

Effects of Emotional Violence on Women's Socio-economic Development in Luanda Sub-county, Vihiga County, Kenya

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ABSTRACT: Emotional violence in women remain a big challenge in many parts of the world. Studies have shown that emotional violence affectswomen's socio-economic development in the society. Many women have been maimed or lost their lives in the hands of their violent partners, they are burdened by household needs that impact negatively impact to their lives. The study examined the effect of emotional violence on women's socio-economic development in Luanda sub-county, Vihiga County, Kenya. The study employed Ex-Post-Facto research design with both quantitative and qualitative approaches. A sample of 384 women, 4 chiefs and 7 women groups was used in the study. Simple random sampling was used to select 384 women in households while purposive sampling was applied to select 4 chiefs and 7 women groups. Questionnaires and interview schedule were used to collect data from women and chiefs respectively. Focus Group Discussions were used to corroborate data from the questionnaires. Quantitative data was tabulated using SPSS package into descriptive statistics presented in percentages, frequency tables, bar graphs and pie charts. Content analysis was used to analyze qualitative data from questionnaires and interview schedules then document. The findings revealed that most women suffered household violence irrespective to their educational level and income. There is inadequate legislative interventions against gender based violence among household members in the study area. The study recommended that men should be involved in combating household violence, qualified counselors should be employed to offer psychosocial support women experiencing emotional violence. The government should empower women economically to improve their livelihood and general economic development.

KEYWORDS: Emotional Violence, Women's Socio-economic Development, Assertiveness Training, Gender stereotyping, Level of Income

I. BACKGROUND TO THE STUDY

Emotional abuse is any non-physical behavior or attitude that is designed to control, subdue, punish or isolate another person through the use of humiliation or fear. It includes verbal assault, dominance, control, isolation, ridicule or the use of intimate knowledge for degradation (Merriam 2011). Co morbid symptoms include depression, anxiety, suicidal thoughts, and substance abuse due to sleep disturbance. The most devastating is the inability to recognize that one is being abused emotionally (McCue, 2008). New findings from National Intimate Partner and Sexual Violence by Black (2011) found that approximately half of Americans reported experiencing lifetime emotional abuse. However, there is scanty information on emotional violence because researchers have had difficulty in consistently measuring emotional abuse (Merriam, 2011). The study seeks to help women reveal the emotional abuse they experience and coping mechanisms they employ to prevent them from getting into depression.

Violence exposes women to many risks some of which are life threatening (Merriam 2011). The most severe ones include death, severe physical injuries, mental illness, loss of income and property, and separation or divorce. Loss of access to health services can cause death or long term effects following a small injury or illness that has not been treated (Calves 2009). When exposed to violence women develop long term and short term post-traumatic stress disorders (PTSD) which is a severe reaction to trauma. Trauma may lead to miscarriage in some cases and most of all psychological issues (Black, 2011). United Nations Commission [UNC] (1994), Declaration on the Elimination of Violence against Women (EVAW), defines violence as any act of gender based violence (GBV) that causes physical, sexual or mental injury. According to Merriam (2011), household violence is patterns of behavior in a household used to gain power and control over a partner. Abuse can be physical, sexual, emotional, and economic or a combination of all of them. Social empowerment is a way of developing a sense of autonomy and self-confidence, and being able to act individually and in groups to change social relationships that exclude women and keep them in poverty (Calves, 2009). To empower women, violent acts need to be reduced and enhance their capacity to decide for themselves (Calves, 2009). Empowering women and making them autonomous go hand in hand in improving their social, economic and political status which is necessary for sustainable development in all areas of life.

A study by Harne (2011) on 100 heterosexual couples demonstrated that women's violence towards male partners usually consist of slapping and throwing objects for self-defense while men are used to threatening violence through physical attacks, intimidation, humiliation and psychological harm. Studies from British Crime Survey (BCS) show that women victims experience greater fear, anxiety and physical injuries than men. Many violent fathers undermine relationships by intimidating, abusing and raping mothers in front of their children. This encourages children to participate in verbal and physical abuse of family members which perpetuates violence in the successive generations (Harne, 2011).

A study by Hutchison (2011) show that in the United States of America 34% of women were victims of physical violence. He continued to postulate that one third of the female homicides are killed by their husbands. In a survey carried out in 2014, on 5109 women in Rakai village, Uganda, by Rakai Health Sciences Program (RHSP), 30% of them had experienced physical abuse from their husbands-20% in the preceding year. Three out of five women who reported recent physical abuse reported a combination of violent acts (RSHP, 2014). The explanatory study carried out in 2014 by the University of Texas set out to examine the prevalence of household violence in the Maseno and Nairobi areas of Kenya. Of the 208 women who participated in the study, 49.7% reported a history of violence. Prevalence rate for physical violence was 45.7%, sexual violence 12.9% and emotional violence 39.4% (University of Texas, 2014). Maseno is only about 4.8km away from Luanda (<https://www.distanceto.com>). Due to high interaction levels among people who live in close range, means that there is a high prevalence rate of household violence in Luanda. A survey carried out on 26th February by Nation media (2019) in Emuhaya and Luanda sub-counties revealed that the drug is talked about casually and is often smoked openly by both young and old. The Nation media noted that reports from medical experts revealed that mental illness as a result of abusing drugs was on the increase in the sub-county. Mental illness coupled with drug abuse escalates all forms of violence in households. This partly explains why many families in Luanda live below the poverty index hence the purpose of this study.

According to KNBS (2010), most people in Luanda sub-county have not gone beyond basic education and a majority of households are living below the poverty index. There is high dependency ratio and lawlessness in the sub-county (Vihiga Strategic Plan, 2012). Low levels of education coupled with drug and substance abuse in Luanda means that the rate of household violence is very high (ibid). It is therefore important to examine how violence impedes women's socio-economic development and what interventions have been put in place to eliminate the vice. Despite the recognition of the prevalence of gender based violence worldwide, there are an increasing number of women reporting abuse from their husbands, and there are those who have died at the hands of their abusers. According to Atetwe, (2008), in Kenya, it's extremely difficult to obtain the prevalence rates of violence by husbands against their wives because the problem in many cases is still accepted as a cultural practice or a private affair and thus is rarely reported to authorities. People only learn of violent husbands when violence results into serious injuries or death (ibid). This study seeks to make governments identify professionals who can carry out advocacy in the sub-county.

Economic violence includes limited access to funds, employment, education and discriminatory laws on inheritance of property and use of communal land, while other men totally abandon family maintenance to women (Black, 2011). This results in deepening poverty and compromises educational attainment and developmental opportunities for women. It leads to physical violence, promotes sexual exploitation and the risk of contracting STI'S such as HIV/AIDS, maternal morbidity and mortality (Harne, 2011) which ultimately leads to increased number of orphans. Economic violence may continue even after the woman has left the abusive relationship because she may be left with the responsibility of taking care of the children. There is therefore need for further studies to be carried out on effect of economic violence on w women's socio-economic development. A research carried out by Atetwe (2008) in Luanda division, of the 460 respondents, 22.8% reported cases of domestic violence caused by the influence from drugs. No other study has been carried out in the sub-county on household violence and how it impedes women' socio-economic development. The results obtained from this study are important in that they are a source of information for establishing policies and programs to prevent violence against women. This study can also be a significant guide in determining priority areas for the resolution of household violence.

Objective of the Study : The objective of the study was to examine the effect of emotional violence on women's socio-economic development in Luanda sub-county, Vihiga County, Kenya.

