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DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK

PERCEPTIONS OF EMPOWERMENT AMONG WOMEN INVOLVED IN
COFFEE FARMING IN KIRINYAGA EAST SUB-COUNTY, KIRINYAGA COUNTY.

BY

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DECLARATION

This research project is my original work and has not been submitted for the award of any degree in any other University.

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This research project has been submitted for examination with my approval as the University supervisor.

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DEDICATION

I dedicate this research report affectionately to my family and friends.

Thank you for always being there for me.

ACKNOWLEDGEMENTS

I hereby express my heartfelt gratitude to everyone who in one way or another contributed to the completion of this work. I thank God almighty for enabling me and providing sufficient grace all through. Special thanks to my supervisor Prof. Robinson M. Ocharo, whose help and stimulating suggestions helped me to coordinate my project. Lastly to my dear parents, siblings and my friends for their unwavering love, support and inspiration.

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ABSTRACT

Women empowerment play a key role in helping women improve the wellbeing of their households. However, gender systems have remained complex and dynamic. Regions, communities, and countries have different social constructions that make women levels of empowerment to differ. Women in most African communities for a long time remained stewards to their house hold properties but have no access to ownership. Even though the status of women participating in agriculture has received much attention from different studies over the recent years, there still exists research gap concerning the level of empowerment for women in farming activities. This study sought to understand the level of empowerment among women involved in coffee farming, the types of resources and income accessible to and controlled by women as well as the levels of satisfaction of women involved in coffee farming. The study adopted a descriptive survey research design and the findings were used for generalisation of the state of current empowerment of women in farming. The target population was all women participating in coffee farming Kirinyaga East sub-county, Kirinyaga County. Quantitative data was obtained from a sample of 394 participants obtained through simple random sampling from a potential universe of 26,000 small scale women farmers. Qualitative data was obtained from 8 key informants that were purposively sampled. According to findings, 37.2% of the women interviewed were aged between 18-39 years while 53.5% were aged between 40-59 years. Only 19.3 % of the women involved in coffee farming aged 60 years and above. Out of the total sample, only 8.1% had accessed post-secondary education, therefore their main source of income was farming. The findings revealed that 63.5% of the respondents have their farms registered in the names of husbands or their father-in-law. Only 16.8% of the women who have managed to gain land ownership and its registration under their names. Albeit, they are either widowed or single. For the married women, only 19.8% owned land jointly with their husbands. The findings show that the level of education acquired by the women did not have much effect of their ability to be fully registered as land owners as opposed to those who had accessed minimal or no education at all since only 1.6% of the women who had acquired tertiary education had land registered under themselves. The data illustrates that only 27.9% could access payments and dividends from coffee proceeds as opposed to the rest whose husbands and other family members' access. Patriarchy in assets and land ownership as well as access to income is still highly dominant. Most women take care of the coffee in all stages but have none or limited access to its proceeds. There is however to some extent, elements of joint participation where a proportion 54.4% the women are involved by their husbands in decision making concerning income from coffee farming, assets purchase, sale, and transfer of assets. Women also set aside sufficient time to participate in other leisure activities. From this study, it is noted that women have a key role to play in coffee farming yet they have minimal access to and control of resources as opposed to men. Moreover, there exists a high level of ignorance over empowerment as depicted by respondents' levels of satisfaction with decision making over income, access to and control of asset despite the fact is that the power over those variables' rest with their husbands.

CHAPTER ONE: INTRODUCTION

1.1 Research Background

Gender equality and women's empowerment forms one of the critical aspects for development priority, as indicated by the inclusion within the Millennium Development Goals (MGDs). The critical contribution of gender equity in objectives that relate to reduction of poverty, control of hunger, and improvement in food security, does not entirely depend on adoption of instrumentalists' perceptions or acknowledgement of intrinsic value when it comes to women empowerment. Policy formulations to improve the status of women and reduce the ever-increasing level of gender inequality expect to achieve improvements in the wellbeing of women and their children (Sraboni, *et al.*, 2014). This owes much to the important role that women play in their child caring and preparation of food among several societies (Malapit & Quisumbing, 2015).

