the centres.

The researcher noted that guidance and counselling was offered to all 40 CSWs because of its utmost significance. The social worker from Kangemi centre further supported this by explaining that, guidance and counselling is a very important programme to the CSWs. The social workers together with trained centre staff contributed in reforming CSWs and in some cases, medical practitioners were involved in guiding and counselling the CSWs. She further added that extreme cases were taken to hospitals for counselling and treatment after which they would join others in the programme.

The study revealed that guidance and counselling programmes were aimed at changing the behaviour of the CSWs in order to reduce their chances of contracting diseases and to seek other sources of livelihood. These findings concur with findings reported by Muya (2009) which established that guidance and counselling enlightened CSWs on matters of HIV, STDs and unwanted pregnancies. One of the respondents had this to say;

After joining USK I have started my own business (tailoring) and as a result, I earn more than I did as a sex worker. I have high levels of self – esteem, more successful at parenting and am living life without the constant fear and risk HIV infection. Interview date (4/10/2016).

This was supported by (Rogers 2015) who asserts that, poverty triggers all forms of exploitation including sexual exploitation. Economic and food insecurity are key factors in explaining the massive and increasing numbers of entries into survival sex. The exposure to sexual exploitation is also triggered by the limited access to the national social safety net and by the weakening of communities' capacity to deal with vulnerable persons. This was confirmed by a respondent during an interview, who said that,

I am currently undergoing counselling and training by (USK), given an opportunity, I would be glad to stop the sex work and engage in an alternative and less risky means of survival. My dream is to start a small business through which I can earn a decent income and care for my little girl in a safe environment free from drugs and violence. Interview date (5/10/2016).

These findings conform with the fact that guidance and counselling together with economic empowerment programmes can be very effective in social-economic empowerment of CSWs. The programmes take into account the needs of CSWs as articulated by sex workers themselves. The programmes empower them by developing their skills and adding their knowledge in order to empower them to make the right choices for their lives.

b) Education programme

Education was another programme offered by Undugu and which was prominently mentioned by the respondents. The study found out the extent to which the CSWs benefited from the education programme. From the demographic information about the educational background, it is evident that the majority of the CSWs had very low academic qualifications. This was confirmed on table 4.3 whereby the study findings revealed that 50% of the CSWs benefited from education programme to a high

extent with only 7.5% not benefiting at all. Kuo (2002) explained why the incorporation of women into the sex trade is often attributed to a lack of educational and economic opportunities.

The study findings revealed that USK offers the non-formal type of education because the majority of learners were illiterate and school dropouts and could not be enrolled in the formal curriculum. Non –formal education is an organized learning activity outside the framework of the formal education system. It may take place both within and outside educational institutions and caters for persons of all ages (Wangenge 2003). The activities involved in the programme were teaching basic reading and writing skills, simple arithmetic and informal skills training. According to the social worker from Mathare centre, USK pays for the CSWs who did well in skills training for their upgrading of skills for certificates in recognizable courses to enhance employability. The coordinator explained that the main objective of the education programme was to impact CSWs with knowledge, skills and attitudes which would enable them to become socially and economically empowered for self-reliance. According to the coordinator, 20 CSWs were taken through post-training support that entails sitting for trade test exams, job interpersonal skills such as CV writing, communication skills and job etiquette. He also added that USK holds an annual informal skills graduation ceremony with the girls being awarded certificates of completion in different courses they had taken.

The study established that the CSWs were placed on the education programme depending on their level of education. He further explained that those CSWs who had no formal education were given basic literacy skills. In this regard, one of the

respondents noted that, *'I am happy because I now know how to read and write, I will get another job.'*

The study noted that mostly the CSWs who had no formal education were given basic literacy skills such as reading, writing and simple arithmetic. They were organized in small groups of five members per group. One teacher handled each group. The social worker from Kangemi centre also pointed out that, most commercial sex workers rehabilitated by Undugu Society of Kenya came from a disadvantaged background and were poorly educated hence USK makes an effort of empowering them through educative programmes which empower them with skills and knowledge required in other types of formal and informal employment. The coordinator added that the programme focuses on expanding opportunities for access to basic education as well as imparting vocational skills to the CSWs.

c) Vocational training programme

At least 37.5% of the respondents reported having benefitted to a high extent with a similar proportion saying they benefitted to a medium extent from the vocational training offered by Undugu Society. Vocational training refers to instructional programmes or courses that focus on the skills required for a particular job function or trade. The skills generally focus on providing students with hands-on-instructions. The study findings revealed that USK offered several vocational training such as tailoring, hairdressing, basketry, welding, plumbing, wiring, beading, soap making among others. The programme was aimed at imparting knowledge and vocational skills with the aim of helping the CSWs discover their talents and have an alternative source of livelihood. Vocational training emphasizes the skill and knowledge required for a particular job or self-reliance. Empowering CSWs with

vocational skills is a key component in promoting secure livelihoods and social functioning. This concurs with the liberal feminist theory which states that people are created equal by God and deserve equal opportunities.

The findings of the study concur with the study of the UNICEF (2009) which noted that vocational programmes are offered in the rehabilitation centres to improve one's capacity and make one self-sustaining while creating a safe living environment. This was supported by one respondent during an interview who said that

When I complete my hairdressing training I will stop sex work and start my own business." Interview date (5/10/2016).

The study showed that the CSWs were placed on the vocational training programmes depending on their age, interest and educational background. The CSWs with no formal education and those with lowest primary education and the youngest could be trained on easier skills such as soap making, beading, weaving and hairdressing while the older ones and those who had attained upper primary and secondary education were placed on complex skills such as tailoring, plumbing, catering, wiring, and entrepreneurship skills. The findings of the study concur with (Night light, 2012), who noted that; CSWs are provided with an education programme through a scholarship for those who usually cannot afford to go to school. Others are given life skills training, emotional and spiritual developments and psychosocial counselling.

The Programme coordinator explained that USK organizes programmes meant to expose the CSWs to different vocational courses in the informal sector. Following the completion of the workshop, the girls are in a position to make an informed choice on which vocational trade to practice. This was supported by a social worker

who said that the CSWs are also attached to artisan trainers in the informal sector for apprenticeship training. Artisans are then trained on how to work with girls and understand their situation. Artisans are paid training fees for the service rendered. Training through the apprenticeship approach takes between six months and one year depending on the course selected by the girls.

The social worker from Mathare centre further explained that each CSW is provided with safety clothing, basic training tools and materials to facilitate effective learning. CSWs pursuing examinable courses are given books and everything is done to ensure they sit for their trade test which enables them to graduate with government certification for the courses taken. A respondent had the following opinion;

Artisans are chosen by the CSWs themselves from the neighbourhood (maximum 1 KM distance from their living place). The training schedule is set on a part-time basis so that trainees have time for other gender roles (including baby care). interview date 5/10/2016.

The programme coordinator reported that the Undugu Society of Kenya has moved towards championing for innovations and art which has given the CSWs skills in production and selling bags, mats, beadwork, dressmaking and knitting. With this, they produce items for sale at local stores and in the community. The social worker from Mathare centre also added that the organization has business exhibitions which are organized twice in a year where the target group sell their products.

d) Peer educational programme

Peer education was defined as; the procedure of giving information and practices by a peer tutor to individuals of the same age, interests and social background. Peer education was received by 50% of the CSWs who participated in the study. The study findings on table 4.3 indicate that 25% of the respondents experienced a high

impact, while 5% did not experience any impact. The study sought to find out the main objectives of the peer education programme and it was evident that the main goal of this programme is to enable the CSWs to interact with people who were once in their situation but have reformed. This programme gives the CSWs hope that one day they can also decide to change their lifestyle and get an alternative source of livelihood other than commercial sex. According to the social worker from Kangemi, this programme enables the reformed CSWs to acquire skills and knowledge to mentor others and participate in transforming their peers. The peer mentors also benefit from being given a part-time job by USK of mentoring others. The social worker also explained that currently 10 reformed CSWs are being engaged by USK in peer mentorship.

The study noted that most of the peer educators in USK were former CSWs who had reformed, other peer educators were identified by social workers who have appropriate skills. Peer educators are trained to increase their skills and knowledge about drug-related issues and health. They also go through regular training to improve their ability to listen and communicate effectively and deal with emotions and difficult situations. Peer interventions are backed up by experienced social workers. The CSWs are organized in groups of ten members whereby, two peer educators are in-charge of each group backed with one experienced social worker.