Empirical Studies on the Effect of Emotional Violence on Women's Socio-economic Development: According to Merriam (2011), emotional abuse is a consistent pattern of abusive words and bullying behaviors that wear down a person's self-esteem and undermine the victim's mental health. It includes verbal attacks, harassment,

Belittling, shaming, excessive possessiveness, isolation of partner, and deprivation of physical and economic resources (Hadi, 2010). It exposes the victim to psychological trauma, including anxiety, chronic depression, or post-traumatic stress disorder. This type of abuse enables a husband to maintain and reinforce power and control over his wife (Khan, 2015). It is often a precursor to physical abuse. Emotional violence reduces an individual's self-concept, and independence. It reduces a woman's ability to carry out her roles as a caretaker in the family, and to participate in the work force. (Hadi, 2010). This explains the weak economic base among women in the sub-county. Emotional abuse results in stress, fear, anxiety and depression (Crifford, 2007). Victims are subjected to criticism and have increased suicidal tendencies. Women, who are exposed to emotional violence, are likely to meet the diagnostic criteria for Generalized Anxiety Disorder and Panic Disorder. The most common anxiety disorder, Post-traumatic Stress Disorder (PTSD) is experienced by most victims (Crifford, 2007). Most victims are unable to recognize that they are being abused as the perpetrators rarely confess to emotionally abusing a significant other (Crifford, 2007). This leaves the abused suffering from self-blame which may lead to depression. New findings from the National Intimate Partner and Sexual Violence (NIPS), found out that approximately half of Americans reported experiencing life time emotional abuse by a partner (Black 2011). Emotional violence is estimated to be the most common form of IPV in both the USA and Europe affecting between 35-49% of women (Black 2011). Studies show that some researchers have had difficulty consistently measuring emotional abuse (Khan 2015). There is therefore scanty information on emotional violence. More studies should be carried out to create awareness to the perpetrators on how their behavior affects their spouses socio-economically.

Assertiveness Training for Women Emotional Violence : Assertiveness Training is all about giving people information on how to handle their situations and defend themselves against bullying attempts (Printz, 2003). It is about helping people change their attitudes, beliefs, cognitions and overt behavior toward the current scenario (Hamoud, El Dayem & Ossman, 2011). A research carried out by Breldenbush (2007), on assertiveness training involving 50 adolescents who had low self-esteem, showed that self-esteem improved during the training. They reported enhanced feeling of self-worth, perceived themselves in more positive terms and felt adequate. It was also found that assertive individuals are able to express their emotions, defend their goals and establish favorable interpersonal relationships. Women require assertiveness training so that they can gain knowledge and skills on how to handle different situations they face in life. This will go hand in hand in improving their socio-economic status in the society. However, assertiveness training requires skilled personnel who might not be sufficient in the sub-county.

Therapy Groups for Women facing Emotional Violence: Group therapy is a form of psychotherapy involving one or more therapists working with a group of 5 to 15 people at the same time (Corey, 2009). According to Corey, therapy groups help people manage mental health or cope with negative life experiences. He asserts that it's helpful for people with limited access to mental healthcare especially those in rural areas such as Luanda. According to Narvaez and Withering (2018), therapy groups bring together people who have similar issues. They share their experiences and learn from each other. This helps members develop problem solving and coping skills. Through the help of a professional, members build trust in each other and make new friends (Narvaez & Witherngton, 2018). Techniques used in group therapy are intended to achieve a promising expression of anger, thereby teaching women appropriate ways of handling issues (Corey, 2009). Cognitive Behavior Therapy (CBT) has been found to change cognitive appraisals, address maladaptive coping strategies thereby reducing PTSD (Corey, 2009). A study by Johnson and Zlontnick (2009) on victims of household violence living in shelters discovered that CBT intervention decreased severity of PTSD and depression symptoms. Women felt Empowered with skills to handle future issues during and after the study. Their self-esteem was raised and majority of them were able to re-establish new relationships. These results were maintained for six months after the CBT intervention was complete. Therefore, therapy groups are important in helping women cope with violence and become socio-economically empowered.

Support Groups for Women facing Emotional Violence : In a support group, members with the same issues come together to share coping strategies, to feel more empowered and develop a sense of community (Corey, 2009). According to Corey (2009), members evaluate relevant information, relate personal experiences, they listen to and accept other's experiences, provide sympathetic understanding and establish social network. According to Johnson & Zlontnick (2009), support groups, makes members develop coping abilities so they can effectively become adapted to and cope with everyday stressful life events. When they, members share their experiences and empathically debrief and respond to each other's quagmires (Johnson & Zlontnick). The leader together with the group members' help each other overcome feelings of alienation, stigmatization, and isolation by validating, affirming and making their experiences appear normal (Corey, 2009). The major role of the group

leader is to instill hope in the future and motivate members to improve coping skills through positive self-talk and mutual aid. The group leader helps members come up with group norms that will encourage them to share information freely and give suggestions for more effective coping skills and try out new coping strategies (Narvaez & Witherington, 2018). Emotional bonds develop quickly because members share experiences that are almost similar. Members realize that they are not alone in their suffering and this re-energizes them to move on and develop coping skills (Corey, 2009). However, support groups require skilled personnel to organize them and direct the group leaders. Training or in-service is therefore required in the sub-county to train individuals who can freely share their experiences the way it's done in HIV/AIDS.

Conceptual Model : A model showing effect of household violence on women's socio-economic development, in Luanda Sub-county, Vihiga County, Kenya. Household violence takes various forms including physical attacks, psychological or emotional, economic and sexual violence which are independent variables. These acts of violence affect the socio-economic empowerment of women such as education, income, and social support. However, violence is accelerated by the inherent values such as the gender stereotypes and drug abuse. There are interventions such as joining women groups' microfinance and, legislative and counseling which can reduce its effects.

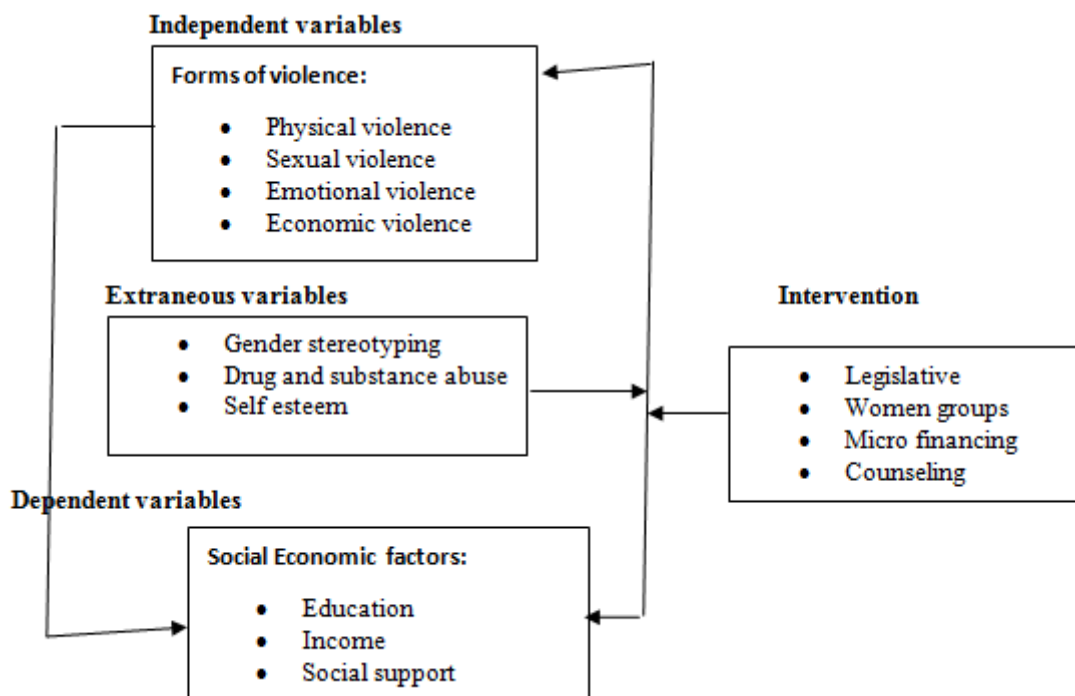


Figure 1: Conceptual Framework

Source: Researcher, 2019

II. RESEARCH METHODOLOGY

Introduction: This chapter is concerned with research design, study area; the population the researcher was interested in generalizing the conclusions, sampling procedure and sample size. Data collection instruments comprised of the questionnaire, interview schedule and focus group discussions. Validity and reliability were addressed. Data collection procedure, data analysis techniques and ethical considerations was looked at in detail.