Smith, *et al.*, (2003) explain in their paper that women that have relatively higher status than their men counterparts do tend to gain greater control of household resources, higher self-esteem, self-confidence, better mental health, better access to health services and information, and less time constraints. Women that succeed to have greater status gain better income and opportunity to care for themselves (Purcell, 2014). Consequently, they can also provide greater care to family members such as their children. In several societies, women have been found to serve important roles in Agriculture even though this role has gone within recognition or correct measurement.

The United Nations conference held in 1995 in Beijing on Gender Equality and women empowerment helped set the stage for women empowerment and urge to achieve equality in different sectors across the globe. The Association for Diploma Studies and Training (2014)

explain that the fourth World Conference on Women held from September 4-15, 1995 at the United National saw several countries across the world weigh in their weight in support of women's equality towards security, education, and life. The conference saw almost every attendance advocate for female empowerment and women's inclusion in not only national level but also decision making at international stage. The report also goes ahead to explain that discussions focusing on controversial issues like equal inheritance of family resources, reproductive rights, and contraception provided advocates with opportunities to raise women's rights to the forefront of international diplomacy.

However, at the end of the conference, several nations such as US faced increased problems to integrate those precepts into foreign policy or convince other countries that failed to implement conference principles. The UN conference took an important step to bring equality issues of women to a global stage. In overall, 31,000 women that came from 200 countries, managed to attend the Non-Governmental organization focus in order to become part of the fast-growing, global network of women focused on ensuring that different sectors across the world achieve peace, development, and equality of women.

Advocacy on issues of women empowerment and equality among global leaders and policy makers in Government and Non-Governmental organizations have seen greater changes periodically. Blackwell (2014) reports on the reasons that make women to continue asking for a seat at the table and notes that critical discussions have continued to take place even in the 21st century since the 20th anniversary of the 4th world conference on women. Different sectors have made progress in areas of human rights, reduction in violence against women, reduction of poverty, and gender equity.

The World Economic Forum (WEF) (2005) measures the extent at which women across 58 countries have managed to achieve equality with men counterparts across five major areas: health and wellbeing, educational attainment, political empowerment, economic opportunity, and economic participation. The findings revealed despite a heightened international awareness about gender issues, it is a surprise that no country has eradicated gender gap.

Participation of women in the real economy has been studied across five levels. Economic participation concerns range from the actual number of women that participate in the labour force and equal basis on remuneration. Across the world, outside agriculture, both developed and developing countries have showed that women still average slightly lower than 78 percent of wages earned by men when performing the same work. Akter, *et al* (2017) maintains that even in the developed countries, the gaps have refused to close. Akter, *et al* explain that it is only in agriculture that majority of countries both developed and developing countries have managed to close the gap by allowing increased participation of women in actual numbers and by labour force. Economic opportunity explains the quality at which women get involved in economic activities beyond mere presence as workers (Ugbomeh, 2001).

Sectors such as engineering, medicine, and law have seen well representation of women among developed countries. A study conducted by Yale Law Women shows an ever-growing number of women attorneys (26-37 percent), only a small number of firm partners in companies (5-20 percent), and the significance of family-friendly practices within the profession. The WEF (2017) points out that even though the number of wage-employed women was roughly equal to those of men, as at 2000, the number of women remained lower in managerial position. Women have continued to make slow and uneven progression when it comes to gaining a share in managerial positions. ILO ranked the number at 20-40 percent in

48 out of 63 countries. Political participation involves equitable representation of women in formal and informal decision-making structures, and their privileges to give their opinions in terms of issues affecting societies. The findings by the Union report show that women have 15.6 percent in houses of parliamentary. When considered in terms of regions, the findings are much surprising.