According to the Programme Coordinator, peer education is a very efficient way of disseminating information, initiating change and providing support among the CSWs. The social worker from Kangemi centre explained that, peers who are recruited in the programme share characteristics with the CSWs such as age and place of residence.

This was supported by the social worker from Mathare centre who pointed out that, most peer educators have gone through similar experiences including commercial sex lifestyle and drug-related experiences. The coordinator pointed out that, peer educators see their intervention as an opportunity to help friends in difficult situations and give them support. This was supported by one of the respondents who had this to say;

I remember when I was using drugs I was always stressed and when I stopped I was able to do my own business. So please I beg you to stop using drugs.

This was supported by USK (2010); peers share common weaknesses, strength and experiences with the target group. They can facilitate the setting of group rules among peers to support each other to resist behaviour that puts them at risks such as drugs, STIs, HIV and AIDs. The social worker from Kangemi centre added that the peer educators engage the CSWs in activities such as music, dances, drama and discussions as channels of passing the information.

e) Health programmes

The research sought to find out the number of CSWs who got empowered through the health programme and the extent to which they benefited from such programmes. It is clear from the information on table 4.3, that only 12.5% had benefited from this programme to a high extent while a similar extent benefited to a medium extent.

The study revealed health programme is an important programme to the CSWs because they faced vulnerabilities which include reproductive health problems, drug addiction and poverty-related diseases. Health programme involved helping CSWs to improve their health by increasing their knowledge or influencing their attitudes.

The social worker from Kawangware centre explained that women engaged in survival sex suffer from poverty-related diseases such as skin diseases and nutritional diseases. She also added that they were also at risk of contracting drug addiction related diseases hence the need to empower them to protect their health and enable them to access health care services.

The study noted that the health programme was of great importance to the CSWs since they faced critical judgment in the mainstream health services. The CSWs may delay or forego seeking care. This challenges their access to STI and HIV testing and treatment as well as post-exposure prophylaxis following rape and lack of access to condoms. This is supported by the liberal feminist theory which adopts a public health approach regarding CSWs. The theory rejects call to criminalize and condemn sex workers. Liberal feminist demands equal opportunities and rights for the CSWs.

The programme coordinator added that USK has a safe home in Kitengela that plays an important role in the rehabilitation especially of those who opt to stop abusing drugs. It is essential in the provision of care and protection when emergency cases happen. The social worker from Mathare centre added that the health programme also involves teaching the CSWs about the importance of adherence to treatment, increasing their demand for and access to HIV services, encouraging alternative living and reducing risky behaviour.

f) Microfinance programme

Though it was a major factor in empowering CSWs, only a few of them had benefited from microfinance programme. Data findings on table 4.3 indicate that

only 12.5% reported having benefitted from the programme to a high extent and medium extent respectively whereas 5% did not benefit from the programme.

The study also sought to find out the main goals of microfinance programme and it revealed that the programme enabled the CSWs to acquire skills on loaning, saving and business skills which enabled them to look for alternative sources of income apart from engaging in the sex trade for economic empowerment. The social worker from Kangemi centre also added that the CSWs were trained on the concept of village saving and loans association where they would save and borrow loans for economic empowerment. The study revealed that the microfinance programme was very vital to the CSWs because addressing vulnerability to income is one of the best strategies in improving their control over their bodies as well as reducing risks. The study further revealed that the CSWs were trained in areas such as saving money, starting a business, accessing loans, buying and selling of produce, merry – go – round among others. This was supported by one of the CSWs through an interview, who said that,

Since I joined USK my life has changed because I have been provided with vital information on how to protect myself especially when am on the street. I have gained a certain level of confidence and have also successfully completed a 2 months course in business entrepreneurship and am hopeful life will take a turn in to the right direction. (25/10/2016).

By increasing economic options, CSWs can achieve greater financial security which makes it easier for them to make important decisions that shape their lives (Rekart 2005). The co-ordinator added that, in the microfinance programme, the CSWs were involved in activities such as merry-go-rounds, savings and loaning which empowered them economically. This is supported by the liberal feminist theory which emphasizes on economic empowerment of commercial sex workers.

The study findings concur with (Crawford & Kaufman 2008), in developed countries such as India and Britain, CSWs are empowered through programmes such as education, microfinance, guidance and counselling. (Putnam 2000) also supported that, an organization for empowering CSWs should offer activities geared to empower CSWs such as business support, education, counselling and peer support.

4.5 Impact of USK Programmes and Activities in Social-Economic Empowerment of Commercial Sex Workers

The second objective of the study sought to find out the impact of USK programmes in socio-economic empowerment of CSWs. The researcher employed an Ordinary Least Squares (OLS) regression model to establish the association between each of the empowerment programmes employed by Undugu Society and the levels of women empowerment. A 95% confidence interval was used to establish statistical significance.

Table 4.4: Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.587 ^a	.534	.525	1.55414

a. Predictors (Constant): Microfinance, Education, Vocational Training, Guidance and Counselling, Peer Education and Health Education.

Source: Field Data

As table 4.4 displays, 0.534 which in percentage is 53.4% of the CSWs empowerment levels can be explained by Undugu Society empowerment programmes (Microfinance, Education, Vocational Training, Guidance and Counselling, Peer education and Health education), which is an implication that

other factors beyond the scope of this study were responsible for 0.46 or 46.6% of CSWs empowerment levels.

Table 4.5: ANOVA^a

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	41.894	6	6.982	2.891	.022 ^b
	Residual	79.706	33	2.415		
	Total	121.600	39			

a. Dependent Variable: *Effectiveness*

b. Predictors (Constant): Microfinance, Education, Vocational Training, Guidance and Counselling, Peer Education and Health Education.

Source: Field Data

As the table 4.5 displays, the independent variables, in this case, the Undugu Empowerment programmes, namely: Microfinance, Education, Vocational Training, Guidance and Counselling, Peer education and Health Education all had a significant effect on the empowerment of the CSWs ($0.022 < 0.05$) which is lower than the prior set threshold of 0.05, which was used to determine whether the independent variables had a significant influence on the dependent variable.

Table 4.6: Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta		
(Constant)	19.388	3.156		6.143	.000
Guidance and counselling	.493	.616	.136	.800	.019
Education	.225	.114	.319	1.970	.050
vocational training	.704	.505	.240	1.395	.012
Peer education	.841	.507	.345	1.659	.007
Health education	.127	.783	.053	1.170	.001
Microfinance	.916	.749	.360	.170	.006

a. Dependent Variable: *Effectiveness*

Source: Field Data

Table 4.6 shows the coefficient of findings from the regression analysis. From the findings, all of the independent variables examined were found to have a statistically significant effect on the effectiveness of the empowerment programmes on the CSWs. Each of the programmes met the 95% set threshold for determining its statistical significant effect on the dependent variable. The guidance and counselling programme had a statistically significant influence on the effectiveness of the empowerment of the commercial sex workers ($0.019 < 0.05$), education ($0.05 < 0.05$), vocational training ($0.012 < 0.05$), Peer education ($0.007 < 0.05$), health education programmes ($0.001 < 0.05$) and microfinance, ($0.006 < 0.05$).

Further, the findings in the table also show that microfinance had the highest influence on the effectiveness of empowerment programmes. This was followed by peer education, then vocational training, guidance and counselling, education and

lastly health education. Generally, it can also be discerned that an improvement of one unit of microfinance would result in 0.360 effectiveness in the effectiveness of empowerment programme. Similarly, an increment of one unit of peer education would result in a 0.345 increment in the effectiveness of the empowerment programmes with regard to vocational training, an increment in one unit would result in a 0.240 effectiveness of the empowerment efforts. A unit increment in guidance and counselling programme would lead to a 0.136 increment in the effectiveness in the empowerment efforts. Lastly, an increment in health education would result in a 0.053 increment in the effectiveness of the programme empowering the CSWs.

a) Impact of guidance and counselling programme in empowering CSWs

The regression coefficient has shown that guidance and counselling had a significant impact on the empowerment of CSWs ($p < 0.05$). This was supported by some CSWs through interview who said, they have experienced a change in their lives by having a reduced number of days they have to go for their commercial sex work. It was established that some CSWs after joining USK had left commercial sex work as one respondent stated that, *I have completely stopped sex work.*

This implies that guidance and counselling were effective in ensuring the CSWs change their bad behaviour such as drug abuse and irresponsible sexual behaviour among others. This confirms the conceptual framework of this study where the independent variable (programmes) were implemented leading to the achievement of the dependent variable (behaviour change).

