# EFFECTS OF SABAOT LAND DEFENCE FORCE VIOLENCE ON THE WOMEN'S PSYCHOSOCIAL WELLBEING AND THEIR COPING STRATEGIES IN KOPSIRO DIVISION OF MOUNT ELGON SUB-COUNTY, KENYA

**ROBERT MAGHAS CHEMEGEMET**

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**EGERTON UNIVERSITY**

**MAY 2021**

# DECLARATION AND RECOMMENDATION

**Declaration**

This thesis is my original work and has not been presented for an award of a degree in this or any other university.

Signature: ……………………………..          Date: 05/05/2021

Robert Maghas Chemegemet

EM 16/2986/11

**Recommendation**

This thesis has been submitted for examination with our approval as University Supervisors.

Signature: ……………………………          Date: 6/5/2021

Prof. T. Njonge

Department of Psychology, Counselling and

Educational Foundations

Egerton University

Signature: …………………………….          Date: 6/5/2021

Dr. B. E. E. Omulema

Department of Psychology, Counselling and

Educational Foundations

Egerton University

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## DEDICATION

I dedicate this Master's thesis to my greatly beloved wife and children who inspired me daily with their friendship, encouragement and warmth through the rough patches of this journey.

# ACKNOWLEDGEMENTS

# ABSTRACT

Each year, nearly 1.4 million people worldwide lose their lives due to violence. For every person who dies as a result of violence, many more are injured and suffer from a range of physical, sexual, reproductive and mental health problems. Violence places a massive burden on national economies, costing countries billions of US dollars each year in health care, law enforcement and lost productivity. The purpose of this study was to determine the effects of Sabaot Land Defence Force (SLDF) violence on the women's psychosocial wellbeing and their coping strategies in Kopsiro division of Mount Elgon sub-county. The study was based on Cognitive Appraisal Theory (CAT). This study was carried out among women groups in Emia, Chepyuk, Kapkateny and Chongeywo locations in Kopsiro division. The study was a survey that adopted *ex post facto* design. The target population for the research was 23,852 women. The accessible population consisted of 690 women from the four locations. A study sample of forty (40) women was selected through purposive sampling technique whereby ten (10) women were selected homogeneously from each study location. Out of the forty (40) women, sixteen (16) of them were leaders who were selected purposively from each sampled group. The study used focus group discussions to obtain data from the sampled groups and interview schedule from the selected leaders. Validity was established using expert opinion from the supervisors and other psychologists as well as counsellors from the Department of Psychology, Counselling and Educational Foundations in Egerton University. A pilot study was conducted in Cheptais division using twenty (20) women from two women groups. After subjecting the instruments to the two groups separately, the results indicated that the instruments were sufficient for the study since the respondents had similar responses. Demographic data was analyzed using frequencies and percentages while detailed narrations of qualitative data gathered through Focus Group Discussions (FGDs) and interview schedule were analyzed in a thematic way. The findings of the study revealed that the majority of the women suffered psychologically and socially during the Sabaot Land Defence Force (SLDF) violence. For instance: a number of them experienced stress and some of them developed ulcers, lack of sleep and nightmares. Furthermore, the study findings suggest that coping strategies adopted by the victims were partially effective. These included: perseverance, silence and medication, acceptance of reality, forgetting the past, speaking out, prayer, forgiveness and going to church among others. This study concluded that the victims needed counselling interventions from various stakeholders in order to cope up with psychosocial effects of the Sabaot Land Defence Force (SLDF) violence more effectively. The study has made recommendations for inclusive counselling, community safety and peace plan as well as government assistance for the victims.

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# LIST OF ABBREVIATIONS AND ACRONYMS

ACTS:        African Centre for Technology Studies

AK 47:       Short for Russian ABOMAT KanaWHNKOBA Obitapazua 1947. It was
             designed by Mikhail Kalashnikov in 1947

CAT:         Cognitive Appraisal Theory

CCR:         Centre of Conflict Resolution

FGDs:        Focus Group Discussions

GOK:         Government of Kenya

ICC:         International Criminal Court

IDPs:        Internally Displaced Persons

KNCHR:       Kenya National Commission on Human Rights

NGOs:        Non-Governmental Organizations

NZMJ:        New Zealand Ministry for Justice

PA:          Primary Appraisal

SA:          Secondary Appraisal

SLDF:        Sabaot Land Defence Force

SPSS:        Statistical Package for Social Sciences

TJRC:        Truth Justice and Reconciliation Commission

WHO:         World Health Organization

# CHAPTER ONE
# INTRODUCTION

## 1.1 Background of the Study

Violence is wide in form and occurrence (Issroff, 2008). It is an intentional use of physical force or power, threatened or actual against oneself, another person or against a group or community that either results in or has a likelihood of resulting in injury, death, psychological harm, maldevelopment or deprivation (New Zealand Ministry for Justice, 2004). According to Reiss and Roth (1993), violence can be physical, verbal, sexual or psychological.

World Health Organization (2014) indicates that, each year nearly 1.4 million people worldwide lose their lives due to violence. For every person who dies as a result of violence, many more are injured and suffer from a range of physical, sexual, reproductive and mental health problems. Violence places a massive burden on national economies, costing countries billions of US dollars each year in health care, law enforcement and lost productivity. World Health Organization works with partners to prevent violence through scientifically credible strategies.

According to Africa Centre for Gender and Social Development (2010), gender-based violence in Africa, as elsewhere in the world is a complex issue that has its root to the structural inequalities between men and women that result in the persistence of power differentials between the sexes. Women's subordinate status to men in many societies, coupled with a general acceptance of interpersonal violence as a means of resolving conflict, renders women disproportionately vulnerable to violence from all levels of society: individual men, within the family and community and by the State. In 1993, the UN Declaration on the Elimination of Violence against women offered the first official definition of gender-based violence as "any act of gender-based violence that results in, or is likely to result in physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty whether in public or private life".

Violence is dumb no matter what form it takes (Issroff, 2008). For instance, it takes victims by surprise, impinges on lives, leaves a lasting impression and often times causes psychosocial effects (Johnson, 2007). Violence leads to deaths, disabilities and destruction of

physical institutions such as homes, schools, churches, health facilities and infrastructures (Ehrenreich, 2001). Consequently, violence is known to lead to internal displacement of victims (Pedersen *et al*., 2008). This poses unique challenges such as leaving one's home environment, a down grade in socio-economic status, unemployment and language barriers. Additionally, internal displacement can be a basis of dramatic shifts in social, familial, gender roles and acculturation problems in the new location. These losses may create serious mental health issues for the Internally Displaced Persons (IDPs) such as Post Traumatic Stress Disorder, Depression, Drug and Substance Abuse and Anxiety Disorders (Myers, 2008).

According to Harms (1996), victims of violence may resort to diverse coping strategies as a way of survival. They may carry out acts of revenge, run away from the source of violence or surrender to the violence. Some may turn to helping and comforting other victims in search for self-worth while others may avoid situations that promote painful thoughts and feelings and engage in constructive routine activities (Ehrenreich, 2001). Often, victims of violence turn to those in authority for help or create political movements for empowerment. Kaplan and Orlando (1998), affirm that victims of violence sometimes seek professional help from psychologists, social workers or psychological counsellors.

The 2014 Kenya Demographic and Health Survey of Kenya affirm that four (4) out of every ten (10) Kenyan women undergo some form of violence, whether physical or sexual. This figure is staggering and should compel us to pause and reflect. The patriarchal system in Kenya and many parts of the world combined with absence of rights at the household level, have made women and girls vulnerable to sexual, physical, emotional, spiritual and intellectual violence. We have to confront the cultural influences that reinforce the feeling that women are mere chattels, that they must be submissive even in the face of abuse (Kinyua & Chatterjee, 2015).

Violence against women can have a myriad of devastating consequences on women's short and long term health and wellbeing. Along with the immediate physical and emotional impacts of violence, women's overall quality of life can be adversely affected over an entire lifetime, which can, in turn, impact their participation and engagement in various aspects of life and society. These consequences to the individual women, along with the violent act itself, can have ripple effects on society as a whole. For instance, employers may experience lost productivity and output from their employees, while women's support networks such as

families and friends may need to alter their daily activities to provide assistance to victims. This is in addition to the broader societal costs associated with delivering and maintaining health care, social and justice-related services to victims of violent crime as well as the costs related to the criminal justice response to accused persons (Hutchins & Sinha, 2013).

Zartman and Rasmussen (1997) have argued that when national systems of order break down, people fall back on ethnic or confessional identities leading to exclusion and forgetting the previous harmony. Moreover, when economic conditions worsen and the national resource pie diminishes or becomes small, people often mobilized by a selective sense of identity fight over the pieces or meager resources. International pressures for competitive, pluralistic political and economic systems can actually augment the problem, creating a new context of violence that the societies cannot handle productively. These conditions gave rise to violence in Algeria, Rwanda, Burundi, Somalia, Sudan, Ethiopia and Liberia, Afghanistan, Sri Lanka, India, Guatemala, Haiti, Mexico, Peru and Colombia among others. The issue of Mount Elgon sub-county was not far from the preceding cases. The two sub-ethnic groups that had lived together for a long period of time forgot their harmony when the government wanted to allocate them land. One group supported the government's method while the other did not leading to violence as a way of defending their rights.

While conflicts are pursued and atrocities committed using even the most primitive weapons, the widespread availability of modern weaponry has provided the means to make so many people mass murderers (Zartman & Rasmussen, 1997). This was actually the state in Mount Elgon sub-county where AK-47 (Russian ABOMAT KanaWHNKOBA Obitapazua) became cheaper to purchase. The weapon was purchased for the purpose of defense against the government allotment and against the sub-ethnic group that supported the government (Simiyu, 2008). From the Human Rights Report (2003), historical injustices, marginalization and political manipulation are among the factors that contribute to inter-ethnic conflicts and violence rooted on the issue of land. This is further exacerbated by the manipulation of political power at local levels, exclusion of and discrimination against certain groups and the unwillingness of police to intervene and adequately address violent clashes deriving from land disputes. The fierce violence that continues to be carried out in Mount Elgon has its roots in the issues of poor land allocation, forced evictions and the consequent impact on livelihoods of local communities. The Mount Elgon sub-county was the scene of an extended violent conflict over land allocation involving the Sabaot Land Defence Force ( SLDF), a

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guerrilla militia formed in 2005 to resist government attempts to evict people from Chepyuk settlement scheme of Mount Elgon as part of the resettlement programme. It has since been accused of killing more than six hundred (600) people, terrorizing local populations through physical assaults, threats and committing a variety of atrocities including torture, rape, theft and destruction of property. So far 66,000 people were displaced in 18 months period due to the activities of SLDF (Human Rights Watch, 2003).

According to Simiyu (2008), the government of Kenya set out to implement a land resettlement programme for squatters in the Chepyuk area of Mount Elgon sub-county in the early 1970s. This was primarily intended for the Mosop and Soy clans. From its inception, the programme was derailed by claims and counterclaims of state favoritism and corruption by both clans, leading to a cycle of allocations, annulments and evictions. This engendered discontentment and exacerbated intra-community tensions and conflicts, which took a more violent turn in 2006 after the finalization of the land allocation process during phase three of the resettlement programme. One of the outcomes of the process required some members of the Soy clan, who had already settled to vacate their land and others to give up part of their land for subdivision and allocation to other families from the Mosop clan and a section of the Soy clan. However, the Soy clan mobilized young people to defend their land and resist any evictions, culminating in the formation of a militia group called the Sabaot Land Defence Force (SLDF). It is the activities of this militia that defined the violence in Mount Elgon sub-county (Simiyu, 2008).

Consequently, the land conflict currently playing out in Mount Elgon sub-county can be traced back to the colonial policy of alienating African land to create room for white settler farms. For the Sabaot community, their ancestral grazing land on the extensive plains of what is now Trans-Nzoia District was taken away from them in the early 1930s without compensation. This alienated the community from its means of livelihood, as well as heralded a process of intra-community differentiation and rivalry that feeds the current conflict. The Mosop relocated to Chipkitale 'trust land' on the upper slopes of Mount Elgon (2,700-3,300 meters) above the dense forest in a marginal and inhabitable mountains moorland characterized by poor soils and vegetative resources. They occupied 35,000 hectares. The Soy settled on the lower slopes of the mountain (below 1800 meters) in a rich agricultural area now known as Chepyuk. The two sub-groups at war are only divided geographically. Their names are taken from the geographical elevations of the areas in which

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they settled. Culturally they stem from one community, the Sabaot (Simiyu, 2008). Kopsiro division of Mount Elgon sub-county was adversely affected by the SLDF violence. Therefore, a study to determine the effects of SLDF violence on the women's psychosocial wellbeing and their coping strategies is vital. This will help to establish the necessary actions to be taken so as to avoid psychosocial complications in the lives of the women.

## 1.2 Statement of the Problem

Violence against women is any action that results or is likely to result in physical, sexual or mental harm. It may also include threats such as coercion or arbitrary deprivation of liberty whether in public or private lives. Kopsiro division of Mount Elgon sub-county was adversely affected by the violence conducted by the SLDF. This led to losses in life, property, livelihoods and displacement of people. In addition, injuries were sustained. The disruptions of life due to losses, injuries and displacement resulted in lowered productivity in various aspects within the community. The study indented to establish the coping strategies that the victims may have applied which may have been effective or defective. If the coping strategies applied were defective or inadequate, serious complications may ensue such as: fear of safety, loss of control over one's life, less belief in benevolence of people, loss of meaning in life and loss of faith in God. Moreover, Post-Traumatic Stress Disorder (PTSD), depression, anxiety disorders, drug and substance abuse and broken relationships may not be uncommon in the future. These in turn may result in lowered functioning among community members in Kopsiro division. There is also a risk that SLDF may equate to planting a seed for increasing violence in generations to come. Therefore, there was need to establish the specific effects of the SLDF violence on the women's psychosocial wellbeing in Kopsiro division of Mount Elgon sub-county. Also, it was important to determine the coping strategies adopted by the victims and establish the role of counselling in helping the women deal with post-traumatic effects of the SLDF violence.