For example, among Arab countries, women averaged at 6.8 percent, Americans averaged 18.6 percent, while Nordic states averaged at 39.7 percent. Even though representation of women in lower levels of parliaments is still poor, it is a rare thing to find them participating in the upper echelons of decision-making. Doss and Bockius-Suwyn (2012) argue that failure of participation of women from structures of government is a clear indication that allocation of resources at the local, regional, and national levels are done without inputs from women. Study on educational attainment and health and wellbeing show levels achieved among women in their participation against men counterparts.

Women have been found to play important role in all economic and crop production activities in most of developing countries. In some places, women have been found to form primary farmers, whether it is in the households where they stand in as head themselves or where they have husbands or partners (Koech, 2014). While in other areas, women have been found to play vital roles agriculture that involves growing of crops as well as livestock to support home consumption and selling of any surpluses (Fanice, 2014; Langman, 2014). Since the introduction of coffee farming in Kenya in 1889, development projects have continued to increase their attention on women.

In fact, the argument is that if women in farming could have greater access to similar resources as men, they would have the opportunity to increase their overall productivity in

agriculture by 30 percent (Food and Agriculture Organization of the United Nations, 2016). FairTrade Foundation (2012) argues that recently , most of agricultural projects (involving cash crops, such as tea, coffee, and sugar canes) have started to bridge the gap and resolve the constraints that existed considering women differential access to productive resources, and assets, income, leadership, trainings, and time allocation.

1.2 Statement of the Research Problem

Several studies that have focused on the topic of women in Agriculture have only done so by examining the participation of women in agricultural activities. They have failed to shed light on whether women that are involved in farming have since achieved empowerment through benefiting from coffee proceeds and credit. In specific, this study sought to understand whether women involved in the coffee farming have managed to achieve empowerment by accessing different resources used in the farming practices in terms of owning, accessing, and making decisions over credit, land, agricultural equipment, and consumer durables.

Second, the study also sought to gain a deeper understanding about the amount of income that women involved in the coffee farming can access and control. Income evaluates the power of women to make decision over factors of production, farming and control over expenditures and income. The time that women also have to participate in other activities apart from farming, also determine the level of empowerment. Empowerment of women depend on the amount of time that one allocates household chores, leisure, rest, own work, among others.

In specific, the case of women involved in the coffee farming in Kirinyaga East sub-county was of particular interest to me because of the need to develop a deeper understanding concerning their empowerment of women participation in coffee activity is acknowledgeable.

. Furthermore, the International Coffee Day theme for the year 2018 was ‘Women in Coffee’ thus the need to find out how coffee has impacted positively to the lives of those women.

1.3 Research Questions

The study sought to find answers to the following questions

1. What are the types of resources accessible to women involved in coffee farming to achieve higher empowerment in Kirinyaga East sub-county, Kirinyaga County?
2. What amount of income can women involved in coffee farming access and control in Kirinyaga East sub-county, Kirinyaga County?
3. What is the level of satisfaction of women involved in coffee farming in Kirinyaga East sub-County

1.4 General Objective

The general objective of this study was to understand the empowerment of women involved in coffee farming in Kirinyaga East Sub-county, Kirinyaga County.

1.5 Specific objectives

1. To study the types of resources accessible to women involved in coffee farming to achieve higher empowerment in Kirinyaga East sub-county, Kirinyaga County
2. To understand the amount of income that women involved in coffee farming do access and control in Kirinyaga East sub-county, Kirinyaga County
3. To explore the levels of satisfaction of women involved in coffee farming in Kirinyaga East sub-county.

1.6 Justification of the study

The rationale for conducting this study is to make two key contributions to women empowerment literature. First, the study sought to add towards empowerment perspectives of the women in coffee farming by studying women that participate in coffee farming in the 21st century (Ya-Bititi, Lebailly & Mbonyinkebe, 2015). Even though it is critical to point out that past research on women empowerment and equality has remained extensive, most of the empirical studies have only done it at an organizational level. Whereas other research works have started to focus on women empowerment in Agriculture (UN, 2017). The fact that we can understand women empowerment at different level such as participation in any level of an economy, it would be imperative to adopt coffee farming approach (Fanice, 2014).