The study noted that the major objective of guidance and counselling programme was to impact the CSWs with knowledge, skills and attitudes which would help them change their behaviour and engage in other ways of earning a living other than commercial sex.

A CSW reported that the name-calling ended and she is respected to the extent of being consulted by the community members on issues affecting them and others in the community. Her confidence had improved to a level that she could negotiate for their rights and that of their community members.

In Dandora centre, the CSWs had become strong gender-based violence advocates and would join hands to bring perpetrators to book. They became each other's support system. The social worker from Dandora centre reported that the number of CSWs arrested by police had gone down and this was attributed to the socio-economic empowerment of the girls that is evidenced in all the CSWs involved in an alternative source of livelihoods other than commercial sex work. He also added that the girls' self-esteem was also high such that they could stand up for their rights and as a result, they felt safe and their children were growing up with love, care and proper parenting.

The programme coordinator explained that guidance and counselling was a core programme to the CSWs because many of them had varied psychological problems resulting from the nature of their job. The social worker from Mathare centre supported this by adding that, guidance and counselling suited the needs of all the CSWs to enable them to be well engaged to other programmes.

b) Impact of education programme in empowering CSWs

The research sought to assess the impact of the education programme in empowering CSWs. It is evident from the data on table 4.6 that respondents got empowered through the programme by acquiring knowledge, skills and attitude. The study established that the main objective of the education programme was to impart knowledge, skills and attitudes to the CSWs, enable them to know how to read and write so that they could become economically and socially empowered and be able to look for other sources of livelihood other than commercial sex. From observation, some respondents who had formal education were greatly empowered through this programme because they could speak in English fluently and some could do some arithmetic correctly. On the researcher's view, those who had formal education were greatly empowered through this programme.

The study revealed that many CSWs had very low academic qualifications hence the education programme was able to empower them with skills and knowledge to enable them to seek alternative sources of livelihood. It is evident that some of the CSWs were able to acquire knowledge and skills respectively through the programme. This is supported by a conversation with a CSW during the interview who had this to say; *Am going to look for another job which does not require one to use drugs (Date 25/10/2016)*. The social worker from Mathare centre added that some of the CSWs who had no formal education had greatly improved in the acquisition of reading, writing and basic arithmetic through the education programme.

c) Impact of vocational training programmes in empowering CSWs

The results presented in Table 4.6 revealed that vocational training programme was significantly effective in enabling CSWs to acquire entrepreneurship skills which made them become self-reliant and look for alternative sources of livelihood. The study further noted that those who had not experienced any impact from vocational training programme could be those that never attended the meetings regularly or those who attended the meeting while drunk hence were not able to carry out any activity during the meetings.

The social worker from Kangemi centre explained that vocational training equipped CSWs with entrepreneurship skills which helped them to get self-employment. The programme co-ordinator pointed out that, vocational skills gave CSWs opportunities to open up income-generating activities such as hairdressing, catering, tailoring and basketry among others. This concurs with Gichumba (2009) who pointed out that, rehabilitation programmes aim to give knowledge and vocational skills to people which can lead to employment or self-employment after exiting rehabilitation.

Further, the study established that the overall goal of the vocational training programme is to equip CSWs with skills for self-employment away from the sex trade. The programme promoted a reduction in the number of CSWs in the streets by instilling positive change and giving alternative ways of living through vocational training. The researcher noted that the majority of those who benefited from this programme were the ones who had no formal education.

From observation, some CSWs were very active in participating in group activities such as soap making, catering, basketry and hairdressing. Some of them could be

seen even assisting the facilitators in teaching the skills. Some of them had mastered the art of making soap, hairdressing and sewing because they could be seen practising these skills without any supervision.

d) Impact of peer education programmes in empowering CSWs

As indicated in table 4.6, the study revealed that the CSWs were significantly empowered through the peer education programme. It was evident from the observation that others benefited from the programme by acquiring mentorship skills because peer tutors could be seen inspiring and guiding others freely and encouraging them to adopt a health-seeking behaviour. The social worker explained that there were some CSWs who did not take their peers seriously hence they didn't value anything that they told them.

The co-ordinator explained that peer education programmes were effective in promoting behaviour change because the peer educators were people of the same age with the CSWs and they had also gone through similar experiences including commercial sex lifestyle and drug-related experience hence they could easily relate with them.

e) Impact of the health programme in empowering CSWs

The study sought to establish the level of empowerment experienced by the CSWs in the health programme. The study revealed that the CSWs benefited from the health programme by getting medical services from the medical practitioners who visited them in the centres. Undugu also partnered with other NGOs such as Germany Doctors, MSF Medicine and Volunteers, Lions Medical Centre, Doctors without Borders who offered medical services to the CSWs. The social worker from

Mathare centre supported this by explaining that, two sex workers from her centre got empowered through this programme and realized the need to take their life seriously. They stopped engaging in risky sexual behaviours and started their own business.

f) Impact of microfinance programme in empowering CSWs

The data on table 4.6 revealed that the respondents who were able to access financial assistance were highly empowered through the microfinance programme. The study established that the respondents who benefited greatly from the programme had acquired knowledge in concepts of saving. This was supported by a respondent who had the following opinion;

While working as a sex worker, I joined USK microfinance programme, I borrowed a loan of twenty thousand shillings to start a business. Currently, I fry potatoes and cassava for my clients in the evening. I get enough money to pay rent, school fees for my five-year daughter and keep me away from engaging in commercial sex.” Interview date (27/10/2016).

The study established that the major topics taught in this programme were the concepts of saving, loaning, starting a small business and operating business. The study noted that the overall goal of the programme was to empower CSWs to start a small business and have an alternative source of livelihood.

This concurs with Mwaura (2009) who observed that the table banking programme had become a popular phenomenon with the women groups. He further stated that women made contributions and pooled their resources into a shareholders’ fund; later dividends would be paid out at the close of the year.

4.6 Challenges Faced by USK and CSWs in the Empowerment Programmes

The third objective of the study sought to find out the challenges faced by the USK and the CSWs in the empowerment programmes. The challenges were categorized into two; challenges faced by the USK and those faced by commercial sex workers.

4.6.1 Challenges Faced by the Undugu Society of Kenya in the Empowerment Programmes

Data analysis revealed some challenges experienced in various Undugu Society of Kenya programmes. The findings presented in table 4.7 were frequencies of responses generated from the CSWs, social workers and the Programme Co-ordinator.

Table 4.7: Challenges faced by USK in the empowerment programmes

Challenges faced by USK	Frequency	Percentages
Inadequate funds	35	87.5%
Inadequate facilities	32	80%
Inadequate support staff	30	75%
High turnover of CSWs	25	62.5%
Inadequate trained staff	22	55%

Source: Field Data

a) Inadequate funds

According to the data findings in table 4.7, it is evident that inadequate funding was identified as a major challenge that USK faced in ensuring that CSWs were effectively empowered. This was expressed by 35 (87.5%) of the respondents. Financial constraints were a major challenge faced by (NGOs) because they depend almost entirely on donor funds (Onyanha & Shorter,1999).

The programme co-ordinator revealed that USK did not have ways of generating funds hence they solely relied upon the donors. The social worker from Kawangware centre confirmed that the funds they received were not enough to cater for the many financial needs of the CSWs and the rising cost of living standards.

This was further supported by the social worker from Mathare centre who explained that continued lack of adequate sources to provide basic requirements for the rehabilitee posed a serious impediment in the rehabilitation process. The co-ordinator further pointed out that, delayed disbursement of funds by the NGOs was also a major challenge they faced. The study revealed that due to inadequate funding USK was not able to employ adequate support staff which posed as a major challenge to effective rehabilitation. This concurs with (Leah, 2009) who said that donor funding is highly unreliable and are often viewed by donor organization as risky.

The study noted that inadequate funding affected the functions of all the programmes, for instance, due to inadequate funds USK cannot be able to employ adequate facilitators and social workers who play a key role in the rehabilitation process. On the other hand, vocational training programme requires a lot of funding because of purchasing the materials and resources required for skill training. This is not possible if the funds are inadequate. From observation, in Kangemi centre there were only three tailoring machines which proved to be too few compared to the number of CSWs who were training in sewing.