## 1.3 Purpose of the Study

The study sought to determine the effects of Sabaot Land Defence Force violence on the women's psychosocial wellbeing and their coping strategies in Kopsiro division of Mount Elgon sub-county, Kenya.

## 1.4 Objectives of the Study

This study was guided by the following objectives:

i) To establish the forms of violence employed by the SLDF in Kopsiro division of Mount Elgon sub-county, Kenya.

ii) To identify the effects of SLDF violence on the women's psychosocial wellbeing in Kopsiro division of Mount Elgon sub-county, Kenya.

iii) To determine the coping strategies adopted by the women as victims of the SLDF violence in Kopsiro division of Mount Elgon sub-county, Kenya.

iv) To find out the role of counselling in helping the women deal with post-traumatic effects of the SLDF violence in Kopsiro division of Mount Elgon sub-county, Kenya.

## 1.5 Research Questions

The study intended to answer the following research questions:

i) What are the forms of violence employed by the SLDF in Kopsiro division of Mount Elgon sub-county, Kenya?

ii) What are the effects of SLDF violence on the women's psychosocial wellbeing in Kopsiro division of Mount Elgon sub-county, Kenya?

iii) What are the coping strategies adopted by the women as victims of the SLDF violence in Kopsiro division of Mount Elgon sub-county, Kenya?

iv) What is the role of counselling in helping the women deal with post-traumatic effects of the SLDF violence in Kopsiro division of Mount Elgon sub-county, Kenya?

**1.6 Significance of the Study**

The findings of this study are expected to create more awareness through sensitization on the effects of SLDF violence on the women's psychosocial wellbeing and their coping strategies in Kopsiro division of Mount Elgon sub-county. Besides, the information generated from the study may be used by the policy makers to come up with the coping strategies and counselling interventions that will help the women deal more effectively with the effects of the SLDF violence in order to avert impairment and complications that could further harm the affected and the generations to come. In addition, it is hoped that the information generated might stimulate organizations such as Kenya National Commission on Human Rights (KNCHR) and various Non-Governmental Organizations (NGOs) to intensify the work of conflict resolution and provide professional counselling services to all members of Kopsiro division in Mount Elgon sub-county. Finally, the findings of this study are expected to add value to the existing body of knowledge and to serve as a spring board for new research by other researchers on the effects of SLDF violence.

**1.7 Scope of the Study**

The study was limited to the effects of SLDF violence on the women's psychosocial wellbeing and their coping strategies in Kopsiro division of Mount Elgon sub-county. Kopsiro division was selected for this study because it is one of the divisions in Mount Elgon sub-county that was adversely affected by the SLDF violence. Women were used since they were in a better position to provide the information sought regarding the numerous psychosocial effects which affected them during this period. The study involved only a sample of women groups because such groups recognized and appreciated their status and even recounted the psychosocial effects that they were facing in their day to day lives on the violence meted on them by the SLDF. Furthermore, the study focused on establishing the coping strategies adopted by the victims of the SLDF violence.

**1.8 Limitations of the Study**

The study encountered a number of limitations which could have hindered answering the research questions and achieving the objectives. These limitations included:

i)  During and after the SLDF violence, many families shifted from areas that were hard hit while others relocated permanently. Hence, loss of important information which could have enriched this study may have been experienced.

ii)  Due to the sensitivity of the study, some respondents were reluctant at first to divulge information for fear of victimization. However, assurance of confidentiality dealt with the limitation.

## 1.9 Assumptions of the Study

The study was based on the following assumptions:

i) That all the women within the scope of the study were directly affected by the SLDF violence.

ii) That all the respondents gave honest responses.

iii) That the respondents talked about their status and the challenges that they went through.

**1.10 Operational Definition of Significant Terms**

This study adopted the following operational terms:

**Coping strategies:** According to Freedy and Simon (2007), coping strategies denote cognitive and behavioural methods applied to solve problems or manage emotions. In this study, they refer to all the methods either psychological or social used by the afflicted in Kopsiro division of Mount Elgon sub-county to normalize their lives.

**Counselling:** Refers to a talking therapy which aims at easing a person's discomfort, pain, distress or impaired performance (Malcolm & Thomas, 2006). In this study, it refers to an interactive process conjoining a woman of Kopsiro division who is vulnerable and needs assistance from a professional who is trained and educated to give assistance. The assistance is aimed at helping the woman to deal effectively with the problem and the reality of the environment as influenced by social factors.

**Effects:** Something that inevitably follows an antecedent or cause (Webster dictionary). In this study, they refer to the consequences or aftermaths experienced by the women in Kopsiro division of Mount Elgon sub-county as a result of killings, injuries, torture, internal displacement and destruction of property emanating from the violence meted by the SLDF.

**Perceptions:** Williams (2018) defines perception as our recognition and interpretation of sensory information or simply the response to the information. In this study, perceptions refer to women views on the effects of SLDF violence on their psychosocial wellbeing in Kopsiro division of Mount Elgon sub-county.

**Psychosocial effects:** Consequences which touch on emotions, cognitive, behaviour and relationships (Follingstand, et.al, 1990). In this study, they include fear,

anger, hopelessness, frustration and self-blame, blaming others, lack of enthusiasm, nightmares and inability to think well, lack of trust, worry and feelings of revenge, social withdrawal, shame, lack of confidence, trembling, aggression and trauma.

**Psychosocial wellbeing:** A general sense of emotional health as evidenced by high self-esteem and positive relationships with others and a lack of anxiety, depression and deviant behaviour (White, 2004) as well as the extent to which you feel a sense of belonging and social inclusion (UOW, 2018). In this study, psychological wellbeing refers to happiness emotionally, physically or psychologically as well as the relationships within the family, among friends and neighbours and participation in community activities among the survivors of the SLDF violence in Kopsiro division of Mount Elgon sub-county.

**Violence:** According to NZMJ (2004), violence refers to intentional use of physical force or power, threatened or actual against oneself, another person or against a group or community that either results in or has a likelihood of resulting in injury, death, psychological harm, maldevelopment or deprivation. In this study, it refers to the force used by the SLDF in Kopsiro division of Mount Elgon sub-county to kill, hurt or damage.

**Wellbeing:** The state of being happy, healthy, comfortable or prosperous (Webster dictionary). In this study, it refers to the general health and happiness of the survivors of violence in Kopsiro division of Mount Elgon sub-county.

# CHAPTER TWO
# LITERATURE REVIEW

## 2.1 Introduction

This chapter is a summary of various related literature which have been reviewed for the purpose of this study according to the objectives. The discussion includes: an overview of violence, psychosocial effects of violence, psychological effects, social effects, effects of witnessing violence, coping strategies and counselling interventions. The chapter also outlines the theoretical and conceptual frameworks to be used in guiding this study.

## 2.2 An Overview of Violence

Violence against women is internationally accepted as a major issue of concern. It is now globally accepted that all women irrespective of their race, colour, economic status and religious affiliation, face the problem of violence directed at them specifically because they are women. The fact of being a woman is a complex web of cultural, social and economic factors, which have the cumulative effect of leaving any woman vulnerable to acts that men may be shielded from (Matlin, 2004).

According to New Zealand Ministry for Justice (2004), violence refers to the intentional use of physical force or power, threatened or actual, against oneself, another person or against a group/community, that either results in or has a likelihood of resulting in injury, death, psychological harm or deprivation. Besides, violence refers to the destructive actions of natural phenomena like storms and earthquakes or the exertion of force so as to injure or abuse (WHO, 2014). More frequently, violence describes forceful human destruction of property or injury to persons, usually intentional and forceful verbal/emotional abuse that harms others (Pinker, 2007).

Oyediran and Isiugo (2015) ascertain that violence and abuse affect women from all kinds of backgrounds every day. Sometimes women are attacked by strangers, but most often they are hurt by people who are close to them. Violence and abuse can cause terrible physical and emotional pain. In addition, violence against women occurs both within and outside the family and could take various forms. It could comprise physical violation of the woman's

body through such acts as kicking, pushing, burning, punching, pulling hair and may result in minor bruising or death. It may also constitute sexual violence such as rape or psychological tormenting through verbal abuse, harassment, deprivation of resources or denial of access to various facilities. Another form of violence could be emotional abuse which includes: degradation, humiliation, belittling or name calling, fear, insecurity, dependence and refusal to speak (Kinyua &Chatterjee, 2015). Therefore, this study aimed at establishing whether what is discussed in this paragraph actually occurred in Kopsiro division or not.

Violence exists in many forms and at multiple levels. The forms include: physical, verbal, sexual and psychological (Reiss & Roth, 1993). These forms are defined as follows: physical violence is that which causes bodily harm, sexual violence occurs when someone forces another person to have sexual intercourse by means of physical force, threat, intimidation or by use of a weapon and psychological violence is a systematic attempt to control another person's thinking and behaviour. It includes isolation, pathological jealousy, threats, degradation, forced alcohol or drug abuse, brain washing or occasional indulgences (Sonkin, 2007). Ondicho (2018) adds that violence against women in all its various forms is now widely accepted as a serious social and public health problem in many parts of the world. He says that rigorous efforts are being made by governments, non-governmental organizations (NGOs) and other stakeholders to combat the menace and help the survivors.

Carroll (2007) affirms that violence can exist at micro and macro levels. Micro-violence also referred to as personal violence are acts of aggression or force performed by individuals and directed to inanimate objects, animals, oneself or others. Besides, Reiss and Roth (1993) state that, although individuals commit violence as a result of personality type, family background and possible psychological abnormalities as well as personal manifestations of violence are laid to broader social structures. Macro-violence (collective violence) results when individuals engage in violent activities at a group or institutional level. Its incidents such as riots, revolutions and gang warfare are viewed as local events tied to a specific cause or geographical region. Additionally, individuals in this level possess their own unique dynamics and therefore they are more destructive than personal violence. As a result, participants of group violence frequently feel less responsible for their activities and are willing to commit greater atrocities because they are acting in the name of higher cause, be it religion, political belief or loyalty to an ethnic group or nation (Reiss & Roth, 1993). Sabaot Land Defence Force (SLDF) violence can be defined as all acts of aggression carried out

against women in Kopsiro division such as verbal insults, killing, hurting, bodily harm and destruction of property. Indeed, this study intended to find out what level of violence existed in Kopsiro division and what necessitated it.

Violence can also be grouped into self-directed suicidal behaviour or self-harm. It can as well be classified as interpersonal and community where interpersonal violence is inflicted against the individual by another or by small group of individuals while community violence is that which is between people who are not related and may or may not know each other (NZMJ, 2004). Violence can have devastating and long term psychosocial effects on individuals and society (Issroff, 2008). Therefore, this study intended to establish what forms of violence did the SLDF employ in Kopsiro division and how were the women affected.

## 2.3 Psychosocial Effects of Violence

Santrock (2005) defines psychosocial as psychological and social aspects. Violence affects the psychosocial realities of the affected and their communities (Kaplan & Orlando, 1998). Psychosocial effects of violence are characterized by a variety of short and long term reactions in the area of mental health. For instance; the combination of post trauma, grief and dissociation pooled with different types of losses such as: family, friends, relatives, belonging, neighbourhood, homes and trust can be used to define violence syndrome (Loar *et al.*, 2005).

When violence strikes, it destroys the central values of human existence. On the other hand, when humanity witnesses death and destruction, they are exposed to the darkest side of human nature (Kaplan & Orlando, 1998). Victims of violence experience suspicion, mistrust and deprivation of human right to work, to health, to education and to the sense of belonging (Ehrenreich, 2001). This may lead to the loss of trust, dignity and the questioning of the value of life itself by those who have been victims of organized violence. Consequently, the faith of the victims in relation to justice is shaken (Reiss & Roth, 1993). According to Follingstand *et al.* (1990), the social reality on the victims of violence is the effects it has on their relationship with the people within the family and the community. It also has the consequence of decreased involvement and participation in productive routine work at home, workplace or in the community, inhibited communication, social isolation, questioning of values and detachment from organized community activities (Beristain, 2005). It is true that

when violence occurs, mistrust and suspicion takes the center stage. This study intended to establish if this is what transpired in Kopsiro division among the women as a result of the SLDF violence.

Witnessing violence include seeing, hearing, being used directly, viewing in the media or subsequent knowledge of another's victimization (Kaethe, 2004). Ehrenreich (2001) observes that violence affects not only those directly experiencing it but also the secondary victims. The secondary victims include onlookers, observers, relief workers, family members, co-workers, friends and the community at large (Herman, 1997). Moreover, Issroff (2008) adds that violence has negative psychosocial effects on those who watch its events on television or read it in the print media.

Harms (1996), observes that when violence results from natural disasters, those who bear witness sympathize readily with the victim. However, when the violent events are of human design, those who bear witness are caught in the conflict between the victim and the perpetrator. The bystander is forced to take sides. Taking sides may affect relationships in the family and the community in general.  It may as well affect participation in communal activities (NZMJ, 2004).  Besides, their lives can be at risk. For instance, the ICC chief prosecutor, Luis Moreno Ocampo while investigating 2007/2008 violence in Kenya said that he was worried about the intimidations and threats.  He asked the Kenyan government to protect the witnesses.  Further, he promised that their identities would be kept secret and that they would be interviewed outside Kenya (Namunane & Mathenge, 2010). This study intended to establish whether this could be the case in Kopsiro division.