Research Design : The researcher used Ex-Post-Facto research design. This design advocates for a research in which the investigation starts after the fact has occurred without interference from the researcher (Levine, 2014), and therefore was applied to this study because household violence had already occurred. According to Fowler (2009), the researcher has no control over household violence since it has already happened and the effects have already been felt. Ex-post-facto was used to examine household violence and socio-economic development as the independent and dependent variables respectively. Household violence was based on the report from

women. However, the disadvantage of ex-post-facto is that it is not possible for the researcher to manipulate the independent variable, and that the researcher has no power to allocate the subject randomly to group levels of the variables accordingly (Cresswell, 2014). Randomization is also impossible to isolate (Mugenda & Mugenda, 2003). Therefore, in this study the independent variables remained intact resulting in the respondents sharing different experiences. Extraneous variables such as cultural practices and gender roles had effects that could not be controlled by the researcher. Ex-post-facto research design was selected because it is used in collecting substantial amount of data from respondents over a wide area (Stuart & Rory 2011). According to KNBS (2010), Luanda sub-county is a wide area (84.7 square km) making the design convenient in getting views from respondents.

Study Area : Luanda is located in Vihiga County in the western region of Kenya. The neighboring sub-counties are; Emuhaya to the North and Vihiga to the East, while the counties are Siaya to the West and Kisumu to the South. Luanda is 84.7 square km. It is made up of four divisions namely; Luanda, Ekwanda, Esiembero and Elukongo. Luanda is inhabited by a people known as “Abanyole”, a sub-tribe of the Luhya tribe (Emuhaya and Luanda constituencies’ strategic plan, 2013). From Vihiga Strategic Plan, (2012), Luanda sub-county lies between longitudes 35° 30’ and 35° 0’ E and latitudes 0° and 0°15’ N. The equator passes through the sub-county. Its altitude is between 1,300m and 1,800m above sea level. The sub-county receives abundant rainfall distributed throughout the year with an average precipitation of 1900mm which enables crop farming and rearing of livestock. According to the 2009 National Population and Housing Census, Luanda Sub County had a population of 95,923 which was projected to be about 107,012 by 2015. The high population density has led to land fragmentation resulting in food insecurity and frequent land disputes (KNBS 2010). Unemployment is also high among the youth leading to general lawlessness, drug and substance abuse and high dependency ratio. (Emuhaya- Luanda, Constituency strategic Plan, 2013). Luanda town attracts businesses from all over Kenya and neighboring countries such as Uganda and Rwanda. Research studies show that Uganda is top 10 countries that consume *Cannabis sativa* (WHO 2013). Consumption of *Cannabis sativa* increases mental illness and hence violence in a community (Nation Media, 26th February (2019)). Most people in the sub-county live below the poverty index (KNBS, 2010), hence high levels of crime rate (Emuhaya-Luanda strategic plan, 2013). Only one study has been carried out in the sub-county on the relationship between drug abuse and domestic violence by Atetwe (2008). This study was concerned with how household violence impedes women’s socio-economic development in the sub-county.

Target Population : According to Mugenda & Mugenda, (2003), this is the number of individuals which the researcher is interested in generalizing the results of the study. The target population for this study comprised of 11,517 households, 4 chiefs and 21 women groups. The sample respondents were drawn from Luanda sub-county found in Vihiga County. The population is majorly rural, apart from a few people that live in Luanda town. The research targeted women in households who competently responded to the questionnaire, chiefs who responded to interview schedule and women groups who responded to the focus group discussions.

Sampling Procedure and Sample size : Mugenda & Mugenda (1999) says that to sample is to choose a representative part of a population which will help in determining parameters of the whole population from samples. Mugenda & Mugenda (2003) suggests that when the population is 10,000 and above, a sample size of 384 is usually adequate. The desired sample size was determined using Fisher’s formula (Mugenda & Mugenda, 2003) as shown below.

$$n = \frac{z^2 pq}{d^2}$$

Where:-

n - The desired sample size (assuming the population is greater than 10,000)

z - The standard normal deviation, set at 1.96, which corresponds to 95% confidence level.

p - The proportion in the target population estimated to have a particular characteristic. If there is no reasonable estimate, then use 50 percent (the study used 0.50).

q = 1.0 – p d = the degree of accuracy desired, here set at 0.05 corresponding to the 1.96.

In substitution, $n = \frac{1.96^2 \times 0.5 \times (1-0.5)}{0.05^2} = 384$

There are four divisions in Luanda sub-county. From every division, 96 women were selected as respondents using simple random sampling. This made a total of 384 respondents. This was to ensure that the sample used was a true reflection of the entire population. Four chiefs; one from every division was selected using purposive sampling. Each chief was interviewed as per the interview schedule. The four chiefs participated in the research as they had crucial information on the study. According to Mugenda and Mugenda (1999), at least 30% of the total population per group is sufficient for research. Purposive sampling was used to select the 7 women groups given that there were 21 women groups in the sub-county. Three chiefs assisted the researcher to select two women groups in each of the three divisions and one from Esiembero. This is because the researcher must rely on his or her judgment in such reasons as availability or willingness to participate in one's research (Merriam, 2011). Thus the researcher used sample size of 384 women, 4 chiefs and 7 women groups because the researcher was out to corroborate data from questionnaires with that from interview schedule and focus group discussions. The nature of the methodology also allowed this sample size.

Table 1: Sample Matrix of the Study Population

Category	Study Population	Sampling Procedure	Sample size
Households	11,517	Random sampling	384
Chiefs	4	Purposive	4
Women groups	21	Purposive	7
TOTAL	11,548		391

Source: Researcher (2019)

Data Collection Techniques and Procedures : This section looks at how the respondents were selected in both simple random sampling and purposive sampling techniques.

Random Sampling : A simple random sample is a subset of individuals who are chosen from a larger set in which a subset of individuals are chosen, all with the same probability (Creswell, 2014). This helps to reduce bias in sampling. Randomly 96 respondents were sampled in every division, one in every 6th home. In every sampled home, one woman was served with a questionnaire.

Purposive Sampling : The researcher used purposive sampling to select four chiefs and seven women groups. A purposive sample is one which the researcher selects participants depending on their knowledge about the study and population (Levine, 2014). The sampling procedure was used because it was easier to make generalizations about the sample (Fowler, 2009). Two women groups were selected from each of the three divisions and one from the Esiembero division giving a total of 7 women groups that participated in the focus group discussions. Chiefs helped to identify the women groups that would be available at the time of the study. All the four chiefs participated in interview schedule. This was based on the fact that chiefs had knowledge on what happened in households with regard to the different issues they handle in their divisions. Members of women groups, majority were drawn from households, hence were in a better position to share about their experiences on household violence. The chiefs and women groups were therefore used as key informants.

Instruments of Data Collection : The research had three types of data collection instruments. These were questionnaires, interview schedule and focus group discussions. Levin, (2014) gives the advantage of using a combination of instruments by saying that no single technique is superior to the other but all have shortcomings. The combination of several instruments therefore ensured better results than if a single method had been used. This also allowed corroboration of data which enhanced validity.

Questionnaire : According to Mcleod (2018), a questionnaire is a research tool consisting of a series of questions used for gathering data from respondents. Questionnaires that had both closed 5 level Likert scale and open-ended questions were used to collect data from 384 women (see appendix 1). This is because of the large number of standardized responses the researcher wanted to compare.