The study established that inadequate funding was mainly caused by the fact that USK solely depended on donor funding. The social worker from Kangemi centre

further supported this by explaining that, this kind of financing was risky and complicated planning and implementation of the programmes. This was later confirmed by the co-ordinator who explained that NGOs sometimes failed to give grants while other times they gave too little which could not sustain the programmes offered. Limited financial resources affect the implementation of the programme which eventually led to rehabilitation programmes that are not effective. Onyancha (1999) also found that financial constraints are major challenges faced by many NGOs because they depend almost entirely on donor funds and such funds are notoriously uncertain. This was supported by (Wamwea, 2005), the amount of money given at the rehabilitation centres may not be enough to meet their needs hence they find going back to sex trade better because they earn more money.

The co-ordinator explained that key partners in the Undugu Society in the empowerment programmes are Non-governmental organizations which include Kindernothislife of Germany, the Friends' cycle of Holland and the department of international development of Britain, currently Undugu society heavily depends on donor assistance which the coordinator considered risky. The co-ordinator also explained that the funding requirements and conditions to be met before funding is given were causing a delay in the implementation of the projects. He further explained that funding of USK comes from different sources which release funds at different times depending on the duration of the project and at what point the project is meant to start hence this causes delays in executing project activities.

b) Inadequate facilities

The study established that inadequate facilities and equipment were other challenges that inhibited effective rehabilitation. The study findings in table 4.7 indicated that 32 (80%) of the respondents confirmed that there were inadequate facilities in the programmes. Vocational skills focus on providing trainees with hands-on-skills hence requires the availability of facilities such as sewing machines, pieces of clothes, driers, blow driers, weaves, welding machines and adequate rooms among others. From the findings, it is evident that Kangemi and Kawangware centres did not have adequate basic facilities such as rooms and tools for effective rehabilitation to be realized. The point was made by the social worker from Kangemi centre who explained that, due to inadequate facilities, the CSWs in her centre only met once in a fortnight. The coordinator also added that the CSWs were divided into larger groups especially for programmes in vocational training which require a lot of tools and resources. This concurs with Elliot (2013) who pointed out that, rehabilitation programmes face several constraints ranging from lack of lands, facilities and public support. The coordinator further added that, in Dandora centre there were no guidance and counselling rooms and as such was carried out outside.

From observation, In Dandora centres there were no rooms, equipment and tools for vocational training. The coordinator explained that the absence of vocational skill training facilities in Dandora centre was attributed to insecurity and theft of equipment such as sewing machines. From observation, this is the centre that was hit most by many constraints. He further explained that CSWs from Dandora centre attended vocational training in Mathare centre which is the headquarter and the model centre for excellence. Through observation, the researcher noted that Mathare

centre was well equipped with facilities, equipment and materials and it was also gated. Further, the centre was easily accessible, located near a chiefs' camp, police post and was surrounded by many NGOs that partner with USK. The social worker from Kawangware explained that the resources and materials provided by the donors and well-wishers were not enough to meet the needs of the CSWs rehabilitated by the organization. This was confirmed through observation where a large group could practice weaving with only one weaver. This affected the effectiveness of the rehabilitation process because CSWs ended up spending more time in the meetings instead of participating in other gender roles. The coordinator confirmed that the rehabilitation centres lacked adequate facilities hence could not offer a large variety of programmes especially vocational programmes which required training on hands-on skills. This was confirmed through observation where one facilitator could handle a large number of CSWs during the vocational training. The programme coordinator pointed out that, if such situations were not addressed, could lead to the CSWs escaping and discontinuing the rehabilitation process.

c) Inadequate support staff

The data in table 4.7 indicated that there was inadequate support staff which was reported to be a major constraint. It is evident from table 4.7 that 30 (75%) of the respondents felt that the centres lacked enough support staff to cater for all the services needed in the programmes. The co-ordinator pointed out that, the few social workers and facilitators managed a large number of rehabilitees. The social worker at Mathare centre pointed out that, a single facilitator could be involved in handling various programmes and this often constrained them. This is supported by Elliot (2013) who noted that effectiveness of NGOs in rehabilitating CSWs faced several

constraints ranging from financial difficulties and shortage of qualified and dedicated staff to lack of lands, building facilities and public support.

Through observation, it emerged that some facilitators did not have a chance of specializing in a particular programme but rather would move from one programme to another. This was as a result of inadequacy in numbers. This was confirmed by the coordinator who explained that this was due to lack of funds for employing many facilitators. It was evident that the staff was inadequate through observation made since CSWs could be seen overcrowding a single facilitator.

d) High turnover of commercial sex workers

Data in table 4.7 confirmed that 25 (62.5%) of the respondents noted that, high turnover of CSWs in the rehabilitation programme was a major challenge. The study established that some CSWs get empowered by USK with skills that could enable them to start their business which they don't do because they expect USK to give them seed money and continue funding their small businesses. Another social worker supported this by saying that, some CSWs reform and start looking for alternative sources of livelihood but as time goes on and realize that the business is not giving them enough money, they get tempted in getting back to their old ways of earning money through commercial sex.

The study also noted that some were always under the influence of drugs hence they didn't attend the sessions regularly. Some reported to the rehabilitation centres drunk hence they were always withdrawn. The coordinator further added that some CSWs could attend the training once in a couple of months hence they kept on dropping and rejoining the programme which caused a lot of inconveniences in

terms of placement. Some of them also left the rehabilitation process midway therefore didn't complete the rehabilitation process and it was hard to track them.

From observation, some CSWs could not be able to cooperate well with the others because they were drunk and also could not be able to carry out some tasks of the programme. This ended up affecting the effectiveness of the programme. This was supported by a respondent who said that;

The money you earn from sex work is spent on drugs and alcohol. To meet one's need, you multiply partners and accept sex without protection. It is very hard to quit using drugs you need a very strong motivation. Interview date (26/10/2016).

The study revealed that majority of CSWs face health problems because they could accept unprotected sex hence get exposed to STI and post-abortion complications. They also work under harsh environmental conditions which are a threat to their health. Because of their health condition, they could not attend to the rehabilitation programmes as scheduled and also they took too long to complete the rehabilitation process. One of the respondents had this to say,

Last year I got admitted in the hospital for two months and this made me not to attend to the rehabilitation programmes for a long time. Interview date (26/10/2016).

The study also established that, USK experience a major challenge in maintaining the CSWs in the rehabilitation programme. Some of the reasons noted by the study as reasons why the CSWs kept relapsing was that some CSWs realized that business was not giving them enough money and opted to relapse, others feared to start life over again and succumbed to pressure to remain in sex work. The study further established that some lacked social support in society due to stigmatization and opted to remain in the sex trade. Another respondent supported this by saying that

“not all sex workers want to be rehabilitated or want to leave sex work.” (Robinson & Paramo 2007) noted that, due to frequent return to the sex trade and lack of reliable funding, providing long term care can be challenging. In this regard (Wamwea 2005) supported this by saying, the amount of money given at the rehabilitation centres may not be enough to meet the needs of CSWs hence they find going back to the sex trade better because they earn more money.

f) Inadequate trained Staff

According to data findings in table 4.7, it is evident that 22 (55%) of the respondents confirmed that the programme faced a challenge of having inadequately trained staff. The number of trained staff were so few in comparison with the large number of CSWs. The society depended on donor funding hence there was a high turnover of support staff due to poor pay and this affected the effectiveness of the rehabilitation process. Sometimes some donors withdrew their funding and this forced the organization to lay off some of its staff. From observation, some volunteers could be seen training the CSWs in some vocational skills. In other circumstances, one facilitator could be seen training a large number of CSWs and others could double up in more than one vocational training.

The programme coordinator pointed out that, due to the limited number of trained staff, the CSWs were attached to the local artisans in their neighbourhood in order to train them in certain skills. The social worker from Mathare centre pointed out that, Undugu Society didn't have its own medics to deal with issues of CSWs in the health programme instead it partnered with Doctors without Borders, Germany Doctors and MSF Medicine and Volunteers who offer health care and treatment for the target group.

The researcher also noted that the social workers were still the ones who educated the CSWs on matters to do with merry-go-rounds, loaning and saving. This meant that the organization did not have enough trained staff on economics and this could affect effective rehabilitation. From observation, programmes such as health and microfinance faced major challenges in service delivery because they lacked adequate trained staff.

4.6.2 Challenges Faced by CSWs in the Empowerment Programmes

The following were the challenges found to have been faced by the CSWs in the rehabilitation centres.