Violence affects social life in diverse ways such as: people leaving their homes or land and migrating elsewhere, lack of trust or difficulty in trusting people (Baker, 2005). Violence affects intimate, personal and abstract relationships. For example, Herman (1997) observes that violence calls into question human relationships and breaches the attachment and bonds of the family, friendship, love and community. It also shutters the construction of the self that is formed and sustained in the relationship to others (Ehnereich, 2001). Due to loneliness experienced by the victims of violence, a sense of alienation and disconnection pervades every relationship from the most intimate familial bonds to the most abstract affiliations of community and religion (Herman, 1997). A good example is that violence may lead to separation or divorce (Women's Refuge, 2007). Baker (2005) affirms that violence is known

to be a cause of social withdrawal and interpersonal stresses. For instance, in a study carried out in post-war Kosovo, results showed that violence had a significant effect on the cultural tradition of families. In particular, violence affected the traditional social role of men as economic providers and protectors of families leading to conflicts within the families (Braymer *et al*., 2005). This study intended to establish if this was the case in Kopsiro division.

Wartime encourages the establishment of unstable marriages. A woman who loses her husband in the war may marry again quickly because she needs a man to support her and is not always in a position to choose a non-violent partner. Young girls are forced to marry fighters who may be particularly likely to use violence (Horn *et al.,* 2014). This was the case in Kopsiro division. Many young girls married the SLDF perpetrators to protect themselves or by force. Children and women are more prone to all types of negligence and exploitation in warying environment and conflict. Undoubtedly, war provides an avenue for all such exploitation when it arises. With regard to the Middle East where continuing conflicts have led to demolition of most aspects of life and has greatly affected all segments of society, disrupting health and educational service provision which form the backbone of life in many Middle East countries. Some crises that women undergo during war and conflicts include: forced participation in acts of violence and armed conflicts, exposure to killing, poverty and malnutrition, displacement, separation from the rest of the family and homelessness, trafficking, sexual exploitation and rape (Horn *et al*., 2014).

Since the end of colonization in 1960, the Democratic Republic of Congo (DRC) has never experienced lasting peace (Lubunga, 2016). The country is often the theatre of inter-ethnic conflicts and invasions from foreign armies like Rwanda, Uganda, Burundi, Angola, Eritrea and Somalia among others. The three causes for the current disastrous conflict include: the spillover of the genocide in Rwanda, control of mineral resources and ethnic rivalry. The location of the eastern part of the DRC in the Great Lakes Region exposes the Kivu province to being affected by any trouble which occurs in neighbouring countries such as Rwanda, Burundi and Uganda. It also allows easy penetration of foreign soldiers from neighbouring countries. The current political crisis in the Great Lakes Region started with the Rwandan and Burundian genocide in 1994, which led to thousands of Rwandan and Burundian refugees to find asylum in neighbouring eastern Congo. The DRC is endowed with a wide variety of natural resources ranging from rich flora and fauna to water and minerals. The control of

these resources has brought more harm than benefit to the country. Inspite of massive violations of human rights, as women and children are enslaved, raped and used by militias in the mining of blood minerals, the number of predators of mineral resources in the DRC is increasing. Besides Rwanda and Uganda, it is proven that many countries and international corporations are supporting conflicts in the DRC for the exploitation of minerals such as gold, diamond, cobalt and Colton, a mineral which is a key component in the manufacture of cell phones, computers and other electronic devices.

The presence of a great number of Hutus and Tutsis from Rwanda in the Kivu region and to some extent the Hema from Uganda has always been disputed among the people in the eastern DRC. The immigrants from Rwanda took large tracts of land at the expense of the indigenous communities in the Kivu leading to the current conflict. Because the Rwandan immigrants feel that they have a right to own land in DRC, the indigenous communities have continued to resist leading to the current violence (Lubunga, 2016). The condition of women in the eastern DRC has deteriorated since the beginning of the war in 1996. Besides, the mass killing estimated at over five million, the war in the DRC is characterized by unprecedented acts of violence and rape against women and girls. Alarming statistics of victims of mutilations and rape during the years of war in the eastern DRC appear in many UN reports and newsletters. To be particular, more than 15,000 rapes were recorded in the DRC with an average of 40 women raped daily in the province of South Kivu alone. Rape continues to date since uncontrolled militias and armed conflicts are still endangering the lives of women in remote areas (Lubunga, 2016). This was the case in Kopsiro division since women and girls had no defense against the SLDF.

Violence too results in physical effects such as: broken bones, burns, cuts, stabs, firearm wounds, bites, skull fractures, perforated eardrums, chipped or lost teeth, hair loss, chronic gastro-intestinal pain, chronic neck or back pain, chronic headache, hypertension and substance abuse. Pregnant women experience direct and indirect impacts which can result in serious complications for the mother, the fetus and later the infant. In the worst cases, death may occur or the victim may commit suicide. Sexual effects are also prevalent for instance, sexually transmitted diseases, chronic pelvic or genital pain and chronic vaginal or urinary infection, bruising or tearing of the vagina or anus.

Ondicho (2018) affirms that women exposed to violence are said to be more likely to experience a multiplicity of health problems compared to women who have no history of violence in their lives. Generally, women exposed to violence tend to experience more physical and emotional impairments, chronic mental, social and reproductive health problems. Moreover, women exposed to male violence are likely to exhibit more behavioural deviations and to adopt behaviours such as problematic substance abuse and alcohol abuse, suicidal tendencies and physical inactivity which can further affect their health. In addition, women experiencing violence are also at risk of contracting sexually transmitted diseases including the Human Immune Deficiency Syndrome (HIV) and subsequent victimization (WHO, 2017).

Furthermore, Snoubar (2016) confirms that wars and armed conflicts are considered the basic causes of ill health and increase the number of deaths among children and women. For instance, since the collapse of facilities and health centers and difficulty of delivering services and healthcare for the population, especially of women and children led to the aggravation and worsening health status significantly. In times of war and conflicts, women face many problems and health risks that negatively affect the mental and physical wellbeing and health of her child pregnancy, childbirth and post natal stage and in the various stages of life. The armed conflicts and wars cause displacement of families and locals from places of conflict to neighbouring countries as refugees or displaced persons to the places believed to be safer. During the displacement period, women and children faced many risks which are psychological and harmful to their health. For example, direct injuries leading to disabilities resulting from repeated attacks, physical and sexual abuse and deaths.

### 2.3.1 Psychological Effects of Violence

The psychological reality of violence on the affected involves emotional, cognitive and behavioural aspects (Follingstand *et al*., 1990). According to Ehrenreich (2001), it may take weeks or months for the affected to realize the losses they have incurred as a result of violence. Upon realization of no return, the standards of living, jobs, family members, property, anxiety and depression may appear for the first time. These may result in increased suicidal rates which can lead to loss of relatives, friends, neighbours, family pets, homes, property and important or cherished belongings (Myers, 2008). These losses may lead to anger, hurt, sadness, grief, anxiety, depression, shame and fear (Follingstand *et al*., 1990).

Furthermore, feelings of hopelessness, wanting to protect oneself or seek revenge and feeling unloved begin to manifest (Malcolm & Thomas, 2006). This study intended to establish whether the women in Kopsiro division could have experienced the above outlined psychological effects of violence.

Victims of violence are found to exhibit symptoms of Post-Traumatic Stress Disorder similar to those of soldiers coming back from the war. These victims have difficulties expressing love feelings (Osofsky, 2003). They too have difficulty deriving pleasure from familiar activities (Issroff, 2008). Violence can bring fundamental changes in belief patterns about self, others and the world (Kaplan & Orlando, 1998). Osofsky (2003) says that individuals who have been violated exhibit symptoms such as: impaired concentration, impaired decision making, memory impairment, disbelief, confusion, nightmares, decreased self-esteem, self-blame, intrusive thoughts and memories, worry and dissociation. Issroff (2008) affirms that surrender to violence may result in dissociating from it and eventually lead to depression, amnesia, suicidal tendencies and other mental illnesses.

People living in impoverished neighbourhoods often are the victims of community violence and sometimes they are perpetrators. Their resultant behaviour is experimenting with drugs or alcohol, sexual activity and other risky behaviours (Mcfarlane *et al.*, 2008). Victims of violence might eat too much or too little. In addition, they may find falling asleep difficult and staying asleep even more intricate. They may as well find it easier to commit crimes (Wolpe, 2008). Violence can also lead to trembling, restlessness, lack of confidence, social withdrawal, paranoia, startle response and being unkempt (Issroff, 2008). There could be a likelihood that possibly the perpetrators in Kopsiro division could be experiencing the said behaviours.

Violence against women in Kenya has a wide range of short-term and long-term fatal and nonfatal physical, economic and emotional consequences on the survivors. These effects can manifest as poor health status, poor quality of life and high use of health services (KDHS, 2014). Women exposed to violence generally and young women in particular are likely to indulge in illegal abortions which greatly predispose them to chances of future infertility and risk of obstetric complications and/or gynecological disorders (WHO, 2002).

## 2.4 Coping Strategies of the Survivors of the SLDF Violence

According to Freedy and Simson (2007), coping strategies refer to cognitive and behavioural methods applied to solve problems, manage emotions and disengage from difficult problems or emotions. They add that general successful coping is characterized by flexibility, creative thinking, willingness to try new things, action orientations, working corporately with others and ability to tolerate frustration and other strong emotions. Furthermore, coping involves a wide range of potential strategies, skills, and abilities for effectively managing stressful events (Santrock, 1996).

Harms (1996), identifies silence as one way in which victims can cope. He says that when people perceive that their community will not accommodate them as victims, they tend to withdraw and be silent. Another strategy used by victims of violence is social withdrawal as a result of damaged relationships. Some victims may run away from the source of violence, carry out acts of revenge or silently surrender to the violence. Others may choose to forgive (Twalitwala, 2002); while others offer support to other victims and keep or intensify normal daily routines (Ehrenreich, 2001). I would like to conquer with the above authors that women in Kopsiro division could have adopted some of the said coping strategies for their survival because the violence was real.

According to Osofsky (2003), talking to supportive friends and co-workers about feelings associated with the violent experience, keeping a normal routine, avoiding drugs and intoxicated drinks, staying active and volunteering in the community are helpful coping strategies for the survivors. In addition, reporting human rights violations to state structures or human rights group/NGOs can be a powerful way for the victims to feel relieved in the process of mitigating the acts of violation against themselves and others (Kaplan & Orlando, 1998). Moreover, when victims have problems managing their feelings, they should talk to a psychologist, social worker or counsellor.

WHO (1996), affirms that the most basic coping strategy comprises of the identification of groups and individuals to be involved in the planning of the eradication of violence. For instance, at the family level, the stakeholders include: women, men, adolescents and children. Within the local community, partnerships can be developed to include traditional elders, religious leaders, Community Based Groups (CBOs) and neighborhood associations.

Hoffman (1994) adds that the justice systems such as police courts, the health care system, parliament, provisional legislative bodies and the education sector can be very useful in attending to issues of violence. According to World Health Organization (1996), these strategies include: advocacy, awareness raising, direct service provision to the survivors, legal reforms networking and community mobilization. Furthermore, conflict resolution can be of great help in dealing with the root causes of violence (CCR, 1999).

## 2.5 Role of Counselling in Helping the Women Cope with the Violence

Although people never forget tragic events, easing feelings that are associated with these traumas can be mitigated by taking specific actions (Johnson, 2007). Often times, traumatic events constitute a crisis that is, a decisive moment, a time of danger, great difficulty, disaster, energy or a turning point. Hence, a crisis intervention is necessary in order to restore the person to the level of functioning that existed before the crisis period. This can be done in three distinct interventions namely: primary, secondary and tertiary (Gibson & Mitchell, 2008).

Primary prevention is meant to reduce the occurrence of mental disability by promoting growth, development and crisis resistance through education and consultation. This is done by eliminating or modifying dangerous situations by educating people on social and psychological hazards, reducing exposure to dangerous situations through warnings to avoid or escape a disaster or reducing vulnerability by increasing coping strategy. The success of all these depends largely on the person's openness to learning, cultural values, previous problem solving success and general support (Gibson & Mitchell, 2008).

Secondary prevention implies that violence has occurred and the victims are affected psychologically. It also means that the victims have not benefited from primary intervention. Therefore, this stage calls for recovery from the effects of a violent event (Gibson & Mitchell, 2008). Besides, Lahey (2004) upholds that victims of violence continue to re-experience a violent event long after it has occurred. This makes them haunted by terrible recollections in their waking consciousness and sleep. As a result, their daily functioning is impaired meaning that there is need for psychological counselling.

Counselling is a talking therapy which aims at easing a person's discomfort, pain, distress or impaired performance (Malcolm & Thomas, 2006). It can also be defined as a helping relationship in which one person helps another to understand and solve their problems (Gichinga, 2003). Psychological debriefing is the counsellor's first aid to a victim of violence. It is an exercise that allows the victim recount his or her experience (Carlier *et al.*, 1998) and includes providing information about trauma and its effects (Kaplan & Orlando, 1998). Its objective is to reduce traumatic effects of violence and prevent a full-blown occurrence of post-traumatic stress disorder (Mayou *et al.*, 2000).

Kaplan and Orlando (1998) describe four goals of recovery for the victims of violence as follows:

Recovery Goal 1: This goal aims at restoring safety, enhancing control and reducing fear and anxiety. This will be accomplished through identification of the causes of anxiety, accommodation of the effects and provision of information.  Besides, victims will be helped to connect the body and the mind, reduce pain and increase control through testimonies and disclosure of traumatic material.