It also provided both qualitative and quantitative data which helped in corroboration of data that had been collected using the questionnaires. A questionnaire is best to use in data collection due to the fact; it is very easy to administer and can be applied to a good number of respondents, who respond in private settings (Levine, 2014). A questionnaire is a way of getting data from and about persons by asking them rather than watching their behavior (McLeod, 2018). Respondents were therefore given time to fill the questionnaire and submit it on completion. The questionnaire covered aspects of personal information, forms of household violence, effect of socio-economic status on household violence, challenges women were facing in their endeavor for socio-economic development and the interventions that had been put in place to help women as seen in appendix I. In open ended questions, there were some expressions that could not be understood by the researcher. Respondents were therefore asked to clarify the meanings of the words that could not be understood. This helped to enhance the validity of the instrument. Some respondents were not free to respond to personal and sensitive questions. This was solved by the researcher assuring respondents of confidentiality as they were told not to write their names on the questionnaire for anonymity. Respondents were also told that the information they gave in the questionnaire was to be purely used for research and not for any other purpose. This gave respondents confidence to answer most of the questions. The researcher assisted the respondents who did not know how to read and write.

Interview Schedule: An interview schedule is a set of structured questions that the researcher uses to gather information about the variable of interest to the investigator (McLeod, 2018). The individual is made to answer several questions related to a specific aspect in a face to face situation (Mugenda & Mugenda, 2003). The method was useful in collecting personal information, attitude, perceptions and beliefs (McLeod, 2018). The interview schedule helped in corroboration of data from the questionnaires which helped to eliminate bias and enhance validity and reliability as it was mainly used to collect the qualitative data. Interview schedule (appendix II) was administered to the chiefs. The researcher established a rapport with respondents which enabled them give frank responses on issues that were personal or sensitive. Creswell (2014) explains that one of the most important aspects of the interviews is its flexibility. This helped the researcher to use the same interview schedule to all the chiefs and to get more information especially the feelings that were attached to the responses through observing the respondent while responding to different questions. The respondent would be asked to give the meaning of a particular non-verbal communication. This helped to know whether the spoken word corresponded to attitude, beliefs and feelings of the respondent. However, the interview schedule was time consuming which made the researcher handle one chief in a day.

Focus Group Discussions (FGD) : Focus group discussion (FGD) is a small group of carefully selected participants who contribute to open discussions for research (McLeod, 2018). The group selected represents the larger population the researcher is targeting (ibid). The researcher facilitated discussions with seven women groups which were used to collect qualitative data. Most women groups held their meetings on Sundays. The researcher met one women group from every division in a month. The selection was carried out depending on whether a particular group had scheduled its meeting on the specified Sunday. Discussions brought out group opinion, feelings and motives on effect of emotional violence on women's socio-economic development. It was used as a technique of enriching information obtained from interview schedule and questionnaires. However, some groups had more than ten members which made it difficult to get opinions from the introverted members. This was mitigated by the researcher carefully drawing such members out to give their opinion about the issue that was being discussed. Each group discussed forms of household violence, effects of household violence on women's socio-economic activities, challenges they faced in their endeavor for socio-economic development and the existing interventions used to manage the problem.

Validity of the Instruments : In quantitative research, validity is the ability for an instrument to measure what it's intended to measure (Creswell, 2014). Expert opinions from supervisors helped assess the relevance of the content in the research tools that had been developed. The questionnaires and interview schedule were presented to the three lecturers in the department of psychology at Mount Kenya University. The lecturers read through the instruments and advised the researcher on the contents and impressions of the instruments which were improved on and reconstructed based on the expert's advice before final copies were produced. This increased the quality of the questionnaire and provided feedback to the researcher. Respondents were asked to give meanings of the impressions that could not be understood by the researcher. This helped to come up with coherent qualitative data which complemented the quantitative data that had been collected from the questionnaires. In focus group discussions and interview schedule, the researcher, sieved out explanations from participants that were similar and truthful to the study.

Reliability of the Instruments : In quantitative research, reliability means the extent to which study instruments give the same results after several trials (Mugenda & Mugenda, 2002). A pilot study was carried out in Wekhomo location to determine item efficiency, establish time for administration of questionnaires and revise any items that were ambiguous. Test retest method was applied to determine general consistency. The participants in Wekhomo location repeated same questionnaires after a period of two weeks. The scores were averaged for each question and then tested for reliability using Spearman Rank Order Correlation Coefficient. From table 2 below, a correlation of 0.826 indicated that the answers to the questions were highly related, hence the instrument was reliable and statistically significant at $p=0.000$. For qualitative data, respondents were asked to clarify the meanings of the expressions that were not clear to the researcher. In focus group discussions, detailed explanations of facts that related to previous studies were analyzed and included in the study.

Table 2: Correlations

			Week Answers	oneWeek Answers	two
Spearman's rho	Week one Answers	Correlation Coefficient	1.000	.826**	
		Sig. (2-tailed)	.	.000	
		N	32	32	
	Week two Answers	Correlation Coefficient	.826**	1.000	
		Sig. (2-tailed)	.000	.	
		N	32	32	

****. Correlation is significant at the 0.01 level (2-tailed)**

Data Collection Procedure : Before the research commenced, the researcher was given an ethical clearance letter from the Mount Kenya University committee. The letter was then used to seek permission from the National Council of Science and Technology (NACOSTI) to conduct the research in Luanda. The researcher then proceeded to liaise with the Deputy County Commissioner (DCC), chiefs and assistant chiefs in the sub-county on presentation of a letter from Mount Kenya University and (NACOSTI). The Respondents read the informed consent and signed it before proceeding with attempting of the questions in the instruments. All the data was collected using questionnaires, interview schedule and FGD.

Data Analysis Techniques : Frequency tables, pie charts and bar graphs were used to show the proportion of responses and give a pictorial presentation of the information. Cross tabulation was used to compare the different variables and the effect they had on each other. The researcher read through the questions in the interview schedule for each respondent to find out if they were responding to the questions in similar or different ways. According to Guest, MacQueen & Namey (2012), researchers need to ‘winnow’ the data, a process of focusing on some of the data and disregarding parts of it. The researcher was able to record and interpret statements that were relevant to the study. Content analysis was used to analyze data from interview schedule and focus group discussions. In content analysis, a researcher can quantify and analyze the presence of meanings and relationships of words, themes or concepts from the participants (Cresswell, 2014).

Ethical Considerations : The researcher informed potential subjects of all aspects of the research procedure that influenced their decision to participate in the research study. Secondly, subjects were not coerced to take part in the research. Third, subjects were protected from physical harm and mental distress by giving clear information about the research. Lastly, information gained from the subjects was kept confidential. Subjects were not allowed to write their names on research instruments and the information the respondents gave was used exclusively by the researcher (Creswell 2014).

III. FINDINGS, PRESENTATION, INTERPRETATION AND DISCUSSION

Introduction

Demographic Data: A total of 384 respondents were engaged to respond to the research instruments of the study. The researcher used questionnaires to collect data as tabulated under the constructs below.

Age of Respondents : Table 3 show women in households who were below 20 years were 9 representing 2.3%, 20-29 were 109 which was 27.3% , 30-39 were 110 representing 28%, 40-49 were 85 representing 22.1% and those above 50 were 75 representing 19.5% of the total population as shown in table 3 below. This shows that most of the women in households are between 20 and 39 years representing approximately 56% of the respondents because women who take long time in schooling marry at an older age than those who complete. From the study, it is clear that majority of the women lack knowledge and skills to protect themselves against violence perpetuated by husbands. The researcher used age bracket of Peil (1995) who advises that since many people round off their ages, which results in heaping at 20, 30; grouping in this category is preferable.

Table 3: Age of respondents

Age	Frequency	Percent
Below 20 years	9	2.3
20-29 years	105	27.3
30-39 years	110	28.6
40-49 years	85	22.1
Above 50 years	75	19.5
Total	384	100.0

Source: Field Data, (2019)

Marital Status : Discussions in Figure 1 reveal that women out of 384; married women were 280 (72.90%), separated/ divorced women were 66 (17.19%) while widowed women were 38 representing 9.92% as shown in the figure 2. This show that most of the respondents in households were married women especially those who gave accurate information on how family violence had impeded their socioeconomic development. This is justified by Hughes, (2011) who said that women living with their spouses may suffer physical, sexual, emotional or psychological and economic violence.