Table 4.8: Challenges faced by the CSWs in the empowerment programmes

Challenges faced by CSWs	Frequency	Percentage
Stigma	39	97%
Poverty	30	75%
Low education level	15	37.5%
Distance from home	10	25%
Family expectations	10	25%

Source: Field Data

a) Stigma

The data findings on table 4.8 revealed that 39 (97%) of the respondents noted that, stigmatization was a major challenge that CSWs faced. The study further revealed that CSWs were perceived by their community as deviant. The contempt they faced daily led to low self-worth, guilt and hopelessness. They got trapped in this identity and could find it extremely painful to admit they would like to change their lives even after rehabilitation.

One of the respondents explained that, because of stigma, girls and women in survival sex tended to restrict in the long term their social network to the sex worker's community. (Kuo, 2002) noted that, getting employment for the

rehabilitated ex-sex workers could be herculean as many employers would rather not have anything to do with them. This was supported by another respondent who said that:

Exiting commercial sex may place a person in a situation of extreme isolation. The absence of social support in the “normal” society creates a strong attraction to remain in commercial sex. Interview date (26/10/2016).

The social worker from Kangemi centre explained that, because of stigma, CSWs tended to restrict in the long-term their social network to the sex workers' community. This was supported by a CSW who said that; “*Our life is hard and that is why we enjoy each other's company to relieve stress.*” This was supported by the co-ordinator who explained that ‘social network’ may place the person in a situation of extreme isolation. The absence of social support in normal society creates a strong attraction to remain in the sex trade. Another respondent had this to say;

Some women pretend to be so holy such that they can't include us in their women groups because they say our money is dirty.

The social worker also explained that the CSWs faced rejection and ridicule from other CSWs when they attempted to exit the sex work. There was also the fear of starting life all over again and thus many succumbed to the pressure to remain in sex work. This was supported by (Bolin & Whelehan, 2009) who said that CSWs are a stigmatized group in the society and have been blamed for the spread of sexually transmitted diseases, corruption, immorality, witchcraft and death.

b) Poverty

The study revealed that poverty was the major cause of commercial sex in the CSWs rehabilitated by USK. This was confirmed by data on table 4.8 which revealed that 30 (75%) of the respondents suggested poverty as one of the major challenge faced by CSWs. The study established that many of these CSWs have no other source of livelihood and hence the seed money they are given by the USK was not enough to start a business hence this made it hard for them to start and keep the business running. A respondent supported this by saying;

USK should increase the amount of money they give us because the little we are given is not enough.

Another respondent supported this by suggesting that;

USK gives us very little money as seed money. I used my money to start a small business of selling clothes which did not succeed and opted to continue with commercial sex business.

The social worker from Kangemi centre explained that economic empowerment programmes for sex workers should aim to provide an alternative source of income to avoid vulnerability associated with their jobs and programmes should not aim to entice them to stop sex work when they are not ready to do so. According to the demographic information, the majority of the CSWs were single, widowed or divorced hence they were the sole breadwinners. According to the Government of Kenya (GoK, 2010) statistics show that the poverty gap between female-headed and male-headed household is wide. These statistics indicate that 48.8% of male-headed families are classified as poor as compared to 50% of the female-headed ones in Kenya. (Opil 2019).

c) Low level of education

The study findings on table 4.8 revealed that 15 (37.5%) of the respondents noted that, commercial sex workers' low academic achievement hindered effective rehabilitation. The co-ordinator explained that CSWs came from disadvantaged backgrounds hence were poorly educated and lacked the skills required for other types of formal or informal employment. He further added that they also faced challenges in accessing mainstream vocational training facilities. According to the background information, majority of CSWs under the USK programmes were illiterate hence illiteracy was a major challenge facing the CSWs; they were unable to read and write hence this hindered their rate of acquisition of knowledge and skills. This concurred with (William, 2015), low education level and learning difficulties can act as barriers to the reintegration of sex work into the non- sex workforce.

d) Family expectations

According to research findings on table 4.8, 10 (25%) of the CSWs have a family responsibility which hindered them from regular attendance of the activities of the programme. According to the social workers, many CSWs complained that the incentive of Kenya shillings 500 they were given on attending the meetings twice a month was so little hence others could not attend regularly. Lack of tangible cash flow and family responsibility contributed to the CSWs going back to the sex trade.

The research study established that childcare was a challenge that hindered effective rehabilitation. As deduced from the demographic information, most CSWs rehabilitated by USK were single parents hence they bore the burden of parental care alone.

The social worker from Mathare centre explained that many CSWs had children to take care of. Having to look after a child, therefore, made it difficult to hold a job or attend a programme. She further added that many of them could not be able to employ a caregiver hence this hindered their abilities to attend to the programmes regularly.

e) Distance from home

The study findings on table 4.8 revealed that 10 (25%) of the respondents travelled long distances from home to the rehabilitation centres. This posed a challenge to effective rehabilitation. The study found that CSWs were supposed to meet at a centralized vocational centre twice a week for two hours. According to one of the social workers, attending centralized meeting brought some challenges such as long distance from home and also long teaching hours which affected the CSWs time to attend to other gender roles.

4.7 Strategies to be Put in Place to Effectively Provide Alternative Source of Livelihood to the CSWs

The fourth objective sought to identify the strategies that could be put in place to effectively empower CSWs. Data findings revealed various strategies as shown in table 4.9.

Table 4.9: Suggested strategies USK can put in place to effectively empower commercial sex workers

	Strategy	Frequency	Percentage
A	Provision of financial support	38	95%
B	Availability of adequate support staff	36	90%
C	Provision of adequate rehabilitation facilities	35	87.5%
D	Upgrading the guidance and counselling programme	30	75%
E	Sensitizing members of the community	20	50%
F	Regular follow- ups	15	37.5%
G	Establishing more centres	10	25%

Source: Field Data

a) Provision of financial support

The study findings on table 4.9 indicate that 38 (95%) of the respondents suggested that, provision of financial support was a major strategy that could lead to effective rehabilitation. The coordinator explained that the funds they received was solely from NGOs and was barely enough. It was evident from the study that, all programmes required funds to be effective hence USK should source for funds from other donors, CBOs, well-wishers and county government to supplement their budget to effectively rehabilitate the CSWs. This concurs with Njine (2016), sourcing NGOs to provide grants to programmes with the aim of financing training and network activities as well as public awareness campaigns can improve the programmes' effectiveness.

According to the findings, many respondents felt that the seed money given to the CSWs by USK was not enough to start and sustain a business. A social worker further explained that, once the CSWs were given seed money by USK to start a business if the business did not earn much profit, they opted going back to sex work

so as to supplement their income. In the researcher's view, USK should increase the amount of seed money they give to the CSWs to prevent them from going back to the sex trade after rehabilitation. This concurs with (Sandra, 2012); an NGO in Nigeria gives seed grants to CSWs to help fund their small businesses as part of the project.

b) Availability of adequate support staff

From the data findings on table 4.9, it is evident that 36 (90%) of the respondents suggested that, availability of adequate support staff would lead to effective rehabilitation. According to the co-ordinator, the availability of adequate trained support staff was an important strategy that could solve the problems of overcrowding during training sessions. The study established that inadequately trained staff was caused by inadequate funding that made it difficult for the rehabilitation centres to employ adequate trained staff.

The study noted that availability of adequate trained staff would lead to efficiency in service delivery in all the programmes hence there would be maximum acquisition of knowledge, skills and attitudes by respondents in the programmes which would lead to effective rehabilitation.

c) Provision of adequate rehabilitation facilities

Data in table 4.9 indicate that 35 (87.5%) respondents felt the provision of rehabilitation facilities was a major strategy that could lead to effective rehabilitation. The research study noted that lack of facilities was a major challenge that hindered the rehabilitation process. USK should provide adequate facilities such

as enough rooms where education, guidance and counselling could be carried out well.

The study further noted that vocational training required a lot of resources and facilities necessary for the rehabilitee to acquire and master skills to apply in their day-to-day life. For effective empowerment in vocational training to be realized, USK should provide enough equipment, facilities and resources such as tailoring machines, weaving materials, basketry materials, soap making materials and et cetera.

d) Upgrading the guidance and counselling programme

According to the findings on table 4.9 30 (75%) of the respondents felt that the guidance and counselling programme should be upgraded in order to address the many challenges the CSWs face. According to the coordinator, drug abuse was a major challenge that hindered effective rehabilitation hence the guidance and counselling programme could address this. The CSWs needed to be guided and counselled about the importance of not taking drugs. They should also be made aware of how drug abuse inhibits effective rehabilitation.