Koech (2014) recommend, “What we basically need to strengthen our knowledge about the role of agriculture in empowering women in the 21st century is to conduct a research in areas where women spend much of their time. The approach of this study to examine empowerment through agricultural facilitation, remain similar to another study conducted by Langman (2014). Langman found that in coffee farming context where empowerment is rare, empowerment had strong relationship to factors such as resources, income, and time. The findings sought to extend these results through assessment of how participation in coffee farming in the 21st century supports women empowerment.

The second contribution of this study is to make some improvements concerning our understanding about when to achieve strong relationship between empowerment and coffee farming factors such as resources, income, and time. For example, literature about these three factors recommend that assessment of resources involve accessibility of women to land, machines, equipment, and other factors (Ford, 2014). Additionally, prior literature shows some evidence that agriculture-empowerment relationship could not be universal (Akter, *et*

al., 2017). Even though Bockius-Suwyn (2012) concluded that participation in the 21st century agriculture has come to support a majority of women to access resources, income, and time out of their productive time, they have also pointed out that such a conclusion could be in contrast to results of Fanice (2014). In his study for instance, the researcher challenged the role of empowerment in uplifting the lives of women that participate in agriculture when it comes to access to resources, income, and time.

1.7 Scope and Limitation of the study

The scope of this study involves developing a deeper understand of the level of women empowerment among women involved in coffee farming in Kirinyaga East sub-county in Kirinyaga County. The respondents of this study comprise of a sample of all women in Kirinyaga East sub-county that are involved coffee farming (McOmber & Ludgate, 2012). The use of interviews help generate critical information about the views of respondents and reveal insights about experience and beliefs that form their opinion. The findings from this study is useful among the women that participate in coffee farming as well as policy makers in coffee industry.

The central point of concern regarding this study focuses on three specific objectives identified in the foregoing section. For example, the first objective involved studying different types of resources that are accessible to women participating in coffee farming within Kirinyaga East sub-county in Kirinyaga County. In order to measure the types of resources, the interview questions in the interview schedule (see appendix) focused on awareness about the status of land ownership, the nature of decision making about assets involved in coffee farming, registration of land, and level of experience they have with credit needs. The study interview also focused on asking respondents the size of their coffee farms, who owned the coffee farm, and among other variables. The third variable in the interview

sought to understand the level of satisfaction by focusing on the amount of time that respondents have to participate in other activities apart from coffee farming activities. The scope of the question involved assessing the time that women have to allocate to productive and other domestic roles and leisure.

CHAPTER TWO: LITERATURE REVIEW AND THEORETICAL FRAMEWORK

2.1 Introduction

Empowerment has remained a complex concept that varies across persons, occupations and position in life, and cultures. It also varies geographically (between regions, rural, urban areas, countries, and continents). In addition, men and women might develop varying perceptions concerning empowerment in overall and women's empowerment in particular (Smith, *et al.*, 2003). Many scholars have considered the concept of empowerment from a social standpoint (Purcell, 2014). Most of the definitions tend to focus on aspects of an individual to gain power and control over resources and decisions that determine the quality of life (Sraboni, Malapit, Quisumbing & Ahmed, 2014; Jean, 2015).

For example, Medel-Anonuevo (1995) refers to empowerment as the ability and capacity for one to use available opportunities to transform available choices into appropriate actions and desired outcome. Capacity in this case, involves the role of actors or agencies as well as the ability of a group to come up with purposeful choices. Opportunity structure on the other hand, covers different components within an institutional context. Agency corresponds to asset endowment such as human, financial, social, material, organizational, informational, and psychological assets. One can measure opportunity structure by determining cultures, behaviours, regulatory frameworks, and norms within formal and informal institutions in a given society.

Similarly, Bayeh (2016) refers to empowerment as a multi-dimensional social process used by different people to make them gain control over their lives. The process enhances power among people, choice to use own live, surrounding society as well as rural areas where one lives. People prefer to act on different issues that they consider important.