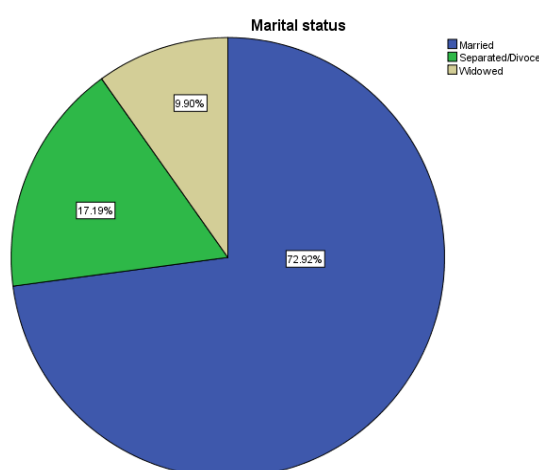


Figure2: Marital Status, Source: Field Data, (2019)

Length of Stay in Marriage: In Table 4 respondents were asked to state how long they had been in marriage and the following were the findings: - below five years were 74 representing 19.3%, between 5-10 years were 100 representing 26% of the respondents 10-20 years were 93 which was 24.2% and above 20 years were 117 representing 30.5% as shown in table 4. Most of the respondents who stated that they had stayed longer in their marriages were above 50 years. According to Brown (2009), education levels, income levels, and age of married couples determine the success or failure of marriage. Brown continues to stipulate that the ideal age of marriage is 25 years or older. He states that marriages are likely to last longer periods of time when people marry at older age, have a higher level of education and income. Wealthy educated couples suffer less stress and conflict hence less thoughts of divorce.

Table 5: Length of Stay in Marriage

Age	Frequency	Percent
Below 5 years	74	19.3
5-10 years	100	26.0
10-20 years	93	24.2
Above 20 years	117	30.5
Total	384	100.0

Source: Field Data, (2019)

Education Level : The table 5 below shows the highest level of education the respondents had attained; 46 respondents representing 12% never completed primary education, those who attained primary education were 102 (26.5%) and 83 (21.6%) had attained secondary education. 18 (4.7%) respondents had a degree, 64 (16.7%) had a diploma and 71 (18.5%) a certificate. From the study, 60.1% of the respondents had not gone beyond the basic education. The high number of respondents with lower standards of education contributes to the low socio-economic status in the households which is a major variable that contributes to domestic violence. The results show that most women lack formal professional training meant for formal employment. Low levels of education accounts for poor life skills that enable women defend themselves against the violence perpetuated by their husbands. Education empowers people to acquire positive attitudes, values and behavior necessary for development. Low academic achievement among women exposes them to gender based violence

Table 6: Level of Education

Age	Frequency	Percent
Degree	18	4.7
Diploma	64	16.7
Certificate	71	18.5
Secondary	83	21.6
Primary	102	26.5
Any other	46	12
Total	384	100.0

Level of Annual Income : Respondents Table 6 were asked to state their level of income per annum:- 107 (27.9%) of the total respondents earn below ksh.10,000, those who earn between ksh.10,000 and 30,000 were 57 representing 14.8% while those earning between ksh.30,000 to 50,000 were 81 (21.1%). Those who earn between ksh.50,000 and ksh.100, 000 were 62 (16.1%), and those earning above ksh.100, 000 were 77 representing 20.1% of the respondents as

shown in table 5. This corresponds with the records from Central Bureau of Statistics (CBS): Geographical distribution of well-being in Kenya volume1 (2003) which indicated that the rural population of Emuhaya constituency (currently Luanda and Emuhaya Constituencies) comprises 82% of people living below the poverty line. Women lack collateral and low levels of income exposes them to violence. They are forced to keep staying in the abusive relationships due to lack of social support system.

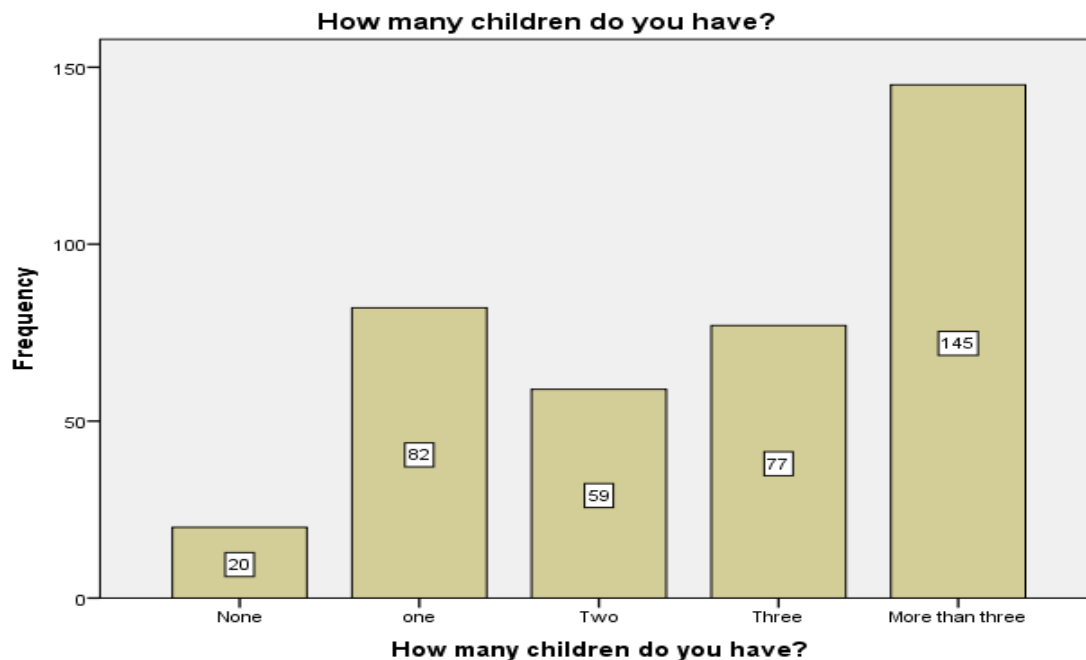
Table 7: Income per Annum

Age	Frequency	Percent
Below sh.10,000	107	27.9
10,000-30,000	57	14.8
30,000-50,000	81	21.1
50,000-100,000	62	16.1
Above 100,000	77	20.1
Total	384	100.0

Source: Field Data (2019)

Number of Children in a Household: Figure 3 shows the frequencies of number of children given by the respondents: those with no child 20 represented 5.2%, one child 82 (21.4%), two children 59 (15.4%), three children 77 (20.1%) and those with more than three children were 145 representing 37.8%. Cumulatively, 57.9% of the respondents had three or more children. It is clear that more than half of the women had not embraced family planning in the study area. This explains why the sub-county is densely populated with severe land fragmentation. Cawthorne (2008) observed that education, income and age at marriage was associated with the number of children. He notes that less education in the community plays a key role in high fertility rate, reduced income, reduced life expectancy and a lot of responsibility to raise children which increase probabilities that women will always be disadvantaged economically. Unplanned or untimely pregnancies prevent women from finishing their education or sustaining employment keeping them in poverty.

Figure 3: How Many Children Do You Have?



Source: Field Data, (2019)

Effect of Emotional Violence on Women's Socio-economic Development: According to Hughes (2011), verbal abuse communicates worthlessness. Emotional abuse may result from physical, sexual and economic violence or a combination of all these. Merriam (2011) opines that emotional abuse is inevitable in wife battering. The abuser may resort to verbal attacks, isolate the victim, deprive the victim of basic needs and/or deprive the victim of economic resources which she is entitled to. In table 7 below are frequencies showing number of respondents, and the types of emotional abuse experienced by women in Luanda sub-county. Those who had experienced frequent verbal attacks high and very high totaled to 228 representing 59.4% of the respondents. According to the chiefs, verbal abuse is very common among the perpetrators as this is sometimes done loud enough to be heard in the neighborhood. It is also a form of violence that is rarely reported to the authorities.