A social worker also pointed out that, through guidance and counselling, they were supposed to be enlightened about the importance of cooperating with the rules of the programme to get empowered fully. Another social worker also explained that USK should be employing those reformed CSWs to act as role models and mentors to others.

The study also noted that, through guidance and counselling programme, the CSWs were supposed to be encouraged to make use of the vocational training skills and the

microfinance knowledge they acquire in the programmes in order to start an alternative source of livelihood.

e) Sensitizing members of the community

According to data findings on table 4.9, 20 (50%) felt that sensitizing members of the society on the importance of accepting reformed CSWs after completion of programmes was essential for effective rehabilitation programmes.

According to the respondents who included CSWs, coordinator and social workers, community members should be sensitized to stop perceiving the CSWs as potential criminals and they should lend a helping hand in rehabilitating them.

The study noted that, for effective rehabilitation to be realized, the CSWs in the programme and those reformed should be protected from discrimination, labelling, intimidation and ridiculing by the members of the society. The members of the society should be sensitized to accommodate and accept them so as to encourage them to reform. (Ploumen 2001) observed that, for effective rehabilitation, NGO should raise awareness and challenge societal norms surrounding rehabilitation.

f) Regular follow-ups

According to research findings on table 4.9, 15 (37.5%) of the respondents suggested that the programmes should also include continued training support and regular follow-ups for participants for as long as possible. Programmes can also facilitate post-training group support networks enabling participants to share their experiences with others participating in the programme. Successful strategies include family visits during rehabilitation, job training and re-introduction into the community (Chatterjee, 2006).

The study noted that regular follow-ups would help the NGO monitor the alternative sources of livelihood that the reformed CSWs start and also would be a good chance to offer them continued guidance and counselling which they needed in life. The study also noted that continued training support would continue empowering the rehabilitee with the knowledge and skills they require in carrying out their alternative sources of livelihood.

One of the respondents suggested that, for economic empowerment programmes for sex workers to succeed, CSWs must be involved at all levels in order to identify the initiatives that meet their needs. This was supported by another respondent who suggested that actions aimed at steering CSWs towards starting alternative sources of livelihoods often is correctly assumed that sex workers want to be rehabilitated or want to leave sex work immediately. In the researcher's view, through continued follow-ups USK would get post-rehabilitation opinions from the CSWs which would enhance effective rehabilitation. There must also be a constant collaboration with CSWs to allow them to define their own needs and priorities (Ploumen, 2001).

g) Establishing more centres

According to table 4.9, 10 (25%) of the respondents felt that due to other gender roles and family expectation, USK should build more centres where CSWs could be able to meet conveniently without travelling long distances. A social worker suggested that the CSWs should be supported by reducing the teaching hours to probably one hour to enable the respondents to attend to other gender roles so as to curb the number of those who drop out due to the burden of gender roles.

The study noted that establishing centres near the CSWs place of residents and reducing the training hours would improve rehabilitation because many of them would be able to attend to other gender roles.

CHAPTER FIVE

SUMMARY OF FINDINGS, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter presents a summary of the findings, conclusions and recommendations drawn from the findings in connection with the effectiveness of rehabilitation programmes for CSWs in USK, Nairobi County.

5.2 Summary Findings

The main purpose of this study was to investigate the effectiveness of the Undugu Society of Kenya programmes in empowering female commercial sex workers. The study respondents were: 1 programme Co-ordinator, 4 social workers and 40 CSWs.

Objective one sought to identify empowerment programmes and activities for commercial sex workers in USK. The findings were that the main rehabilitation programmes were guidance and counselling, education, vocational training. Other programmes included: Peer education, health education and microfinance. However, only a few CSWs had highly benefited from programmes such as vocational training (37.5%), microfinance and health education (12.5%) respectively. Most of them had highly benefited from guidance and counselling (55%) and education (50%).

Objective two sought to determine the impact of the programmes in empowering commercial sex workers in USK. According to the findings, programmes like vocational training and microfinance had a great impact on empowering CSWs as expressed in the regression model. Though few women (20%) and (7.5) respectively

had benefited from them, it was evidenced that CSWs who had been empowered economically exhibited high levels of change in lifestyle.

The findings of this study revealed that the rehabilitation programmes were effective in enabling CSWs to acquire knowledge, skills and attitudes, promoting behaviour change and enabling them to have alternative sources of livelihood. Programmes that were effective had a positive impact on the lives of CSWs and therefore benefited them through changed lifestyle, positive behaviour change, acquisition of knowledge, skills and attitudes which were expected to enable CSWs to be in self-employment and to acquire life skills after exiting the programmes.

The few (25%) respondents who got empowered through the programmes acquired mentorships skills and positive behaviour changes. Others (7.5%) acquired the concepts of saving, starting a small business and operating business. These skills were expected to enable CSWs to be in self-employment and have life skills after exiting the programmes.

Objective three sought to examine challenges faced by USK and CSWs in the course of implementing empowerment programmes. The research findings discovered that all the programmes were affected negatively by some challenges such as inadequate funding, inadequate facilities, inadequate trained and support staff and high turnover of CSWs. The CSWs also experienced challenges, which inhibited effective rehabilitation such as stigma, low education level, poverty, gender roles and travelling long distances to attend activities at the centres.

The fourth objective sought to identify appropriate strategies that could be put in place to effectively provide an alternative source of livelihood to the CSWs in USK. The findings suggested several strategies that could be put in place to address some of the challenges experienced. The strategies included provision of financial support, continued follow-up programmes, establishing more centres, upgrading guidance and counselling programme, availing adequate support staff, ensuring facilities were adequate, providing CSWs with enough seed money to start their business and sensitizing the members of the society among others.

5.3 Conclusion

The study found out that USK offered six rehabilitation programmes for CSWs in its four centres within Nairobi. The output of this study indicated that three programmes stood out as the most effective based on comparative data analysis. These were microfinance, vocational training and guidance and counselling. These three synergistically have a potential to produce the most impact when applied accordingly.

In general, the programmes were found to play a very important role in the lives of the CSWs by rehabilitating and reforming them. Most of the programme graduates were found to be fully equipped with knowledge, vocational and entrepreneurship skills, positive behaviour change and were living productive lives after completing the programmes.

The study concluded that USK aimed to offer effective rehabilitation programmes to the CSWs but was constrained by many challenges such as inadequate funds, facilities and human resource. The programmes challenges caused some

inefficiencies which led to failure in achieving complete rehabilitation of some graduates.

The inefficiencies in the programmes led to some CSWs getting back to the sex trade. The study noted some causes of relapse as; lack of alternative source of livelihood, not generating adequate income, failure of the businesses they set up after graduating, societal stigmatization and fear of starting life all over again.

5.4 Policy Recommendations

The study identified the following recommendations based on the findings and conclusions of the study.

USK should do the following;

- a) Make regular follow-up visits to trained CSWs and organize for relevant continued training support for as long as possible depending on individual cases.
- b) Ensure that the programmes incorporate post-training group support networks to enable the CSWs to share their experiences with others participating in the same programmes.
- c) Design programmes to also include life skills programmes and entertainment programmes such as music and sports in order to develop talents among CSWs under the rehabilitation programmes.
- d) Make the programmes more relevant and realistic to the needs of the targets, in order to achieve this, there is need to ensure that the programmes allow CSWs under training to participate in programmes plans and designs.

- e) Adopt the right-based approach which emphasizes giving CSWs the authority to make informed choices about their lives which does not necessarily focus on getting them to exit sex work; but rather provide them with alternative sources of livelihoods and allow individuals to make own choices.
- f) Prioritize and consider upgrading microfinance, vocational training, guidance and counselling programmes, which the study found to be the most relevant to the rehabilitation process.

5.5 Suggested Areas for Further Research

Based on the focus and findings of the study, the following areas are suggested for further studies:

- a) Comparative study on the programmes being undertaken by various NGOs doing similar work in Kenya with USK in order to enhance sectoral understanding of the CSWs rehabilitation in the study area and beyond.
- b) A study can be carried out on the long term adaptability of the graduates of such empowerment programmes on how they fit into the society.