Recovery Goal 2: This goal focuses on restoring attachments/connections and overcoming grief/loss.  Restoring attachments and connections is achieved when a victim seeks help from the others and offers the same to other victims.  Additionally, sharing with others about one's experience verbally or through writing can be of great help.  Moreover, creating an atmosphere where families and community members can have joint activities is another way of restoring attachments and connections.  Loss and grief can be resolved through renewed perception about what the victim has left rather than what the victim has lost.

Recovery Goal 3: This goal centers on identity, meaning and purpose. Its aim is to help the victim survive beyond his or her existence. This will be accomplished through promotion of communication, reduction of isolation and enhancement of self-esteem. Other strategies include: creation of new opportunities in view of the future, exploration of self, others' and community concepts, validation of the trauma experienced, integration of the past, the present and the future and awareness of political background toward the violence.

Recovery Goal 4: This goal stresses on restoring dignity and value. Its aim is to reduce guilt and shame through affirmation. Furthermore, alleviation of shame and guilt calls for community acknowledgement of human rights violation and the need for redress.

Tertiary prevention aims at dealing with long term effects of violence. A victim who did not benefit from primary and secondary prevention may end up with mental disorders such as Post Traumatic Stress Disorder, depression, anxiety and psychosis. Treatment at this level may call for pharmacological interventions and long term counselling (Malcolm & Thomas, 2006). According to Nugent and Jones (2005), social and rehabilitation programmes are vital means of helping victims to return to former social and occupational roles and to relearn new ones. It is also important to note that recovery includes learning new ways of coping with stress through positive crisis resolution (Aiken, 1994).

In Kenya, violence against women is not a new problem, what is new is the recognition that it has detrimental health consequences for the survivors and that the public health sector has great potential to contribute to the prevention of violence against women and mitigation of its health sequel (Ondicho, 2018).

## 2.6 Theoretical Framework

The effects of Sabaot Land Defence Force (SLDF) violence on the women's psychosocial wellbeing and their coping strategies in Kopsiro division of Mount Elgon sub-county may be explained by various theories. This study was guided by Cognitive Appraisal Theory (CAT). According to this theory, a situation is considered stressful or threatening depending on personal perception of the event or conditions of the person who is in that situation. For instance, a person will react with anger, guilt or joy on how he sees a given situation (Lazarus & Folkman, 1984). Considering this, Cognitive Appraisal can be defined as the process by which a person categorizes a situation and its aspects in relation to whether it is potentially threatening or not. The process can be divided into three categories: primary, secondary and reappraisal. CAT reinforces the fact that our emotions are based on how we perceive a particular situation. Thus, different situations evoke different kinds of emotions such as anger, guilt, fear, joy, empathy or sadness. Sometimes a particular situation may be perceived differently by different people and trigger quite dissimilar reactions. For example, when someone gets promoted, this incident may induce anger in those who feel they have been treated unjustly, while those close to the person being promoted may feel happy for him.

Lazarus and Folkman (1984) explain CAT through the concept of primary and secondary appraisal.

Under Primary Appraisal (P.A.), Lazarus and Folkman (1984) comment that in case a situation is not perceived to be detrimental in any way, the P.A. is seen as irrelevant as the outcome of the situation does not affect us in any way. A situation is said to be stressful if the outcome is likely to be negative and in the form of challenge, threat or harm/loss. The emotions associated with this appraisal include fear, anger and sadness. On the other hand, Secondary Appraisal follows P.A. of a situation. This includes evaluation of the situation and a suitable reaction. This essentially addresses what can be done to cope with a particular situation. The reaction to the situation is decided by carefully analyzing what is at stake and what can be done to reduce negative consequences. Costin and Dragun (1989), affirm the above explanation by arguing that the more an individual appraises a situation as harmful or threatening, the more he or she is bound to experience emotional problems such as anxiety, anger, fear and confusion.

Furthermore, Santrock (2003), states that a stressful situation depends on a person's cognitive appraisal and interpretation of the event. Individuals interpret events in their lives as harmful, threatening or challenging depending on the availability of resources needed to effectively cope with the events. According to this theory, the extent to which women experienced psychological trauma due to the violence conducted by the Sabaot Land Defence Force (SLDF) will directly be attributed to their appraisal. The extent to which women experienced anger, fear, insecurity, revenge, animosity and other psychological and social effects will vary from one woman to the other depending on their personal appraisal of the violence conducted by the SLDF.

Cognitive Appraisal Theory (CAT) was therefore chosen in this study due to its ability to present an evolution of thought from focus on individual variables to focus on the interaction between the individual, event and the recovery environment. The focus of the present study was to investigate how individual women coped with the effects of the Sabaot Land Defence Force (SLDF) violence on the women's psychosocial wellbeing and the social support needed. Hence, the emphasis of individual variables by the Cognitive Appraisal Theory (CAT) rendered it appropriate in informing the present study.

## 2.7 Conceptual Framework

Figure 1 shows the variables that examined the effects of Sabaot Land Defence Force (SLDF) violence on the women's psychosocial wellbeing and their coping strategies in Kopsiro division of Mount Elgon sub-county. The independent variable is the SLDF violence on women which is measured by the level of violence used. This variable influences the dependent variables (psychosocial wellbeing and coping strategies). The psychosocial wellbeing include: the state of happiness emotionally, physically and psychologically, relationships within the family, among friends and neighbours and participation in community activities. On the other hand, coping strategies include: escaping, silence, revenge and talking to supportive friends. The intervening variables which include: past war experiences, psychological debriefing and marital status play a major role in the influence of SLDF violence on women in Kopsiro division of Mount Elgon sub-county. Therefore, the researcher controlled them by choosing a sample size of similar characteristics.

**Conceptual Framework**

| Independent Variable | Intervening Variables | Dependent Variables |
|---|---|---|
| SLDF violence<br><br>▪ Killings<br>▪ Torture<br>▪ Destruction of property | ▪ Past war experiences<br>▪ Psychological debriefing<br>▪ Marital status | Psychosocial Wellbeing<br>▪ Reduced social interaction<br>▪ Reduced community participation<br>▪ Trustworthiness<br><br>Coping Strategies<br>▪ Escaping<br>▪ Silence<br>▪ Talking to supportive friends |

Figure 1: The Relationship between the Effects of Sabaot Land Defence Force (SLDF) Violence and the Women's Psychosocial Wellbeing and their Coping Strategies

## CHAPTER THREE
## RESEARCH METHODOLOGY

### 3.1 Introduction

This chapter presents the methods and procedures that were used in the study. They include: research design, location of the study, population of the study, sampling procedures and sample size, instrumentation, validity of instruments, data collection procedures and data analysis procedures.

### 3.2 Research Design

The study was a survey that adopted the *ex post-facto* research design. An ex post-facto research design is a type of field study that combines literature searching, experience surveying and single or multiple case studies which allow researchers to attempt to identify variables of importance as well as their relationships (Davis, 2005). Field studies are considered ex post-facto designs because there is no manipulation or control exercised and data is often gathered in the most nonintrusive way possible (Davis, 2005). Landman (1988) has described the term ex post facto as an experiment in which the researcher rather than creating the treatment, examines the effect of a naturally occurring treatment after it has occurred. In other words it is a study that attempts to discover the pre-existing causal conditions between groups. In the current study, issues relating to the Sabaot Land Defence Force (SLDF) violence and how they influenced the psychosocial wellbeing of women leading to the adoption of coping strategies were explored. This was gathered from the sampled groups of women who were affected by the SLDF violence. Inferences were made without the manipulation of the independent variable which was SLDF violence. The dependent variables which were psychosocial wellbeing and coping strategies were considered resultant from the independent variable. Therefore, this design was used because it is an efficient approach of collecting data regarding the characteristics of a sample of population, current practices, conditions or needs.

### 3.3 Location of the Study

The study was conducted in Kopsiro division of Mount Elgon sub-county, Kenya. The division was chosen because it was one of the divisions in Mount Elgon sub-county that was

adversely affected by the violence conducted by the SLDF. Therefore, the division provided the required information necessary for the study. Kopsiro division consists of four locations namely: Chepyuk, Emia, Chongeywo and Kapkateny with twelve sub-locations and a population of 48,392 according to population census of 2009 (Deputy County Commissioner's office Kopsiro Division, 2012). Due to her rich agricultural potential, Kopsiro has attracted diverse communities from across the country making it a multi ethnic region. Media and human rights reports indicated that during the SLDF violence, Kopsiro division reported the highest number of casualties and destruction of properties such as houses, schools, shops and churches. It is due to this intensity of violence that Kopsiro division was considered appropriate for the study. The study was carried out among the women groups in the division.

**3.4 Population of the Study**

The study was conducted among the women groups in Kopsiro division of Mount Elgon sub-county. Kopsiro division at the time of the study had an approximate total population of 48, 392 with 24, 541 males and 23, 852 females (population census, 2009). Table 1 shows the distribution of the accessible population of women per location.

Table 1

Number of Groups and Women per Location

| Location | Number of Groups | Number of Women in the Groups |
|---|---|---|
| Emia | 29 | 290 |
| Chongeywo | 12 | 120 |
| Kapkateny | 13 | 130 |
| Chepyuk | 15 | 150 |
| Total | 69 | 690 |

Source:   District Social Development Officer, Mt. Elgon/Cheptais Sub-County, (2017)

The target population comprised of 23,852 women. The accessible population consisted of 690 women from the four locations. The women groups in each location were selected for this study because they were affected by the SLDF violence. Therefore, they were well placed to give the required information on the effects of SLDF violence on the women's

psychosocial wellbeing and their coping strategies in Kopsiro division of Mount-Elgon sub-county.

## 3.5 Sampling Procedures and Sample Size

A sample is a relatively small representative group selected from a population (Banyard & Grayson, 2000). Studying a population of 23,852 people could be practically and cost wise impossible. Hence, sampling was paramount as justified by Banyard and Grayson (2000). In this regard, purposive sampling was used in selecting respondents for the study. This technique allows the researcher to use cases that have the required information with respect to the objectives of his or her study (Mugenda & Mugenda, 2003). Through purposive sampling technique, the researcher selected a sample size of 40 respondents from the study locations using homogeneous sampling. This is whereby the researcher sampled out respondents with similar characteristics of having been affected directly by the Sabaot Land Defence Force (SLDF) violence. This enabled the researcher to have an in-depth study of the group (Kombo &Tromp 2011, 83). According to Mertens (2010), the researcher has to identify cases or individuals that are strongly homogeneous and describe experiences of subgroups of people who share similar characteristics. This is affirmed by Gall, Gall and Borg, that when a sample of similar cases is selected then the particular group the sample represents can be studied in-depth (2003).  Furthermore, such type of sampling enables the researcher to collect intensive data (Mugenda & Mugenda 2003). The researcher used the above advice by sampling out ten (10) women in each location who were directly affected by the SLDF violence. These are women who had confessed openly on how the SLDF violence affected them. Out of the ten women in each location, sixteen (16) of them were leaders who were selected purposively.

## 3.6 Instrumentation

The researcher developed two research instruments that were self-administered to the respondents. The first instrument was a Focus Group Discussion (FGD) guide. The FGD guide was composed of open-ended questions that gave respondents freedom of expression over their understandings, perspectives, stories, discourses and experiences that were not necessarily expressed by numbers (Breakwell *et al.*, 2006). This was done by examining the research objectives and the related literature with the assumption that respondents would give honest answers. One FGD of ten (10) women was held per location. This yielded a total of

four (4) FGDs in the four locations. The second instrument was the interview schedule for the group leaders who were selected purposively from the same women. Interviews were meant to provide in-depth data which was not possible to get using FGDs. Sensitive and personal information was extracted from the respondents through honest and personal interaction between the respondents and the researcher. The information gathered was recorded using a tape and the researcher also employed note taking skills.

### 3.6.1 Validity of Instruments

Validity is the degree to which results obtained from the analysis of the data actually represent the phenomenon under study (Mugenda & Mugenda, 2003). It also means the extent to which a given finding shows what it is believed to show (Haslam & McGarty, 2003). In addition, Kasomo (2006) describes validity as the quality that a procedure or an instrument used in the research is accurate, correct, true, meaningful and right. Validity therefore, implies that we want to obtain what we are supposed to measure. In this regard, the research instruments were validated in three ways: First, the researcher designed the instruments in line with the set objectives to ensure that they contained all the information that answered the set questions. Second, the researcher consulted the supervisors and experts from the Department of Psychology, Counselling and Educational Foundations at Egerton University who had experience in research. Third, a pilot study was conducted before the main study. For this purpose two women groups from Cheptais division were involved in this exercise. Cheptais division experienced similar violence from the Sabaot Land Defence Force (SLDF) just like Kopsiro division. That being the case, Cheptais division was appropriate for the pilot study. As indicated by Fraenkel and Wallen (2000), the purpose of a pilot study is to detect any problems that can be remedied before the actual study is carried out. This was done in order to ensure the validity of the data collection instruments as well as to enable the researcher understand the logistical issues of the study. Therefore, the instruments were considered adequate for the study.