In the focus group discussion most women viewed verbal abuse as normal and part of life although they agreed that the abuse affected them both physically and psychologically, and made them look helpless and useless. Those women who suffered severe isolation high and very high cumulatively totaled to 128 representing 33.5% of the respondents. According to Hughes (2011), men who often isolate their wives feel insecure, are distrustful, jealous, and abusive and need to be right and in control. Those who suffered severe deprivation of basic needs cumulatively high and very high totaled to 144 representing 37.4%. Cumulatively, high and very high totaled to 199 representing 51.8% of the respondents who had been deprived of economic resources they were entitled to. See table 16. This corresponds to a study carried out in Namibia in 2003 which showed that 60% of battered women had also experienced emotional abuse, including being controlled by partners or experiencing fear for their safety (Nangolo, 2003). From the observations, it is clear that emotional abuse is very high in Luanda sub-county. Among victims who were still living with the perpetrators, high amounts of stress, fear and anxiety were reported. From the FGD the women groups turned out to be counseling groups, for some individuals became very emotional as they narrated their ordeals. According to Goldin, (2014a), emotional violence results in long-term anxiety and panic, and may meet the diagnostic criteria for Generalized Anxiety Disorder (GAD) and Panic Disorder, the most common being Post Traumatic Stress Disorder (PTSD).

Table 7: Types of Emotional Violence

Ratings	Verbal attacks		Isolation		Deprived of basic needs		Deprived of economic resources	
	Frequency	Percent	Frequency	Percent	Frequency	Percent	Frequency	Percent
very low	58	15.1	86	22.4	74	19.2	56	14.6
Low	48	12.6	60	15.5	81	21.2	51	13.3
Moderate	50	12.9	110	28.6	85	22.2	78	20.3
High	64	16.7	51	13.4	70	18.2	66	17.3
Very High	164	42.7	77	20.1	74	19.2	133	34.5
Total	384	100	384	100	384	100	384	100

Source: Field Data, (2019)

Relationship between level of education and emotional abuse : From table 8 below, there is rampant emotional abuse among women in households irrespective of their educational standards. A total of 272 (71.8%) out of 384 respondents had suffered from emotional violence. Among those who had a degree, 13 out of 18 had suffered emotional violence. For those who had attained secondary education, a total of 84 (82.4%) out of 102 had suffered emotional violence. According to the chiefs, this was the most common form of violence that is never reported. The Luanda chief said; “before Muluhoro was fenced, women in my area would commit suicide under circumstances that could not be explained.” He attributed this to depression as a result of emotional violence. Statistics from Bangladeshi attest to the inevitability of emotional abuse in wife battering, sexual and economic abuse (Khan, 2015). According to Khan, victims who still live with their perpetrators experience high levels of stress, fear and anxiety. Depression is common because victims are made to feel guilty for provoking violence and are often subjected to intense criticism after making them develop suicidal

tendencies. Emotional abuse undermines a woman's sense of worth, agency and independence making her lavish in poverty. Table 8 on the next page.

Table 8: Level of education * emotional abuse Cross-tabulation

Level of education		emotional abuse		
		No	Yes	Total
Degree	Count	5	13	18
	% within Level of education	27.8%	72.2%	100.0%
	% within emotional abuse	4.7%	4.8%	4.7%
	% of Total	1.3%	3.4%	4.7%
Diploma	Count	18	46	64
	% within Level of ed.	28.1%	71.9%	100.0%
	% within emotional abuse	16.8%	16.9%	16.9%
	% of Total	4.7%	12.1%	16.9%
Certificate	Count	34	37	71
	% within Level of ed.	47.9%	52.1%	100.0%
	% within emotional abuse	31.8%	13.6%	18.7%
	% of Total	9.0%	9.8%	18.7%
Secondary	Count	21	57	78
	% within Level of ed.	26.9%	73.1%	100.0%
	% within emotional abuse	19.6%	21.0%	20.6%
	% of Total	5.5%	15.0%	20.6%
Primary	Count	18	84	102
	% within Level of ed.	17.6%	82.4%	100.0%
	% within emotional abuse	16.8%	30.9%	26.9%
	% of Total	4.7%	22.2%	26.9%
Any other	Count	11	35	46
	% within Level of ed.	23.9%	76.1%	100.0%
	% within emotional abuse	10.3%	12.9%	12.1%
	% of Total	2.9%	9.2%	12.1%
Total	Count	107	272	379
	% within Level of ed.	28.2%	71.8%	100.0%
	% within emotional abuse	100.0%	100.0%	100.0%
	% of Total	28.2%	71.8%	100.0%

Source: Field Data, (2019)

Relationship between Level of Income and Emotional Abuse : Emotional abuse is very high among women despite their level of income. From table 9 below, the total number of women who had suffered emotional violence were 272 (71.8%) at the time of the study. Of these, those earning below ksh.10, 000 of which 112 out of 181 representing 29.6% of the total respondents had suffered emotional abuse. A total of 55 out of 68 representing 14.5% of the total respondents had suffered the violence. For those who earned between ksh.30, 000 and 50,000 55 out of 68 (14.5%) had suffered the violence. Among those who earned more than 100,000 per annum, 38 out of 43 representing 10.0% of the total population had suffered the violence. This shows that in virtually all cases of physical violence, some form of psychological maltreatment is present. The high rate of emotional violence is as a result of the patriarchal system. Men always want to have power and control over their wives. Mental abuse communicates worthlessness making women socio-economically unstable.

Table 9: What is your level of income per year? *

		Emotional abuse		Total	
		No	Yes		
What is your level of income per annum?	Below sh.10,000	Count	69	112	181
		% of Total	18.2%	29.6%	47.8%
	10,000-30,000	Count	13	41	54
		% of Total	3.4%	10.8%	14.2%
	30,000-50,000	Count	13	55	68
		% of Total	3.4%	14.5%	17.9%
	50,000-100,000	Count	7	26	33
		% of Total	1.8%	6.9%	8.7%
	Above 100,000	Count	5	38	43
		% of Total	1.3%	10.0%	11.3%
	Total	Count	107	272	379
		% of Total	28.2%	71.8%	100.0%

Source: Field Data, (2019)

Influence of Gender Stereotyping on Women's Socio-economic Development : Bandura (1963) says that behavior is learnt through modeling. He emphasizes that informal observation of the behavior of influential models and consequent reward or punishment, provides the observer with either inhibiting or motivating factors to repeat the acts. Culture plays a big role towards the socio-economic development of women as it influences gender roles. According to Yajan (2008) children learn and develop values of their culture through stories and pictures in books. Gender stereotyping has been cited as a major challenge against women's socio-economic development. Gender has been used as a tool for discrimination against women. Studies show that in Australia, Canada and United States, women are still being represented by gender stereotypes in the press (Foster, 2011). In politics, female candidates are portrayed as emotional and dependent (Doob, 2013). This makes men the policy makers hence women's needs are not properly represented. Sexism language affects women's consciousness, perceptions of reality and socialization relegating them as inferior (Stephey, 2009).

In the interview schedule, all chiefs agreed to the question men are superior to women. They argued that men should be respected as the heads of the household. On the question as to whether women are involved in policy matters in their community, the chiefs said that a few women were involved compared to men. The Ekwanda chief who is also a woman said, *hatamwanamkeakipeanamaoniyake, huwihatuyatiliimaanani*. Meaning, even if a woman gives a suggestion, it's not usually given any importance. The inequality of law making power causes gender discrimination resulting in slow socio-economic development among women. In the interview schedule, chiefs were asked how they involve women in policy making. All chiefs unanimously agreed that women are nowadays involved in policy matters in the community. However, some level of education was required for a

woman to be appointed to the committees. From the study, most women in Luanda sub-county only had basic education meaning that their interests were rarely represented in such committees. The chiefs also agreed that the third rule is never adhered to. The male dominated committees rarely address issues affecting women in the sub-county leaving women socio-economically unstable.