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APPENDICES

Appendix I: Introduction Letter

JUSTER NGAI,
DEPT OF GENDER AND DEPT
STUDIES
KENYATTA UNIVERSITY
P.O BOX 43844- 00100.
DATE.....

THE ADMINISTRATOR
..... REHABILITATION CENTRE,

Dear Respondents

RE: EFFECTIVENESS OF USK IN EMPOWERING CSWs

My name is Juster a postgraduate student at Kenyatta University currently researching on the above topic. Your Organization has been selected to take part in the study.

Allow me to collect data in your rehabilitation programmes. All the information received will be held in utmost confidence and will not be used for any other purpose except for this study.

Your positive response will be highly appreciated.

Yours faithfully

Juster Ngai

Appendix II: Questionnaire for Social Workers

Thank you for accepting to answer the questions. The questionnaire will help us to assess the effectiveness of Undugu Society Programmes in empowering commercial sex workers in USK in Nairobi Kenya. The information in this questionnaire will be treated confidentially and will only be used for academic purpose.

1. Name of interviewee (Optional) _____

2. Gender Male Female

3. Age _____

4. How long have you been in this programme?

—

5. Are you trained in dealing with commercial sex workers?

Yes No

6. What programmes do you have for CSWs?

—

7. In your own opinion, are the empowerment programmes effective or not?

a) If yes, state reasons

—

b) If no, state

reasons _____

In your own opinion, how can the empowerment programmes be improved to make them effective in empowering the CSWs?

–

8. What are some of the success of the above named programmes?

–

9. What are the failures of the above named programmes?

–

10. In your own opinion, what strategies can be employed in the programme for effective empowerment?

11. How would you rate the effectiveness of the existing programmes of empowering CSWs?

12. In your own opinion, how best can the empowerment programmes be effectively conducted to meet the expected outcome?

13. Do you assist the CSWs economically on completion of the programmes?

14. What challenges do the CSWs experience while undergoing the rehabilitation programme?

15. What challenges, does the USK experience while empowering the CSWs in the programmes?

16. Suggest areas of the rehabilitation programmes that could be employed to make the programmes more effective.

17. Please rate the impact of the existing empowerment programmes concerning the issues provided in the table below. Use the following terms: high, medium, low, none.

Effectiveness of Empowerment Programmes

Statement	High	Medium	Low	None
To what extent have the Undugu Empowerment programmes helped the CSWs acquire life skills?				
To what extent have Undugu programmes helped CSWs to acquire knowledge?				
To what extent have Undugu empowerment programmes facilitated CSWs to develop entrepreneurship skills?				
To what extent have the empowerment programmes in Undugu helped CSWs to change behaviour?				
To what extent have the empowerment programmes initiated by Undugu Society helped CSWs to change their attitude towards themselves and their abilities?				
To what extent do you think the Undugu Empowerment programmes have helped CSWs to think positively?				

END

Thank you for your cooperation.

Appendix III: Questionnaire for the USK Programme Coordinator

Thank you for accepting to answer the questions. These questions will help us to assess the effectiveness of USK programmes in empowering commercial sex workers in USK Nairobi. The information in this questionnaire will be treated confidentially and will only be used for academic purpose.

1. Name of interviewee (optional) _____

2. Gender Male Female

3. How many CSWs are in the programme?

4. What was the initial enrollment of CSWs in 2012 when the programme started?

5. Are there CSWs who get rehabilitated completely YES/NO, if yes, how many?

6. How do you make a follow-up of the CSWs who have completed the programme?

7. Are there those who go back to CSWs occupation even after joining your programme?

Yes No

8. If yes, how many per year 2012, 2013, 2014 to 2015?

9. How many CSWs join USK every year 2012, 2013, 2014 and 2015?

10. What empowerment programmes do you have for the CSWs?

11. What challenges does USK face in the empowerment programmes?

12. What other organizations do you partner with?

13. What were the initial goals of the empowerment programmes?

14. What are the achievements of the programme?

15. In your own opinion, what strategies can you suggest to make the programmes more effective?

16. Please rate the impact of the existing empowerment programmes concerning the issues provided in the table below. Use the following terms: high, medium, low, none.

Effectiveness of Empowerment Programmes

Statement	High	Medium	Low	None
To what extent have the Undugu Empowerment programmes helped the CSWs acquire life skills?				
To what extent have Undugu programmes helped CSWs to acquire knowledge?				
To what extent have Undugu empowerment programmes facilitated CSWs to develop entrepreneurship skills?				
To what extent have the empowerment programmes in Undugu helped CSWs to change behaviour?				
To what extent have the empowerment programmes initiated by Undugu Society helped CSWs to change their attitude towards themselves and their abilities?				
To what extent do you think the Undugu Empowerment programmes have helped CSWs to think positively?				

END

Thank you for your cooperation.

Appendix IV: Questionnaire for CSWs

Thank you for accepting to answer the questions. These questions will help us to assess the effectiveness of USK programmes in empowering commercial sex workers in USK in Nairobi. The information in this questionnaire will be treated confidentially and will only be used for academic purpose.

1. Gender Female Male
2. Age
3. Where do you live?
4. Are you single or married?
 - a. Married
 - b. Not married
 - c. Widow
 - d. Divorced
5. What is your main occupation? _____
6. Do you have another source of livelihood? _____
7. What factors drive you to commercial sex work? _____
 - a. Lack of job
 - b. Poverty
 - c. Illiteracy
 - d. For fun
 - e. Name any other reason _____
8. When did you join USK? _____
9. How has USK helped you?

- a) Health
- b) Education
- c) Loan
- d) Guidance and counselling

10. How has USK empowered you?

- | | | | |
|----------------------------|--------------------------|---------------------------------|--------------------------|
| a) Loaning | <input type="checkbox"/> | e) making ornaments | <input type="checkbox"/> |
| b) Tailoring | <input type="checkbox"/> | f) education | <input type="checkbox"/> |
| c) Basketry | <input type="checkbox"/> | g) guidance and counselling | <input type="checkbox"/> |
| d) Starting small business | <input type="checkbox"/> | h) name any other help from USK | <input type="checkbox"/> |

11. What is your suggestion to USK to empower you better?

- a) Give us enough capital
- b) Give us job
- c) Start for us business
- d) Any other suggestion_____

12. Name the challenges you encounter in USK Programmes.

13. How has USK helped you?

- a) Have completely stopped sex work
- b) Have reduced the number of times of sex trade
- c) Have started some business.
- d) Mention any other benefit_____

14. Suggest strategies that can help USK empower you better.

15. Please rate the impact of the existing empowerment programmes concerning the issues provided in the table below use the following terms. High, medium, low, none.

Effectiveness of Empowerment Programmes

Statement	High	Medium	Low	None
To what extent have the Undugu Empowerment programmes helped you to acquire life skills?				
To what extent have Undugu programmes helped you to acquire knowledge?				
To what extent have Undugu empowerment programmes facilitated you to develop entrepreneurship skills?				
To what extent have the empowerment programmes in Undugu helped you to change behaviour?				
To what extent have the empowerment programmes initiated by Undugu Society helped you to change your attitude towards yourself and your abilities?				
To what extent do you think the Undugu Empowerment programmes have helped you to think positively?				

END

Thank you for your cooperation.

Appendix V: Questionnaire for the CSWs

Asante sana kwa kukubali kujibu maswali haya. Maswali haya yatasaidia USK kuboresha huduma yao kwenu. Tafadhali usiandike jina lako kwenye karatasi na pia nakuhakikishia kuwa, majibu haya hayatatangazwa hadharani ila tu yatatumika kwa manufaa ya masomo pekee.

1. Jinsia? Mwanamke Mwanaume
2. Una umri wa miaka mingapi? _____
3. Unaishi wapi Nairobi? _____
4. Swala la ndoa ni lipi?
 - a. Kuolewa
 - b. Sijaolewa
 - c. Mjane
 - d. Nilipewa taraka
5. Wewe hufanya kazi gani? _____
6. Una kazi nyingine ya badala? _____
7. Nini kilikusukuma katika kazi ya ukahaba?
 - a. Kutokuwa na kazi
 - b. Umaskini
 - c. Kutosoma
 - d. Kujiburudisha
 - e. Taja sababu nyingine _____
8. Ulijiunga lini na shirika la Undugu Kenya?