### 3.6.2 Reliability of Instruments

According to Babbie and Mouton (2001), reliability is that quality of measurement method that suggests that the same data would have been collected each time in repeated observations of the same phenomenon. Piloting was conducted in Cheptais division to assess the clarity

and the internal consistency of the instruments. According to Kothari (1990), twenty respondents are sufficient for a pilot study. Therefore, twenty (20) women from two women groups from Cheptais division which neighbours Kopsiro division which also experienced the Sabaot Land Defence Force (SLDF) violence were used for the pilot study. The respondents bore similar characteristics to those of the participants of the main study but were not included in the final sample (Banyard & Grayson, 2000). As indicated by Fraenkel and Wallen (2000), the purpose of a pilot study is to detect any problems that can be remedied before the actual study is carried out; this was done using the split-half technique. This is where the researcher conducted the focus group discussion with the 20 women first and thereafter divided the women into two halves and conducted another focus discussion. Later the researcher compared the notes, observed the correlation and then drew the conclusions. Hence, Cheptais division was appropriate for the pilot study.

## 3.7 Data Collection Procedures

When the research instruments were ready, the researcher obtained an introductory letter from Egerton University that enabled him acquire a permit from National Commission for Science, Technology and Innovation (NACOSTI). The researcher further obtained permission from the County Commissioner of Education and the County Commissioner of Bungoma County as well as the Assistant County Commissioner of Kopsiro division. This was later followed by consent from the Chiefs and Assistant Chiefs of the locations involved on behalf of the women groups. Once permission had been granted, the researcher visited the women group leaders so as to create awareness of the research exercise and foster required cooperation. During the visit, the researcher informed the group leaders about the purpose of the intended study and assured the respondents of confidentiality of information and explained that data collected will be used for academic purpose only. In order to draw a sample, consent of the participants was also obtained. After familiarization, data was then collected from the selected respondents using tape recorder and note taking. The researcher personally conducted the Focus Group Discussions and interview schedule to enable clarification where necessary. The data collection exercise lasted for four weeks due to distance and availability of respondents. After data collection, the researcher proceeded to compute the data and carry out analysis.

## 3.8 Data Analysis

Data collected was cleaned for completeness and consistency before processing. The raw data was organized, coded and analyzed to facilitate the answering of the research objectives and questions. This was done using frequencies, percentages and themes from the sampled groups. Excerpts were also used to summarize qualitative data.

## 3.9 Ethical Considerations

Prior to data collection, the research instruments were submitted to the Egerton University ethics review committee for a review of the research protocols in the study. Upon review, it was determined that the study was non-invasive and had minimal risks on the intended subjects. To facilitate data collection, the researcher organized for a group session to build rapport with the Chiefs and the women group leaders who were affected by the SLDF violence. The researcher sought consent from the respondents and their participation was made voluntarily. The respondents were duly informed that the information collected was intended for academic purposes only and their responses would be kept anonymous at all times. Respondents were assured of utmost confidentiality. Some of the respondents had a challenge of responding to some of the test items that were written in English. To mitigate this challenge, the researcher explained the same in Kiswahili as well as helping interpret some test items in the Focus Group Discussions (FGDs) and the interview schedule to the respondents. The names of the respondents and the sites of the study were kept anonymous in order to protect their privacy as well as using locations instead of the names of the specific venues where the discussions and interviews were contacted. The researcher protected the research participants from psychological harm by ensuring that the questions asked were appropriate and could not trigger disturbing emotions on the part of respondents.

# CHAPTER FOUR
# RESULTS AND DISCUSSIONS

## 4.1 Introduction

This chapter presents results and discussions on the effects of Sabaot Land Defence Force (SLDF) violence on the women's psychosocial wellbeing and their coping strategies. The findings are based on the data collected and reviewed from the sampled groups in Kopsiro Division of Mount Elgon sub-county. Demographic data was analyzed using frequencies and percentages while data collected through Focus Group Discussions (FGDs) and interview schedule was analyzed qualitatively in a thematic way. The study involved a total of forty (40) respondents (ten (10) women from each of the four locations) in the division. Data was analyzed according to the objectives of the study as follows:

 i) To establish the forms of violence employed by the SLDF in Kopsiro division of Mount Elgon sub-county, Kenya.

 ii) To identify the effects of the SLDF violence on the women's psychosocial wellbeing in Kopsiro division of Mount Elgon sub-county, Kenya.

 iii) To determine the coping strategies adopted by the women as victims of the SLDF violence in Kopsiro division of Mount Elgon sub-county, Kenya.

 iv) To find out the role of counselling in helping the women deal with post-traumatic effects of the SLDF violence in Kopsiro division of Mount Elgon sub-county, Kenya.

## 4.2 Demographic Characteristics of the Respondents

Section A of the Focus Group Discussions (FGDs) sought information on the respondents' marital status. This information was necessary in order to get the empirical data of the respondents of the study. The study findings as indicated in Table 2 show 97.5% of respondents as being married and 2.5% as being single.

Table 2

Respondents' Distribution by Marital Status

| Marital Status | Frequency | Percentage (%) |
|---|---|---|
| Married | 39 | 97.5 |
| Single | 1 | 2.5 |
| Total | 40 | 100 |

## 4.3 Forms of Violence Employed by the Sabaot Land Defence Force

Objective one of the study sought to establish the forms of violence employed by the SLDF in Kopsiro division of Mount Elgon sub-county, Kenya. Through Focus Group Discussion guide as indicated in Appendix B (question 2) and interview schedule as indicated in Appendix C (question 4), the respondents gave their responses as indicated in Table 3.

Table 3

Forms of Violence per Location

| | | Location | | | |
|---|---|---|---|---|---|
| | | Emia | Chepyuk | Chongeywo | Kapkateny |
| Form of Violence | Physical | 9 | 6 | 10 | 10 |
| | Verbal | 10 | 2 | 8 | 4 |
| | Sexual | 9 | 1 | 10 | 8 |
| | Psychological | 10 | 10 | 10 | 9 |
| | Other | 0 | 0 | 0 | 2 |
| Total | | 38 | 19 | 38 | 33 |

As shown in Table 3, 97.5% of the respondents experienced the psychological form of violence. That means the effects of SLDF violence such as: rape, threats, isolation and death just to mention a few affected the respondents across the four locations at a higher degree. It is also evident that the other three forms that is, physical, sexual and verbal affected the respondents as well across the four locations. It is only Kapkateny that experienced the other form of violence in particular stealing. Their responses agreed with the views of Reiss and Roth who affirmed that violence exists in many forms and at multiple levels. The forms include: physical, verbal, sexual and psychological (Reiss & Roth, 1993). These forms are defined as follows: physical violence is that which causes bodily harm, sexual violence

occurs when someone forces another person to have sexual intercourse by means of physical force, threat, intimidation or by use of a weapon and psychological violence is a systematic attempt to control another person's thinking and behaviour. It includes isolation, pathological jealousy, threats, degradation, forced alcohol or drug abuse, brain washing or occasional indulgences (Sonkin, 2007).

## 4.4 Effects of Sabaot Land Defence Force Violence

Objective two of the study sought to identify the effects of SLDF violence on the women's psychosocial wellbeing in Kopsiro division of Mount Elgon sub-county, Kenya. Through Focus Group Discussions (FGDs) as indicated in Appendix B (questions 3, 4, 5 and 6), the respondents gave their responses as shown in excerpts 1, 2, 3 and 4. In addition, through interview schedule as indicated in Appendix C (questions 1, 2, 3 and 5), the respondents gave their responses as shown in excerpts 6, 7, 8 and 9.

## Excerpt 1

**Researcher:** In what ways were you affected by the SLDF violence?

**FGD 1:** Respondents reported that SLDF violence led to: forced eviction, killing of husbands, stealing and grabbing of property, isolation of families, fleeing for safety, staying in rental houses, burning of houses and displacement.

**FGD 2:** Respondents outlined displacement, loss of property, separation of families, loss of homes, early marriages for the young girls, raping, killing of many people, cutting of ears, stealing of cows, hens and maize, poor health care and disruption of learning for the children as outcomes of the SLDF violence.

**FGD 3:** Displacement, beating of husbands with blunt objects, stealing of property, forced migration and killing of people affected them greatly as a result of SLDF violence.

**FGD 4:** Respondents shared that SLDF violence led to: displacement, killing, beating of young boys, forced eviction, destruction and robbing of property, forced taxation and

disruption of learning for the children. For instance, children were unable to attend school because of the hostile environment which later made the schools to be shut down.

Killing of people, stealing of property, displacement/forced eviction, separation of families, beating and disruption of children's education dominated the SLDF violence. This is in line with what Myers (2007) records that violence may lead to loss of loved ones, property and cherished belongings. In addition, Pinker (2007) asserts that violence describes forceful human destruction of property or injury to persons, usually intentional and forceful emotional abuse that harms others. Hence, the findings indicated that the violence in Kopsiro division agreed with the above studies that indeed violence leads to destruction and loss of lives.

**Excerpt 2**

**Researcher:** What are your opinions about the SLDF violence?

**FGD 1:** Sabaot Land Defence Force (SLDF) violence should not happen again and the perpetrators should be arrested. However, other respondents thought that the perpetrators should be guided because possibly they were forced to be part of the SLDF.

**FGD 2:** Respondents felt that SLDF violence was very bad, cruel and should not happen again. One respondent said "*I lost my land because of SLDF violence.*" There is need for security and peace making.

**FGD 3:** Respondents felt that SLDF violence should be rebuked in the best terms possible so that it should not reoccur. There is need for enough security. That is, provide security every time in every place within the location because residents feel insecure.

**FGD 4:** Respondents in this group outlined the results of SLDF violence and wondered if the perpetrators were human beings. For Instance, rape, separation of families, school drop outs, displacement, death of children and destruction/stealing of property instilled fear on women. One respondent hinted that SLDF violence reduced procreation because of beating and raping.

All the respondents felt that SLDF violence was very bad, cruel and should not happen again. In fact some called for more security because they felt insecure. These responses echo the studies carried out by Loar *et al*. (2005) which state that effects of violence could be short term or long term in the area of mental health pooled with different types of losses such as: family, friends, relatives, belongings and homes. Thus, the respondents felt that violence should not reoccur based on what they had experienced. For example, some lost family members like children and husbands while some lost homes and land. Consequently, the responses concur with Santrock (2003) who states that a stressful situation depends on a person's cognitive appraisal and interpretation of the event. Therefore, the respondents felt harmed and threatened by the SLDF violence and that is why their views were that it should not reoccur.

**Excerpt 3**

**Researcher:** In what ways has your family been affected?

   a) Psychologically

**FGD 1:** Families were left with a lot of stress. Respondents developed ulcers, heart beating, lack of sleep and bad thinking as a result of the violence.

**FGD 2:** Trauma dominated a number of respondents as a result of rape and lack of education for their children. There was family separation and quarrelling as result of death. Women were left with the burden of taking care of children by themselves and there was stigmatization as well as a result of the shooting of their husbands. One respondent confessed that she was separated from her husband for one full year.

**FGD 3:** Children lacked education, there was sickness because of the climate change, lack of food as well and respondents felt threatened. The respondents too felt annoyed of what had transpired.

**FGD 4:** Respondents developed heart attack as a result of stress, abuse, cutting of ears, lack of peace in their minds and stigmatization.

Generally as noted from the Focus Group Discussions (FGDs), many families experienced stress as a result of SLDF violence. Hence, they suffered psychologically. Responses confirmed the study carried out by Follingstand *et al*. (1990) which states that psychological effects of violence may lead to anger, hurt, sadness, grief, anxiety, depression, shame and fear. In addition, the responses affirmed feelings of hopelessness, wanting to protect oneself or seek revenge and feeling unloved as noted by (Malcolm & Thomas, 2006). Indeed the respondents felt stressed because of what they experienced.

b) Socially

**FGD 1:** The predominant thought here was lack of education for the children but there was also an experience of difficult life. Marriages were distorted to the extent that even married couples could not greet each other.

**FGD 2:** Respondents in this group shared a number of issues like: lack of food, lack of protection for the young girls which led to early marriages and teenage pregnancies, scattering of families, lack of housing as a result of torching, isolation of families and desertion of duty from the husbands. One respondent said "I could not visit my husband in the hospital because the situation was scaring."

**FGD 3:** Respondents in this group outlined separation of families, hunger, sickness, climate change and school drop outs as consequences of SLDF violence. They too declared that they were a burden to other families that hosted them, hence they operated like refugees.

**FGD 4:** SLDF violence brought about: divorce, forced marriages for the young girls, poverty and hunger, separation of families, beatings by your own children, forced taxation, stealing of property and misunderstandings between husbands and wives.

Sabaot Land Defence Force (SLDF) violence brought about separation of families, forced marriages, desertion of duty from the husbands, divorce and family misunderstandings between husbands and wives. Hence, the respondents suffered socially. This supports the findings of a study carried out by MHAT (2006), which proposed that in the previous century, each war was followed by an increase in divorce rates. In addition, the responses also concur with Pedersen *et al*. (2008) who noted that violence is known to lead to internal

displacement of victims who later experience dramatic shifts in social, familial, gender roles and acculturation problems in the new location.

**Excerpt 4**

**Researcher:** What activities did you do together as a family or neighbours that you are unable to do now? Why?

**FGD 1:** Respondents stated that they used to do farming, business and educating children together. They are unable to do it now because there is no capital.

**FGD 2:** Working together as relatives and friends in the *shambas*, supporting children's education through family contributions, intermarriages among clans and unity in the families. We no longer do these activities together because of lack of trust. One respondent said "*we used to work in the shambas as relatives and friends because of love amongst ourselves but now we cannot because trust is no longer there, because the neighbour turned to neighbour.*" Unfaithfulness in marriages and lack of unity are also highlighted as the reasons why respondents are unable to do what they used to do together. A serious cause of not doing things together is mistrust as a result of Sabaot Land Defence Force (SLDF). For instance, any family that participated was stigmatized in the sense that no intermarriages were allowed. In fact, if a family learned that their son or daughter is courting from a family that participated in the SLDF violence, they will ensure that that relationship ends through all means and if the parties insisted the families will deny them.