In the focus group discussions, women agreed that they were always discriminated against by men. Most women said that they were not decision makers in their families and that they were forced to do what men wanted even if it was not beneficial to the family. From the observation, such women had low self-esteem and were burning with anger and rage. In one of the groups, a woman complained of having been slapped for not having done what the husband wanted. Women who were autonomous had a high self-esteem and could count their achievements confidently. However, all women refused the idea that they ruin the education of their daughters by keeping them at home. Some however agreed that occasionally, they would request any of the children either son or daughter to take care of the young one if they had burning issues to attend to although they considered it as being very risky in the current government. This is due to the government policy that all school going children to go to school and that the chiefs to arrest parents who do not take their children to school. When women were asked whether they were decision makers in the family a total of 109 (28.38%) disagreed and strongly disagreed, 92 (25.14%) were neutral while a total of agreed and strongly agreed were 165 (42.97%) of the respondents. This shows that in many families men still hold powers as fatherly figures. See figure 4 below.

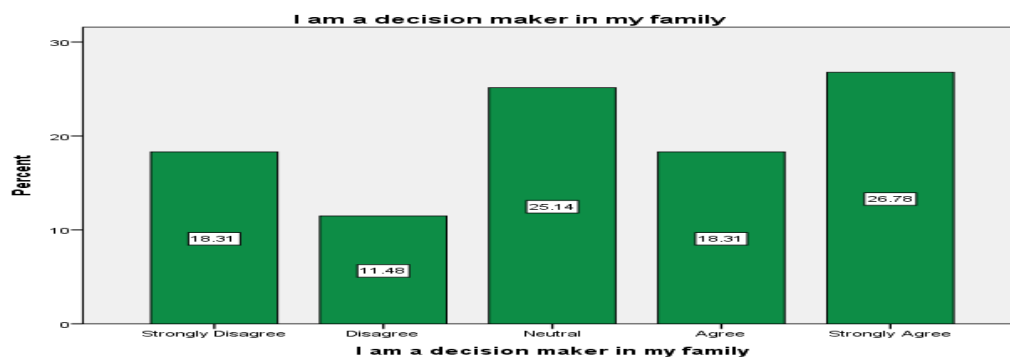


Figure 4: I Am a Decision Maker in My Family
Source: Field Data, (2019)

From figure 5, 44.44% of the respondents said that they could not do what a man could do while 41.46% were in agreement that they could. 14.09% were neutral. According to Prochaska & Norcross (2010), false impressions tend to generate a wrong sense of self forcing women to accept stereotyped gender roles. Growing children have been made to develop gender schemas, which are internalizations of gender roles perpetuated in a sexist society (Booth & Nolen 2012). This has further made women lose their power making them lavish in poverty.

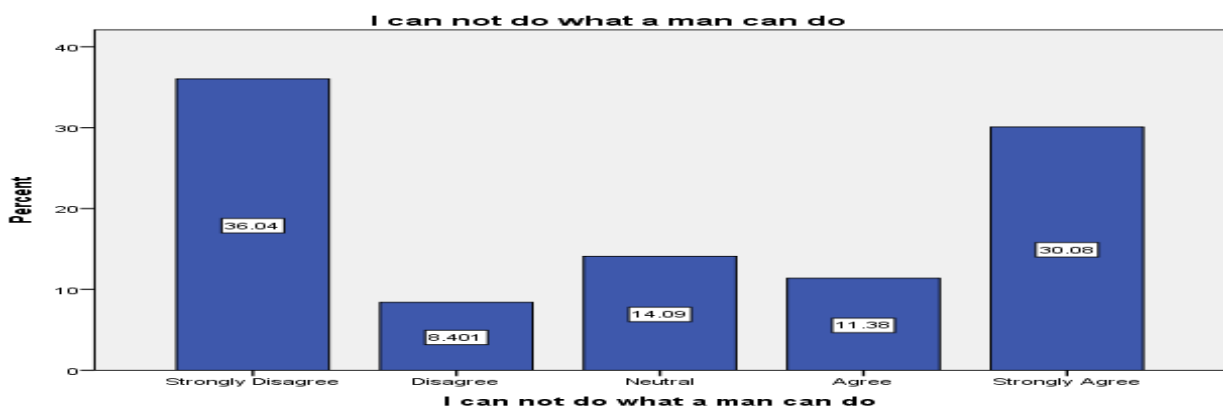


Figure 5: I Cannot Do What a Man Can Do
Source: Field Data, (2019)

On the question my husband helps with household chores, figure 6 show 56.8% disagreed, 11.75% were neutral while 31.57% agreed that their husbands helped with household chores as shown in the bar graph below (figure 8). Lack of responsibility on the part of men to help their wives in taking care of the children and in household chores makes women to be less productive in activities that help them grow socio-economically. Figure 6 on the next page.

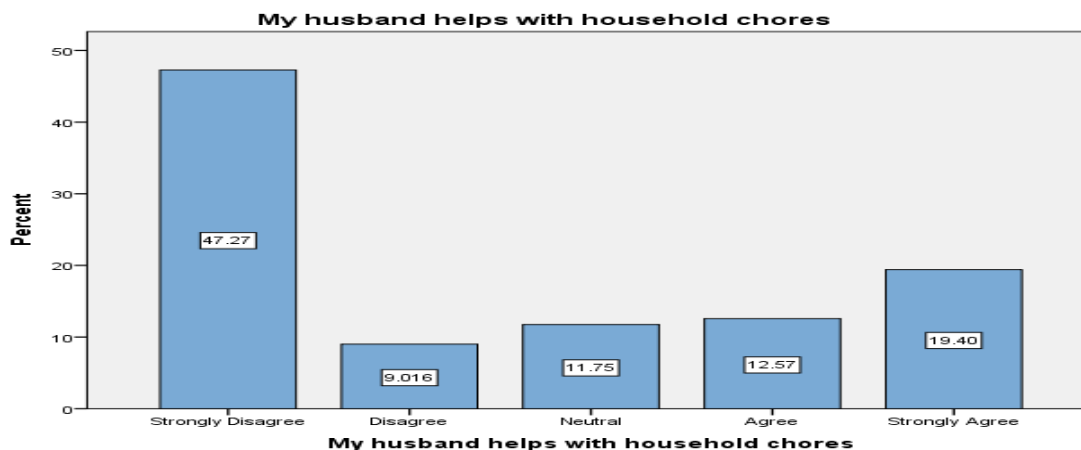


Figure 6: My Husband Helps With Household Chores
Source: Field Data, (2019)

Respondents were asked whether they could easily access counseling services. 68% of the respondents said that they could not access counseling services as they did not know how and where to find such services. Chiefs agreed that free counseling services were not available in their areas of jurisdiction. However pastors offered counseling to members of their flock. The government needs to employ trained and qualified counselors in the sub-county in order to empower women with skills that can help them handle the violence perpetuated against them.