9. Je, USK hokusaidia kwa huduma gani?

- a. Afya
- b. Elimu
- c. Mikopo
- d. Mashauriano

10. USK wamekusaidia kwa njia zipi? wamenifunza yafuatayo:

- a. Wamenipa mkopo
- b. Kushona nguo
- c. Kutengeneza vikapu
- d. Kuanza biashara ndogondogo
- e. Kutengeneza mapambo
- f. Kusoma
- g. Kunishauri
- h. Taja mafunzo mengine _____

11. Ungetaka USK waanze mbinu zipi za kukuhudumia vyema?

- a. Biashara
- b. Kukupa kazi
- c. Kupewa pesa za kuanza biashara
- d. Taja mbinu zozote zile _____

12. Ni changamoto zipi ambazo huwa unakumbana nazo katika shughuli za mafundisho ya USK?

13. Je USK imekubadilisha vipi katika maisha?

- a) Nimeacha kabisa kazi ya ukahaba.

b) Nimepunguza idadi ya siku za kufanya ukahaba.

c) Biashara nilizoanza zimenitosha

d) Taja

mengineo_____

14. Ni mikakati gani ungetaka USK waweke ili waendeleo kukuhudumia
vyema?

Appendix VI: Interview Guide for the Programme Coordinator

This interview was aimed at assessing the effectiveness of Undugu Society Programmes in empowering commercial sex workers. Information provided was treated with the utmost confidentiality and was used only for the purpose of research.

1. Gender [tick] male [] Female []
2. What are the empowerment programmes for CSWs in Undugu Society?
3. Do the empowerment programmes empower the CSWs fully?
4. What is the impact of the empowerment programmes to the CSWs?
5. What challenges does USK face in the empowerment programme?
6. In your own opinion, how can the challenges stated above be overcome?
7. What strategies could be put in place to effectively empower the CSWs?
8. In your own opinion, why do CSWs leave during the rehabilitation process?
9. Year of inception of this programme
10. Why was the programme founded?
11. How many CSWs are on the programme at the moment?
12. How many CSWs were there at the year of inception?
13. . How many support staff do you have in the centres?
14. Are the support staff trained on matters of rehabilitation?
15. How many rehabilitation programmes do you have in the centres?
16. Which ones are they?
17. Who funds the programmes?
18. In your view, are the CSWs problems adequately addressed by these rehabilitation programmes?

19. Do you think the rehabilitation programmes are effective in empowering CSWs?
20. What challenges do staff of USK face in the programmes?
21. What challenges do the CSWs experience while undergoing the empowering programmes?
22. How adequate are the resources for the empowerment programmes?
23. Suggest strategies for making the empowerment programmes more effective.
24. Suggest areas of empowerment programmes that should be considered to further increase the effectiveness of rehabilitation programmes?

Appendix VII: Interview Guide for the Social Workers

This interview was aimed at assessing the effectiveness of Undugu Society Programmes in empowering commercial sex workers. Information provided was treated with the utmost confidentiality and was used only for the purpose of research.

1. 1. Gender [tick] Male [] female []
2. What are the empowerment programmes for CSWs in Undugu society?
3. Do the empowerment programmes empower the CSWs fully?
4. What is the impact of the empowerment to the CSWs?
5. Are there CSWs who don't complete the rehabilitation process?
6. In your opinion, why do the CSWs leave the USK programmes in the Process of rehabilitation?
7. Do you make follow up of the CSWs who have completed the programmes?
8. What challenges does the USK face in the empowerment programmes?
9. What challenges do the CSWs face in the empowerment programmes?
10. In your own opinion, how can the above stated challenges be addressed?
11. What strategies could be put in place to effectively empower the CSWs?
12. How would you rate the effectiveness of the existing programmes of empowering CSWs?
13. In your own opinion, how best can the empowerment programmes be effectively conducted to meet the expected outcome?
14. Do you assist the CSWs economically on completion of the programmes?

15. What challenges do the CSWs experience while undergoing the rehabilitation programme?
16. What challenges, does the USK experience while empowering the CSWs in the programmes?
17. Suggest areas of the rehabilitation programmes that could be employed to make the programmes more effective.

Appendix VIII: Interview Guide for the CSWs

1. Why did you join USK?
2. How have you benefited from USK programmes?
3. Are there CSWs who do not complete the programmes?
 - b) If yes, why do you think they leave the programme?
4. In your own opinion, suggest ways USK can empower you better.
5. What challenges do you face in USK?
6. What strategies would you suggest USK could employ to empower you better?

TAFSIRI YA MAHOJIANO KWA CSWs

1. Kwa nini ulijiunga na USK?
2. Undugu Society hukusaidia aje?
3. Kuna wale huacha kama hawajakamilisha mafundisho? Ndio [] La []
 - b) Kama jibu lako ni ndio, kwa maoni yako, kwa nini wao huacha bila kukamilisha mafundisho?
4. Ungetaka USK wakusaidie aje ili kukuhudumia vyema?
5. Changamoto gani unazopitia katika shirika hili la USK?
6. Kwa maoni yako mwenyewe, ni mikakati gani ungetaka USK waweke ili kukuhudumia vyema?

Appendix IX: Research Authorization Letter

KENYATTA UNIVERSITY
GRADUATE SCHOOL

E-mail: kubps@yahoo.com
dean-graduate@ku.ac.ke
Website: www.ku.ac.ke

P.O. Box 43844, 00100
NAIROBI, KENYA
Tel. 8710901 Ext. 57530

Our Ref: C50/CE/25849/11

Date: 4th May, 2016

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

Dear Sir/Madam,

RE: RESEARCH AUTHORIZATION FOR MR. JUSTER M. NGAI REG. NO. C50/CE/25849/11

I write to introduce Mr. Ngai who is a Postgraduate Student of this University. He is registered for M.A. degree programme in the **Department of Gender & Development Studies in the School of Humanities & Social Sciences.**

Mr. Ngai intends to conduct research for M.A Degree thesis entitled **"Assessment of Effectiveness of Undugu Society Programmes in Empowering Commercial Sex Workers in Nairobi County, Kenya"**.

Any assistance given will be highly appreciated.

Yours faithfully,

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

RM/cao



**NATIONAL COMMISSION FOR SCIENCE,
TECHNOLOGY AND INNOVATION**

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

9th Floor, Utalii House
Uhuru Highway
P.O. Box 30623-00100
NAIROBI-KENYA

Ref: No.

Date:

NACOSTI/P/16/83231/11807

30th August, 2016

Ngai Juster Mbura
Kenyatta University
P.O. Box 43844-00100
NAIROBI.

RE: RESEARCH AUTHORIZATION

Following your application for authority to carry out research on "*Assessment of effectiveness of Undugu Society Programmes in empowering commercial sex workers in Nairobi County, Kenya*," I am pleased to inform you that you have been authorized to undertake research in **Nairobi County** for the period ending **26th August, 2017**.

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

On completion of the research, you are expected to submit **two hard copies and one soft copy in pdf** of the research report/thesis to our office.

**BONIFACE WANYAMA
FOR: DIRECTOR-GENERAL/CEO**

Copy to:

The County Commissioner
Nairobi County.

The County Director of Education
Nairobi County.

Appendix X: Research Permit

THIS IS TO CERTIFY THAT:
MS. NGAI JUSTER MBURA
of KENYATTA UNIVERSITY, 1709-200
nairobi, has been permitted to conduct
research in Nairobi County

Permit No : NACOSTI/P/16/83231/11807
Date Of Issue : 30th August, 2016
Fee Received :Ksh 1000

on the topic: ASSESSMENT OF
EFFECTIVENESS OF UNDUGU SOCIETY
PROGRAMMES IN EMPOWERING
COMMERCIAL SEX WORKERS IN NAIROBI
COUNTY, KENYA

for the period ending:
26th August, 2017

Applicant's
Signature


Director General
National Commission for Science,
Technology & Innovation

CONDITIONS

1. You must report to the County Commissioner and the County Education Officer of the area before embarking on your research. Failure to do that may lead to the cancellation of your permit.
2. Government Officer will not be interviewed without prior appointment.
3. No questionnaire will be used unless it has been approved.
4. Excavation, filming and collection of biological specimens are subject to further permission from the relevant Government Ministries.
5. You are required to submit at least two(2) hard copies and one (1) soft copy of your final report.
6. The Government of Kenya reserves the right to modify the conditions of this permit including its cancellation without notice

REPUBLIC OF KENYA


NACOSTI
National Commission for Science,
Technology and Innovation

RESEACH CLEARANCE
PERMIT

Serial No. A11877
CONDITIONS: see back page