**FGD 3:** Respondents outlined business, farming, ceremonies (circumcision) and conversations as activities that they used to do together. They are unable to do them now because of enmity, stigmatization, lack of cooperation and lack of trust.

**FGD 4:** Working together, visiting one another, sharing meals, conversing, farming, sharing household equipment and food like salt, sleeping and celebrations were noted as activities done together. These activities were not possible because of: migration, stealing/looting of property, lack of peace, instilled injuries, killing of family members for example husbands, fathers and children, cutting of ears, threats, disunity and enmity. The neighbours became perpetrators. One respondent confessed that she was beaten by her neighbour.

The responses confirmed that the respondents used to have strong ties before the Sabaot Land Defence Force (SLDF) violence but that was destroyed because of enmity, stigmatization, lack of cooperation and lack of trust. Their responses are in agreement with the studies of (Beristian, 2005) who found out that psychosocial effects of violence has the consequence of decreased involvement and participation in routine work at home, workplace or in the community, inhibited communication, social isolation, questioning of values and detachment from organized community activities. Moreover, the responses agreed with the studies carried out by (NZMJ, 2004) which indicated that psychosocial effects of violence may affect participation in community activities. Indeed the activities of the SLDF affected community activities such as farming together and supporting children's education together.

## 4.5 Counselling Interventions

Objective four of the study sought to find out the role of counselling in helping the women deal with post-traumatic effects of the Sabaot Land Defence Force (SLDF) violence in Kopsiro division of Mount Elgon sub-county, Kenya. Through Focus Group Discussions and interview schedule as indicated in Appendices B (question 7) and C (question 7), the respondents gave their responses as shown in excerpts 5 and 11.

**Excerpt 5**

**Researcher:** Have you received any help so far?

**FGD 1:** All the ten respondents confirmed that they had not received any help so far and therefore, they needed capital and assistance to educate their children. They also indicated that guiding and counselling will help them face the reality that it really happened but life has to go on.

**FGD 2:** Nine respondents affirmed that they had received help so far from the government, red- cross, Non-governmental Organizations (NGOs) and Kenya Defense Forces (KDF) respectively. For instance, they said that they had received protection of life and property through "*okoa maisha*" initiative and health care from the KDF, food from the red-cross and seminars on peace making from the NGOs. However, one respondent said that she had not

received help so far and her recommendation was that: the government should not allow this to happen again, encourage NGOs to visit the location to supplement social-economic development, ensure that those affected are supported, ensure that the aged children go to school to avoid formation of such like groups and provide trauma training for the common man who was directly affected.

**FGD 3:** All the ten respondents reported that they had not received any help so far. They called for: love among people, more security from the government, financial support for the victims so that life can continue, guiding and counselling to the affected and unity among residents.

**FGD 4:** All the ten respondents affirmed that they had not received any help so far. The following were their recommendations: educate boys and girls on moral values, teach the youth on the effects of violence, provide employment to the youth to avoid idleness, expose the youth so that they can see what other youth do elsewhere, teach the youth that life can still be there without land, provide groups with support so that they can sustain themselves and offer counselling seminars to both the perpetrators and the affected in the location.

Table 4

Responses per Group on the Help Received after the SLDF Violence

| Group | Frequency | Percent |
| --- | --- | --- |
| FGD1 | 10 | 32.3 |
| FGD2 | 1 | 3.2 |
| FGD3 | 10 | 32.3 |
| FGD4 | 10 | 32.3 |
| TOTAL | 31 | 100.1 |

The responses in Table 4 indicated that 77.5% of the respondents had not received help so far as a result of Sabaot Land Defence Force (SLDF) violence. These responses agreed with the studies of (Johnson, 2007) which state that although people never forget tragic events, easing feelings that are associated with these traumas can be mitigated by taking specific actions. That is, a crisis intervention is necessary in order to restore the person to the level of functioning that existed before the crisis period. Therefore, by not receiving any help it is

clear that the respondents needed crisis intervention for them to go back to where they were before the SLDF violence.

**Excerpt 6**

**Researcher:** In your own view, what did SLDF violence involve?

**Emia Leaders:** These leaders reported that SLDF violence involved guns, uniforms and walking in groups. That is, any group that passed by in uniform and with guns was quickly identified as SLDF.

**Chepyuk Leaders:** SLDF violence involved: Killing, raping of young girls and women, stealing, burning of houses, cutting of ears, looting of property and issuing of threats.

**Chongeywo Leaders:** These leaders reported that SLDF violence involved killing of people and animals, stealing of property, beating and raping.

**Kapkateny Leaders:** These leaders indicated that SLDF violence involved killing and displacement of people.

From the above responses, it is evident that killing of people, stealing of property and raping dominated the activities of the Sabaot Land Defence Force (SLDF). Hence, the intention was indeed cruel and very bad. The responses are in agreement with the studies of (Oyedrian & Isiugo, 2015) which state that violence and abuse can cause terrible physical and emotional pain. Moreover, the responses support the studies carried out by (Pinker, 2007) which indicated that violence describes forceful human destruction of property or injury to persons and forceful emotional abuse that harms others. Considering killing of people, raping and stealing of property, it is evident that SLDF violence was indeed harmful and destructive.

**Excerpt 7**

**Researcher:** Were you affected in any way during the violence?

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**Emia Leaders:** All the three leaders confessed that they were affected psychologically when their properties were torched or stolen.

**Chepyuk Leaders:** The five leaders affirmed that they were affected physically, psychologically and socially. For instance, killing and beating affected them physically and separation of husbands and wives for a long period of time affected them socially. Moreover, stealing of property touched them psychologically.

**Chongeywo Leaders:** These leaders suffered physically and psychologically. For example, beaten while naked and raping affected them physically while killing of children and threats affected them psychologically.

**Kapkateny Leaders:** These leaders confessed that they were majorly affected physically and socially. For instance, many families got separated for a long period of time and most of them were raped.

Table 5

Leaders' Responses on the Forms of Suffering per Location

|  |  | Location | | | |
| --- | --- | --- | --- | --- | --- |
|  |  | Emia | Chepyuk | Chongeywo | Kapkateny |
| Form of Suffering | Physically | 0 | 5 | 5 | 3 |
|  | Psychologically | 3 | 5 | 5 | 0 |
|  | Socially | 0 | 5 | 0 | 3 |
| Total |  | 3 | 15 | 10 | 6 |

The responses from Table 5 indicated that 81.25% of the leaders suffered physically and psychologically while 50% of them suffered socially during the Sabaot Land Defence Force (SLDF) violence. These responses are in agreement with the studies carried out by (Kaplan & Orlando, 1998) which state that violence affects the psychosocial realities of the affected and their communities. In addition, these responses support the studies carried out by (Ehrenreich, 2001) which indicated that victims of violence experience suspicion, mistrust and deprivation of human right to work, to health, to education and to the sense of belonging. Hence, the

physical, psychological and social suffering of the respondents denied them their rights as individuals as well as communities.

**Excerpt 8**

**Researcher:** How did SLDF violence affect women?

**Emia Leaders:** Most of the women were beaten, raped and threatened. Moreover, their children were killed. One of the leaders confessed that two of her sons were killed in her presence.

**Chepyuk Leaders:** Women remained with all the children and property, they were separated from their husbands for a long period of time, they became a burden to the hosts, they were raped and lack of trust  between the Soy and Mosop women emanated as result of SLDF violence.

**Chongeywo Leaders:** Women encountered raping, separation of families and issuing of threats as a result of SLDF violence.

**Kapkateny Leaders:** Most women were left with children and a number of them ran to unknown destinations for safety. This was indeed a burden to the women.

It is evident that women suffered adversely during the Sabaot Land Defence Force (SLDF) violence. For instance: they were raped, beaten, threatened, separated from their husbands and over-burdened with all responsibilities. The suffering of women in Kopsiro division affirmed the studies of Oyendrian and Isiugo (2015), who found out that violence and abuse affect women from all kinds of backgrounds every day. Besides, violence and abuse can cause terrible physical and emotional pain. Indeed, raping, beating, separation from husbands and overburdening of women with all responsibilities indicated that SLDF violence affected the women in Kopsiro division.

**Excerpt 9**

**Researcher:** What factors according to you led to SLDF violence?

**Emia Leaders:** The leaders in Emia reported that land allocation was the major factor that brought about SLDF violence.

**Chepyuk Leaders:** Leaders in Chepyuk said that land allocation contributed to the SLDF violence because the Government went against their wish of retaining their original portions. In addition, fear and recognition from the SLDF led to the violence.

**Chongeywo Leaders:** These leaders singled out land allocation as the key factor that led to SLDF violence.

**Kapkateny Leaders:** These leaders outlined land allocation and individual differences as the main contributors of SLDF violence.

It is clear from the leaders' responses that land allocation, fear and recognition led to Sabaot Land Defence Force (SLDF) violence. These responses are in agreement with the studies of Caroll (2007), who found out that violence can exist at micro or macro levels. Micro-violence involves personal violence or forced performance by individuals against an individual, animals or others while macro-violence results when individuals engage in violent activities at a group or institutional level. Moreover, violence can be classified as interpersonal or community whereby interpersonal violence is inflicted against the individual by another or by small group of individuals while community violence is that which is between people who are not related and may or may not know each other (NZMJ, 2004). Land allocation and individual differences contributed greatly to SLDF violence which was executed at individual and community level.

### 4.6 Coping Strategies

Objective three of the study sought to determine the coping strategies adopted by the women as victims of the Sabaot Land Defence Force (SLDF) violence in Kopsiro division of Mount Elgon sub-county, Kenya. Through interview schedule as indicated in Appendix C (question 6), the respondents gave their responses as shown in excerpt 10.

**Excerpt 10**

**Researcher:** How have you coped?

**Emia Leaders:** Psychologically these leaders received security from the Government, socially they left it to God for forgiveness and physically they sought medication and decided to nurse their wounds quietly.

**Chepyuk Leaders:** Psychologically these leaders prayed to God and decided to forget about the violence and let life continue, socially they forgave their neighbours who were perpetrators and learned to trust them and physically the Government provided security which gave them hope.

**Chongeywo Leaders:** Psychologically these leaders accepted the reality of what transpired, tried to forget the past and went to church. Socially these leaders sat with other leaders and shared positive encouragements.

**Kapkateny Leaders:** Psychologically these leaders forgot what happened and chose to persevere. Socially they decided to forgive the perpetrators and physically they chose to keep silent.

Generally, all the leaders accepted the reality of what happened, sought God's direction and forgave their neighbours and let life continue. The coping strategies employed by the respondents agreed with the studies carried out by Freedy and Simson (2007) that defined coping strategies as cognitive and behavioural methods applied to solve problems, manage emotions and disengage from difficult problems or emotions. In addition, some of the methods applied by the respondents support the studies carried by Ehrenriech (2001) and Twalitwala (2002) which indicated that some victims may choose to forgive while others may choose to intensify normal daily routines. Choosing to forgive and letting life continue indicated that victims adopted coping strategies.

**Excerpt 11**

**Researcher:** Have you received psychological counselling?

**Emia Leaders:** All the three leaders confirmed that they had not received psychological counselling as a result of SLDF violence.

**Chepyuk Leaders:** Four of the leaders confessed that they had not received psychological counselling but one affirmed that she had received it from KDF. According to her, psychological counselling made her accept the reality and take care of her children.

**Chongeywo Leaders:** All the five leaders reported that they had not received psychological counselling.

**Kapkateny Leaders:** All the three leaders present during the interview confirmed that they had received psychological counselling from KDF, Red Cross and peace making NGOs which made them persevere and learn forgiveness.

Table 6

Leaders' Responses on Psychological Counselling per Location

| Location | Frequency | Percent |
|----------|-----------|---------|
| Emia | 3 | 25.0 |
| Chepyuk | 4 | 33.3 |
| Chongeywo | 5 | 41.7 |
| Kapkateny | 0 | 00.0 |
| TOTAL | 12 | 100.0 |

The results from Table 6 indicated that twelve out of sixteen leaders had not received psychological counselling. Therefore, it is evident that 75% of the leaders had not received psychological counselling. These responses are in agreement with the studies of (Johnson, 2007) which state that although people never forget tragic events, easing feelings that are associated with these traumas can be mitigated by taking specific actions. That is, a crisis intervention is necessary in order to restore the person to the level of functioning that existed before the crisis period. Therefore, by not receiving psychological counselling it is clear that the leaders needed crisis intervention for them to go back to where they were before the Sabaot Land Defence Force (SLDF) violence.

**Excerpt 12**

**Researcher:** What would you suggest as a way forward in addressing the SLDF violence?

**Emia Leaders:** Ensure that there is peace by teaching residents the value of forgiveness, provide employment to the jobless youth and offer guiding and counselling to both the perpetrators and the victims.

**Chepyuk Leaders:** These leaders stated the following suggestions as a way forward in addressing the Sabaot Land Defence Force (SLDF) violence: Follow legal ways in addressing issues in the community, listen to people's grievances, observe human rights when dealing with problems, talk to the youth about the dangers of violence, talk to the parents who have the youth, counsel the youth on the value of co-existence and encourage them to embrace forgiveness, prayer and trust.

**Chongeywo Leaders:** These leaders felt that the perpetrators should be arrested and warned. They emphasized that security should be enhanced and guiding and counselling fora encouraged. Consequently, they recommended that those who do not have land to be given.

**Kapkateny Leaders:** Provide title deeds to all people, find another place where there is land and give to those who lacked, sensitize politicians on peaceful campaigns and provide training for the drop-outs by initiating youth polytechnics within Kopsiro division.