Relationship between Level of Education and Emotional Abuse :From table 10 below, there is rampant emotional abuse among women in households irrespective of their educational standards. A total of 272 (71.8%) out of 384 respondents had suffered from emotional violence. Among those who had a degree, 13 out of 18 had suffered emotional violence. For those who had attained secondary education, a total of 84 (82.4%) out of 102 had suffered emotional violence. According to the chiefs, this was the most common form of violence that is never reported. The Luanda chief said; “before Muluhoro was fenced, women in my area would commit suicide under circumstances that could not be explained.” He attributed this to depression as a result of emotional violence. Statistics from Bangladeshi attest to the inevitability of emotional abuse in wife battering, sexual and economic abuse (Khan, 2015). According to Khan, victims who still live with their perpetrators experience high levels of stress, fear and anxiety. Depression is common because victims are made to feel guilty for provoking violence and are often subjected to intense criticism after making them develop suicidal tendencies. Emotional abuse undermines a woman’s sense of worth, agency and independence making her lavish in poverty. Table 10 on the next page

Level of education		emotional abuse		Total
		No	Yes	
Degree	Count	5	13	18
	% within Level of education	27.8%	72.2%	100.0%
	% within emotional abuse	4.7%	4.8%	4.7%
	% of Total	1.3%	3.4%	4.7%
Diploma	Count	18	46	64

	% within Level of ed.	28.1%	71.9%	100.0%
	% within emotional abuse	16.8%	16.9%	16.9%
	% of Total	4.7%	12.1%	16.9%
	Count	34	37	71
Certificate	% within Level of ed.	47.9%	52.1%	100.0%
	% within emotional abuse	31.8%	13.6%	18.7%
	% of Total	9.0%	9.8%	18.7%
	Count	21	57	78
Secondary	% within Level of ed.	26.9%	73.1%	100.0%
	% within emotional abuse	19.6%	21.0%	20.6%
	% of Total	5.5%	15.0%	20.6%
	Count	18	84	102
Primary	% within Level of ed.	17.6%	82.4%	100.0%
	% within emotional abuse	16.8%	30.9%	26.9%
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	Count	11	35	46
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Table 11: What is your level of income per year? *

		Emotional abuse		Total	
		No	Yes		
What is your level of income per annum?	Below sh.10,000	Count	69	112	181
		% of Total	18.2%	29.6%	47.8%
	10,000-30,000	Count	13	41	54
		% of Total	3.4%	10.8%	14.2%
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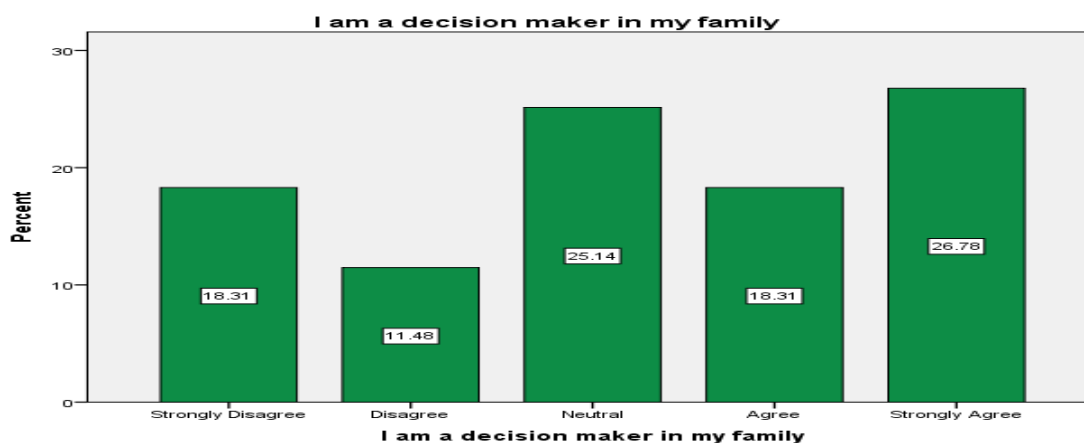


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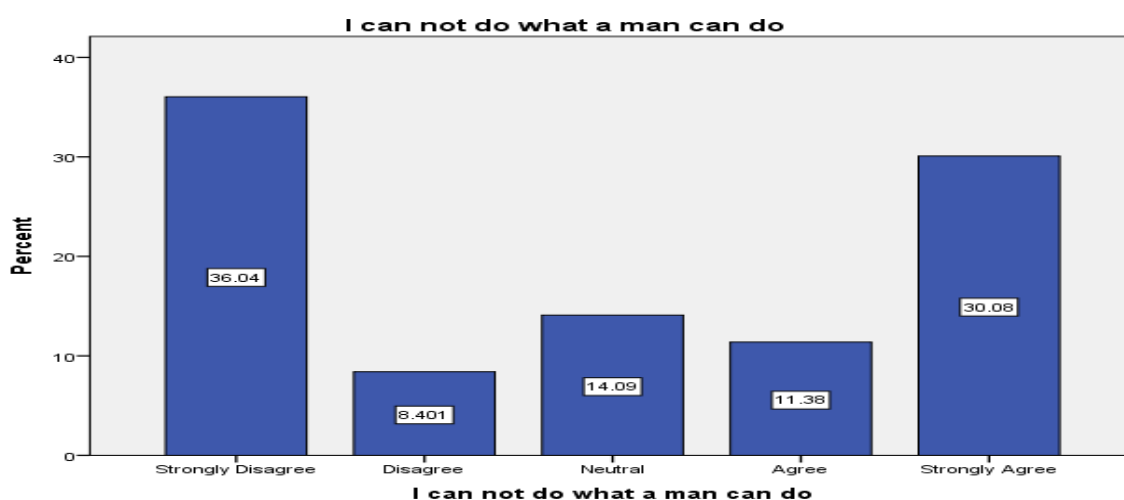


Figure 8: I Cannot Do What a Man Can Do, Source: Field Data, (2019)

On the question my husband helps with household chores, 56.8% disagreed, 11.75% were neutral while 31.57% agreed that their husbands helped with household chores as shown in the bar graph below (figure 9). Lack of

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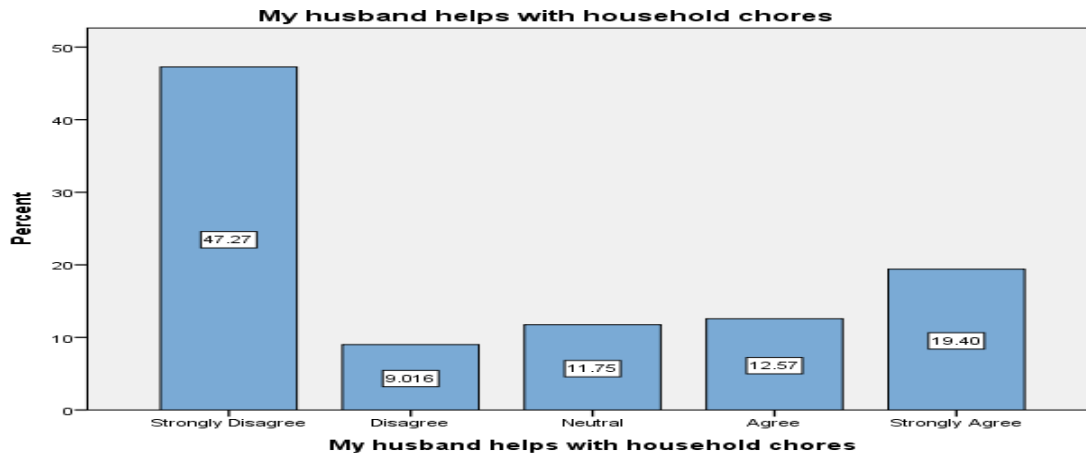


Figure 9: My Husband Helps With Household Chores, Source: Field Data, (2019)

IV. CONCLUSION

Emotional violence was very high among victims who were still living with the perpetrators. This condition leads to low self-esteem with suicidal tendencies among women due to depression and post traumatic disorder. Despite the violent acts experienced in the sub-county, the psychosocial support system was lacking to a majority of the women. Many women in Luanda sub-county have a weak economic base, lack collateral and the right to own property. The little they have is also stolen from them by their partners. Women with high levels of education and income had been left with the responsibility of taking care of the family hence interfering with their economic stability. Women who joined groups for social and economic support remained deprived of government support. Micro-financing had penetrated the sub-county although only a handful of women were involved. It was evident that education and income had failed to protect women against male violence. As long as our culture still recognize men as being superior over women, household violence problem still stand persist in the family and the entire study area. Men need to be educated to appreciate women as socio-economic competitors in development. Gender stereotyping make women to be inferior in the society.

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