It was noted that respondents called for peace, guiding and counselling, forgiveness and provision of employment, land title deeds, peaceful political campaigns and youth polytechnics. The responses of the leaders indicated that their wish is to do away with violence which affirmed the studies of World Health Organization (1996) that the most basic coping strategy comprises of the identification of groups and individuals to be involved in the planning of the eradication of violence. For instance, at the family level, the stakeholders include: women, men, adolescents and children. Within the local community, partnerships can be developed to include traditional elders, religious leaders, Community Based Groups (CBOs) and neighbourhood associations. Furthermore, Hoffman (1994) adds that the justice systems such as police courts, the health care system, parliament, provisional legislative

bodies and the education sector can be very useful in attending to issues of violence. According to World Health Organization (1996), these strategies include: advocacy, awareness raising, direct service provision to the survivors, legal reforms networking and community mobilization. Moreover, conflict resolution can be of great help in dealing with the root causes of violence (CCR, 1999). Therefore, calling for peace, guiding and counselling, forgiveness and provision of employment, land title deeds, peaceful political campaigns and youth polytechnics confirmed that the leaders advocated for eradication of violence.

It should be noted that violence against women is not only a health problem of the victims but also a social problem for the public health system, communities and governments around the globe. To tackle violence against women in an effective and sustainable manner there is an urgent need for collaboration between the different sectors whose activities impinge upon violence against women such as: education, health, police, social and legal authorities, the church and non-governmental organizations. Basically, violence against women is a multi-sector problem requiring coordination with the community at large (for example: neighbours, families, friends, schools and churches), the legal system (for example: police, prosecutors and court system), the social system (such as legal aid, social services and shelters) and the health profession (for example: physicians, nurses, counsellors and social workers). Violence against women can be prevented by ensuring that care and support services such as counselling, shelters, counselling and referral are easily accessible to victimized women and their children at the local level (Ondicho, 2018).

## 4.7 Evolved Themes from the Excerpts

From the excerpts above, the following are themes that evolved: Killing of people, displacement, the need for justice, stress, disunity, government and NGOs' support, physical, social and psychological torture, hostile lifestyle, land allocation, forgiveness, perseverance and acceptance, counselling intervention, education, human rights, employment opportunities and guiding and counselling.

**Killing of People**

It is evident that the majority of the respondents lost their husbands, children and relatives. For instance, some respondents said that their husbands were killed living them without the providers. This showed that there was loss of life due to Sabaot Land Defence Force (SLDF) violence. Majority of the respondents indicated that many people were killed. Hence, they lost their relatives and children.

**Displacement**

81.25% of the respondents reported that they were beaten and forced out of their homes while some were raped. This forced them to flee for safety. As a result, their properties were stolen and destroyed. In addition, their children's education was disrupted.

**The Need for Justice**

Most of the respondents expressed their emotions on how cruel and inhumane the Sabaot Land Defence Force (SLDF) violence was in killing their loved ones, reducing procreation through beating and rape, destroying, stealing and grabbing their property. Hence, they pleaded for punitive measures towards the perpetrators. They too called for more security because they felt that they were not safe.

**Stress**

The majority of the respondents said that they were traumatized by the Sabaot Land Defence Force (SLDF) violence which included: family separation, death of husbands and children, cutting of ears, overburdening of women, stigmatization, threats, lack of food, disruption of education for the children and poor health. As a result, some respondents developed ulcers, high blood pressure, lack of sleep and anger.

**Disunity**

Most respondents indicated that they no longer work together as they did before the Sabaot Land Defence Force (SLDF) violence. For example, they practiced community farming, intermarried, contributed towards children's education and celebrated together during

ceremonies. Some respondents noted unfaithfulness in marriages, enmity and stigmatization, lack of cooperation and lack of trust as contributors of disunity. Hence, community life was no longer cherished.

**Physical, Social and Psychological Torture**

81.25% of the respondents indicated that they suffered physically as a result of Sabaot Land Defence Force (SLDF) violence. For instance, beating, raping and killing. Some of them reported that they were affected socially through family separation. This is whereby wives and husbands fled in diverse directions for their safety. Reunion took a long period of time. Moreover, 75% of the respondents suffered psychologically through acts such as threats, stealing, torching of property, raping and killing.

**Hostile Lifestyle**

Most of the respondents affirmed that women suffered adversely as a result of Sabaot Land Defence Force (SLDF) violence. That is, they went through hostile experiences such as rape, beating, threats and raising children on their own. In addition, some of them were separated from their husbands for a long period of time while others lost their husbands and sons.

**Land Allocation**

All the respondents said that land allocation was the major factor that contributed to Sabaot Land Defence Force (SLDF) violence. This was as a result of the government going against their proposal of maintaining the original portions of land. All they needed was land title deeds and not relocation nor reduction. Despite the firm stand of the SLDF, the government implemented the process of land allocation; hence, the eruption of SLDF violence.

**Forgiveness, Perseverance and Acceptance**

Most of the respondents chose to forgive their neighbours and perpetrators in general for what they did to them during the Sabaot Land Defence Force (SLDF) violence. Some of the respondents employed perseverance as a way of coping. They expressed this through such phrases like "we decided to nurse our wounds quietly" while others said "we chose to keep quiet." Consequently, some of the respondents employed acceptance as a means of healing.

This is whereby they accepted the reality of what had happened and decided to move on with life.

**Counselling Intervention**

75% of the respondents reported that they had not received psychological counselling. A few of them indicated that they had received psychological counselling from the KDF, Red Cross and peace making NGOs. Through that they were able to persevere and forgive.

**Education, Human Rights, Employment Opportunities and Guiding and Counselling**

Some of the respondents said that there is need to provide education for the idle youth through provision of polytechnics where skills can be developed. The majority of the respondents reported that there is need to protect individual's rights through legal procedures while addressing issues. For instance: listening to grievances, warning and arresting the perpetrators, peaceful campaigns, settling the landless and provision of land title deeds. Some respondents recommended the need to provide employment to the jobless youth. This will make them occupied. The majority of the respondents suggested guiding and counselling as a way to curb violence. For example: talking to the parents of the youth and the youth themselves on the dangers of violence, counselling the youth on the value of co-existence, encouraging forgiveness, prayer and trust, reaching out to the perpetrators through dialogue and availing counselling facilities.

# CHAPTER FIVE

## SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

### 5.1 Introduction

This chapter presents a summary of the findings in respect to the objectives and the purpose of the study. On the basis of the findings, conclusions are drawn, policy recommendations are provided and suggestions for further research are offered.

This study investigated the effects of Sabaot Land Defence Force (SLDF) violence on the women's psychosocial wellbeing and their coping strategies in Kopsiro division of Mount Elgon sub-county, Kenya. Primary data from the sampled women groups in Kopsiro division was used in the study. This division was chosen because of the severity of the SLDF violence. Purposive sampling in particular homogeneous was adopted where ten (10) women from each location (Emia, Chepyuk, Chongeywo and Kapkateny) were selected to ensure that the data collected was representative of the women exposed to Sabaot Land Defence Force violence.

### 5.2 Summary of the Findings

The following were the findings of the study:

i) In response to objective one which sought to establish the forms of violence employed by the Sabaot Land Defence Force (SLDF), the researcher found out that five forms of violence were employed by the SLDF in Kopsiro division. These included: psychological at 97.5%, physical at 87.5%, sexual at 70%, verbal at 60% and other (stealing) at 5% respectively. Furthermore, there were similarities between the Focus Group Discussions (FGDs) and interview schedule on what SLDF violence involved. These included: displacement, forced eviction, raping of women and girls, beating and killing of people, stealing, grabbing, destruction of property and disruption of learning. In addition, the respondents revealed that SLDF violence was as a result of land allocation whereby the government's proposal aimed at equitable distribution which was against the SLDF's stand of retaining the original shares. Hence, in their search for recognition, the SLDF instilled fear to the residents of Kopsiro division.

ii) In response to objective two which sought to identify the effects of Sabaot Land Defence Force (SLDF) violence on the women's psychosocial wellbeing in Kopsiro division, the respondents' experiences were that SLDF violence was bad and should not reoccur. This was as a result of the inhumane actions that were meted on them. For instance, stress, trauma as a result of threats and rape, lack of education for their children, family separation, beating and death of their loved ones. Distorted marriages, early marriages and teenage pregnancies, loss of homes, lack of food, poverty, forced taxation, robbery, overburdening of women and disruption of strong ties evident through community farming, businesses, education of children, intermarriages, initiation ceremonies and sharing of meals and properties. Hence, Sabaot Land Defence Force violence led to insecurity, disunity, enmity, mistrust and stigmatization.

iii) In response to objective three which sought to determine the coping strategies adopted by the women as victims of the Sabaot Land Defence Force (SLDF) violence in Kopsiro division, the researcher found out that varied coping strategies were employed by the respondents. These included: perseverance (that is, accepting what had happened and letting life continue), silence (keeping quiet), medication (nursing the wounds), hope as a result of security, acceptance of reality, forgetting the past, speaking out, prayer and forgiveness. Moreover, some respondents had received help from the Government, Red Cross, Non-Governmental Organizations (NGOs) and Kenya Defense Forces (KDF) that gave them hope that all is well. Help received included: health care, food, seminars on peace keeping and security.

iv) In response to objective four which sought to find out the role of counselling in helping the women deal with post-traumatic effects of the Sabaot Land Defence Force (SLDF) violence in Kopsiro division, the researcher found out that minimal psychological counselling had occurred through the initiative of the Kenya Defense Forces (KDF), Red Cross and peace making Non-Governmental Organizations (NGOs). As a result, respondents pleaded for peace and forgiveness, provision of land to the landless, land title deeds to those settled, peaceful political campaigns, training of youth through polytechnics, provision of jobs, justice, security and guiding and counselling.

**5.3 Conclusions**

Based on the findings of the study, the following conclusions were made:

i) The Sabaot Land Defence Force (SLDF) perpetrators employed diverse forms of violence in their search for recognition. These included: Psychological, physical, sexual, verbal and other (stealing).

ii) The women's experiences were that Sabaot Land Defence Force (SLDF) violence was bad and should not occur again. This was because of the effects experienced. Thus, a lot of stress, trauma as a result of threats and rape, lack of education for the children, family separations, early marriages and teenage pregnancies, beating, forced eviction, lack of food, robbery, overburdening and death of their loved ones.

iii) It is evident that the victims of Sabaot Land Defence Force (SLDF) violence adopted various coping strategies. These strategies included: repression, silence, forgiveness and medication. In addition, others opted for acceptance of the reality, forgetting the past and letting life continue, speaking out and prayer. These coping strategies were found to work to some extent but post-traumatic effects kept recurring because of fear.

iv) Stakeholders such as: counsellors, policy makers, Non-Governmental Organizations (NGOs), Community Based Organizations (CBOs), Faith Based Organizations (FBOs) Red Cross, the County Government leaders like the County Commissioner and the Assistant County Commissioners and other relevant organizations have an obligation to promote psychosocial wellbeing in Kopsiro division. Without this, long term effects comprising of post-traumatic stress disorder (PTSD), depression, anxiety disorders and multigenerational culture of violence could happen afterwards.

**5.4 Recommendations**

Based on the findings of the study, the researcher makes the following recommendations:

i)   The findings confirmed that the perpetrators employed various forms of violence in their search for recognition. As a result, the respondents suffered adversely. It is therefore recommended that the triggers for violence should be looked into by the relevant authorities such as: Ministry of Justice and Constitutional Affairs, Non-Governmental Organizations, Community Based Organizations and Faith Based Organizations among others to avoid such recurrence in the future.

ii)  From the experiences of the respondents, it is evident that they suffered greatly due to Sabaot Land Defence Force (SLDF) violence. Therefore, it is recommended that the security in the division be enhanced through various diverse mechanisms like empowering the home guards; more police posts closer to the people and frequent community meetings for the purposes of peaceful co-existence and restoration to normal life.

iii) The respondents employed various coping strategies as a result of Sabaot Land Defence Force (SLDF) violence. It is therefore recommended that there is need to encourage them to form support groups and continue to engage in other healing exercises like peace building initiatives to help them rebuild trust and unity which had existed before the SLDF violence. Moreover, assistance from the government such as startup capital for farming, businesses and medical services, bursaries for children in schools and colleges and housing should be initiated.

iv)  The stakeholders (counsellors, the Ministry of Gender and Sports, the church, the Non-Governmental Organizations, Community Based Organizations, Faith Based Organizations and County Government leaders like the County Commissioner and the Assistant County Commissioners) should provide inclusive counselling services for both the perpetrators and the victims in order to enhance long lasting healing.

**5.5 Suggested Areas for Further Research**

The researcher recommends further research in the following areas:

i) It may be necessary to conduct a similar study in another division within Mt. Elgon sub-county or Kenya at large where Sabaot Land Defence Force (SLDF) has been experienced.

ii) There is need to do a study on the psychosocial wellbeing of men within Mt. Elgon sub-county.

iii) A study could also be conducted on other forms of violence in Mt. Elgon sub-county or outside.

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# APPENDICES

## Appendix A: Letter of Introduction

Dear respondent,

My name is Robert Chemegemet, a M. ED Guidance and Counselling student at Egerton University. I will be doing research on the effects of Sabaot Land Defence Force (SLDF) violence on the women's psychosocial wellbeing and their coping strategies in Kopsiro division of Mount Elgon sub-county, Kenya. This is part of the requirement for the course. The focus group discussion guide and the interview schedule are designed to find out your views on the topic under study. Your sincere and honest answers will be of great help in attaining the objectives. All information will be treated with utmost confidentially.

**Appendix B:** Focus Group Discussion Guide for the Respondents in Kopsiro Division of
Mount Elgon Sub-county, Kenya

**SECTION A: BACKGROUND INFORMATION**

1. Marital Status      Married ☐      Single ☐

2. Which of the following forms of violence was meted out by the Sabaot Land Defence
   Force (SLDF)?

   Physical ☐      Psychological ☐

   Verbal ☐

   Sexual ☐

   Any other (specify) _____

**SECTION B: THE EFFECTS OF SABAOT LAND DEFENCE FORCE (SLDF)
VIOLENCE**

3. In what ways were you affected by the SLDF violence?

4. What are your opinions about the SLDF violence?

5. In what ways has your family been affected:

   (a) Psychologically?

   (b) Socially?

6. What activities did you do together as a family or neighbours that you are unable to
   do now? Why?

7. Have you received any help so far?

Yes ☐              No ☐


If yes, what help?


If no, what would you like to be done?

**(Throughout the interview, follow up questions will be asked to elicit details and explanations)**

1. In your own view, what did SLDF violence involve?

2. Were you affected in any way during the violence?

   For example: physically, psychologically or socially?

3. How did SLDF violence affect women?

4. What were the most common forms of violence employed by the SLDF?

5. What factors according to you led to the SLDF violence?

6. How have you coped
   a) Psychologically?

   b) Socially?

   c) Physically?

7. Have you received psychological counselling?
   Yes ☐              No ☐

   If so, how did it help?

8. What would you suggest as a way forward in addressing the SLDF violence?

**Appendix D:** Letter from Egerton University

EGERTON                                    UNIVERSITY
Tel: Pilot:    254-51-2217620              P.O. Box 536 - 20115
               254-51-2217877              Egerton, Njoro, Kenya
               254-51-2217631              Email: bpgs@egerton.ac.ke
Dir.line/Fax: 254-51-2217847               www.egerton.ac.ke
Cell Phone
Extension; 3606

OFFICE OF THE DIRECTOR GRADUATE SCHOOL

Ref: EM16/2986/11                          26th September, 2018
Ref:................                        Date :...................

The Secretary,
National Commission for Science Technology and Innovation
P. O. Box 30623-00100,
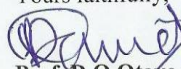**NAIROBI.**

Dear Sir,

**RE: REQUEST FOR RESEARCH PERMIT – ROBERT MAGHAS
    CHEMEGEMET  REG. NO. EM16/2986/11**

This is to introduce and confirm to you that the above named student is in the Department of Psychology, Counseling and Education Foundation, Faculty of Education & Community Studies, Egerton University.

He is a bonafide registered Masters student in this University.  His research topic is entitled **"Perceptions of women on the Effect of Sabaot Land Defence Force Violence on Their Psychosocial Wellbeing in Kopsiro Division of Mount Elgon sub-County, Kenya."**

He is at the stage of collecting field data.  Please issue him with a research permit to enable him undertake the studies.

Yours faithfully,

Prof. D.O.Otaye
**Ag. DIRECTOR, BOARD OF POSTGRADUATE STUDIES**
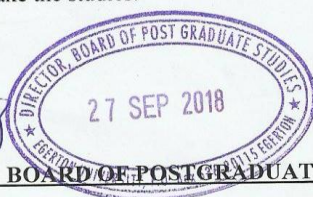
DOO/ear

*"Transforming Lives Through Quality Education"*
*Egerton University is ISO 9001:2008 Certified*

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**Appendix E:** Research Authorization from Nacosti

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

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

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

Ref: No. **NACOSTI/P/18/93565/25931**                     Date: **1st November, 2018**

Robert Maghas Chemegemet
Egerton University
P.O. Box 536-20115
**NJORO**

**RE: RESEARCH AUTHORIZATION**

Following your application for authority to carry out research on *"Perceptions of women on the effect of Sabaot Land Defense Force violence on their psychosocial wellbeing in Kopsiro Division of Mount Elgon Sub-County, Kenya"* I am pleased to inform you that you have been authorized to undertake research in **Bungoma County** for the period ending **30th October, 2019.**

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

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

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

Copy to:

The County Commissioner
Bungoma County.

The County Director of Education
Bungoma County.

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

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**Appendix F:** Research Permit from Nacosti

THIS IS TO CERTIFY THAT:
*MR. ROBERT MAGHAS CHEMEGEMET*
*of EGERTON UNIVERSITY, 0-40105*
*MASENO,has been permitted to conduct*
research in *Bungoma   County*

on the topic:  *PERCEPTIONS OF WOMEN*
*ON THE EFFECT OF SABAOT LAND*
*DEFENSE FORCE VIOLENCE ON THEIR*
*PSYCHOSOCIAL WELLBEING IN KOPSIRO*
*DIVISION OF MOUNT ELGON*
*SUB-COUNTY, KENYA*

for the period ending:
*30th  October,2019*

Permit No  : NACOSTI/P/18/93565/25931
Date Of Issue : 1st  November,2018
Fee Recieved :Ksh 1000
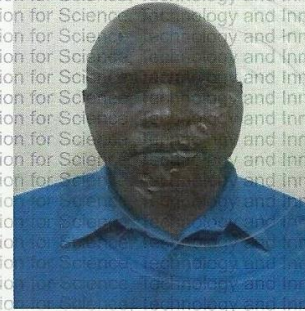
.......................
**Applicant's**
**Signature**

.......................
*Director General*
*National Commission for Science,*
*Technology & Innovation*

## THE SCIENCE, TECHNOLOGY AND INNOVATION ACT, 2013

The Grant of Research Licenses is guided by the Science, Technology and Innovation (Research Licensing) Regulations, 2014.

### CONDITIONS

1. The License is valid for the proposed research, location and specified period.
2. The License and any rights thereunder are non-transferable.
3. The Licensee shall inform the County Governor before commencement of the research.
4. Excavation, filming and collection of specimens are subject to further necessary clearance from relevant Government Agencies.
5. The License does not give authority to transfer research materials.
6. NACOSTI may monitor and evaluate the licensed research project.
7. The Licensee shall submit one hard copy and upload a soft copy of their final report within one year of completion of the research.
8. NACOSTI reserves the right to modify the conditions of the License including cancellation without prior notice.

National Commission for Science, Technology and innovation
P.O. Box 30623 – 00100, Nairobi, Kenya
TEL: 020 400 7000, 0713 788787, 0735 404245
Email: dg@nacosti.go.ke, registry@nacosti.go.ke
Website: www.nacosti.go.ke

**REPUBLIC OF KENYA**

National Commission for Science, Technology and Innovation

RESEARCH LICENSE

Serial No.A 21621

CONDITIONS: see back page

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**Appendix G:** Letter from the County Director of Education

REPUBLIC OF KENYA

**MINISTRY OF EDUCATION, SCIENCE AND TECHNOLOGY**
**State Department of Education – Bungoma County**

When Replying please quote
e-mail: bungomacde@gmail.com

County Director of Education
P.O. Box 1620-50200
BUNGOMA

Ref No: BCE/DE/19/VOL.1/138

Date: 5th December, 2018

**TO WHOM IT MAY CONCERN**

**RE: AUTHORITY TO CARRY OUT RESEARCH – ROBERT MAGHAS CHEMEGEMET REF: NACOSTI/P/93565/25931**

The bearer of this letter Robert Maghas Chemegemet of Egerton University has been authorized to carry out research on *"Perceptions of women on the effect of Sabaot Land Defense Force violence on their psychosocial wellbeing in Kopsiro division of Mounty Elgon sub-county, Kenya",* for a period ending *30th October, 2019.*

Kindly accord him necessary assistance.

JACOB ONYIEGO
**COUNTY DIRECTOR OF EDUCATION**
**BUNGOMA COUNTY**

**Appendix H:** Research Authorization from the County Commissioner

REPUBLIC OF KENYA

THE PRESIDENCY
MINISTRY OF INTERIOR AND COORDINATION OF NATIONAL GOVERNMENT

Telephone: 055- 30326
FAX: 055-30326
E-mail: ccbungoma@yahoo.com
When replying please Quote

Office of the County Commissione
P.O. Box 550 - 50200
**BUNGOMA**

5th December, 2018

REF:ADM.15/13/VOL.11/5

Deputy County Commissioner
**KOPSIRO SUB COUNTY**

RE: RESEARCH AUTHORIZATION –ROBERT MAGHAS CHEMEGEMET- REG. NO. EM16/2986/11

Reference is here made on a letter Ref; NACOSTI/P/18/93565/25931 dated 1stNovember, 2018 from the National Commission for Science, Technology and Innovation on the above subject refers.

The bearer of this letter Mr. Robert Maghas Chemegemet a student at Egerton University and has sought authority to carry out research on, '' *Perceptions of women on the effect of Saboat Land Defence Force violence on their psychosocial wellbeing in Kopsiro Sub County Bungoma County, Kenya*'' for a period ending 30th October, 2019.

Authority is hereby granted for the specific period and any assistance accorded to him in this pursuit would be highly appreciated by this office.

COUNTY COMMISSIONER
BUNGOMA

S. N. Wambo
For: County Commissioner
**BUNGOMA COUNTY**

**Appendix I:** Research Authorization from the Assistant County Commissioner

## REPUBLIC OF KENYA

### THE PRESIDENCY
### MINISTRY OF INTERIOR & COORDINATION OF NATIONAL GOVERNMENT

Telegrams "DISTRICTER" Kopsiro
Email-dcckopsiro@gmail.com
When replying please quote

Assistant County Commissioner
Kopsiro Division
P.O BOX 82
**CHEPTAIS**

REF No: KOP/ADM/VOL.2/ (1)

Date: 11<sup>th</sup> December, 2018

# TO WHOM IT MAY CONCERN

**RE: RESEARCH AUTHORIZATION – ROBERT MAGHAS CHEMEGEMET**
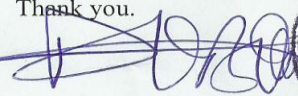**REG. NO. EM 16/2986/11 – 1D. NO. 20023497**

Reference is made to the Bungoma County Commissioner's letter Ref. ADM. 15/13/VOL. 11/5 dated 5<sup>th</sup> December, 2018 and further to letter Ref: No. NACOSTI /P/18/93565/25931 dated 1<sup>st</sup> November, 2018 from the National Commission for Science, Technology and Innovation (NACOSTI) on the above subject matter.

The above named from Cheptais Division who is a Masters student of Egerton University has been authorized by NACOSTI to undertake a research on the *''Perceptions of Women on the effects of Sabaot Land Defence Force violence on their psychosocial wellbeing in Kopsiro Division, Cheptais Sub County of Mt. Elgon Constituency, Bungoma County, Kenya.''* for the period ending 30<sup>th</sup> October 2019.

This is therefore to request you/your good office to accord him the necessary support when he will be traversing the four locations of Kopsiro to carry out his research.

Any assistance given to him will be highly appreciated.

Thank you.

DAVID K. BOEN
ASSISTANT COUNTY COMMISSIONER
**KOPSIRO DIVISION**

**Appendix J:** Journal Publication

# Forms of Violence by Sabaot Land Defence Force and its Effects on the Wellbeing of Women in Kopsiro Division, Mt. Elgon, Kenya

R. M. Chemegemet
*Egerton University, Njoro, Kenya; chemegemet@yahoo.com*

## Abstract

*The World Health Organization's (WHO) report in 2014 indicates that approximately 1.4 million lives are lost every year as a result of violence. Even more people are injured and suffer from a range of physical, sexual, reproductive, and mental health issues with any death caused by abuse, with women being the most vulnerable. This paper addresses the issue of violence as orchestrated by the Sabaot Land Defence Force (SLDF) in Kopsiro division of Mount Elgon sub-county. Four objectives guided the study. Establishing the forms of violence employed by the SLDF, identifying the effects of the SLDF violence on the women's psychosocial wellbeing, determining the coping strategies adopted by the women as victims of the SLDF violence and finding out the role of counselling in helping the women deal with post-traumatic effects of the SLDF violence. The study was carried out among women groups in Emia, Chepyuk, Kapkateny and Chongeywo locations in Kopsiro division and adopted ex post facto design. Targeting a population of 23,852 women in the region, 690 women were accessible from which forty (40) were selected through purposive sampling technique sixteen (16) of whom were leaders. Each study location therefore produced 10 women. The study used focus group discussions to obtain data from the sampled groups and interview schedule from the selected leaders. A pilot study was conducted in Cheptais division using twenty (20) women from two women groups. A detailed narration of the qualitative data was gathered through Focus Group Discussions (FGDs) and interview schedule were analyzed thematically. The findings of the study revealed that the majority of the women suffered psychologically and socially during the Sabaot Land Defence Force (SLDF) violence. For instance: a number of them experienced stress and some of them developed ulcers, lack of sleep and nightmares. This paper is therefore expected to create more awareness through sensitization of the community on the effects of (SLDF) violence on the women's psychosocial wellbeing in Kopsiro division of Mount Elgon sub-county.*

**Keywords:** Violence, Psychological, Psychosocial, Women's wellbeing, Land Defence Force

## INTRODUCTION

A definition by the New Zealand Ministry for Justice indicates that violence is an intentional use of physical force or power, threatened or actual against oneself, another person or against a group or community that either results in or has a likelihood of resulting in injury, death, psychological harm, mal-development or deprivation (New Zealand Ministry for Justice, 2004). Violence can be experienced in various forms including physical, emotional (verbal), sexual or psychological (Reiss & Roth, 1993).

Following the report produced by the World Health Organization on the growing number of people losing their lives to violence

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