Hunt and Samman (2016) apply the same concept on women empowerment and explain, it is the ability for women to define life choices in areas where they felt some constraints. Consequently, empowerment is also central to processes to maintain benefits of women at varying levels such as at a personal level, household, society, and broader level (Diirro, *et al.*, 2018). According to Diirro, *et al.*, it revolves around different actions taken by those in the society or institutions to boost the status of women through initiatives such as creation of awareness, training, education, and literacy. According to the above definition, it is apparent that women empowerment revolves around allowing as well as ensuring that women are equipped to make their own choices and determine how they would like to shape their lives across various issues.

2.2 Measurement of Women Empowerment in Agriculture

Empowerment in agriculture involves the ability of an individual to make own decisions on different aspects that relate to agriculture and access to social resources and material required to make decisions (Blackwell, 2014). Doss and Bockius-Suwyn (2012) suggests two indicators to apply when one wants to track and understand empowerment. The first measure involves understanding of control that women have over productive resources like financial assets, machinery, fertilizer, seeds, common property, water, forests, land, and livestock, as well as income as the proceedings from the sale of products. The second indicator of women empowerment involves the power for women to make decisions over the access and use of time and income, and power to make decisions in collective organizations and groups.

The multidimensional and complex nature of empowerment makes it difficult to measure. (FairTrade Foundation (2012) maintains that this is true especially in the context of agriculture where there have been little research and focus among researchers. Donors, practitioners, and researchers to measure the level of empowerment for women participating

agriculture, have no acceptable framework. The United States agency for International Development (USAID), Oxford Poverty and Human Development Initiative (OPHI), and the International Food Policy Research Institute (IFPRI) developed the women empowerment in agriculture index (WEAI) as the only comprehensive and standardized measure that captures women empowerment (Sraboni, *et al.*, 2014).

According to Malapit and Quisumbing (2015), WEAI acts as a survey-based index that has been reported by studies focusing on countries and regional level agriculture. Studies that focus on the framework try to collect individual based data using interviews on men and women that live within the same household. The index provides five measures to understand whether women that participate in agriculture have achieved empowerment around production, income, resources, leadership, and time.

Akter, *et al* (2017) combine production and income as a measure how women gain power to make decisions about access to and control over expenditure, income, livestock, fisheries, and livestock. Resources help to capture the ability that a woman has towards access to and making of decision regarding a number of productive resources in agriculture such as credit, consumer durables, agricultural equipment, land, and livestock. Time measures to total time that women get to allocate to other domestic jobs and leisure activities apart from involvement in agricultural activities. In addition to the above measures, WEAI also measures the level of satisfaction of women involvement in agriculture as well as the existing gap in equality between men and women in every household.

Figure 2.1: The Five Domains of Empowerment in the Women’s Empowerment in Agriculture Index

Domain	Indicators
Production decision-making	Input in productive decisions Autonomy in production
Access to productive resources	Ownership of assets Purchase, sell or transfer of assets Access to and decisions on credit
Control over use over income	Control over use of income
Community leadership	Group member Speaking in public
Time allocation	Workload Leisure

Source: USAID, The Women’s Empowerment in Agriculture Index Results from SPRING/Bangladesh’s Farmer Nutrition Schools a Quantitative Study, 2017

WEAI has gained acceptance among several studies that have been conducted in 15 countries and 7 regions across the world (Akter, *et al.*, 2017). For example, in a study conducted in Cambodia, the scores ranged from a high of 0.97 to a low of 0.63 in Bangladesh. A study conducted in Africa and specifically West African countries, showed lowest WEAI scores followed by high scores among the Southern African as well as East Africa countries (Malapit and Quisumbing, 2015). Furthermore, studies have also applied the index in order to examine the level of empowerment among women involved in tea farming in the 21st century (Motzafi-Haller, 2016).

Figure 2.2: Spread of gender Research in agriculture

Chapter number and name	General studies	Country and region specific studies					
		Total	Africa	South Asia	Southeast Asia	Latin America	Other
5. Gender asset gap	21	51	25	11	6	7	2
6. Gender equity and land	26	55	32	13	3	7	0
7. Nonland agricultural inputs, technology and services	20	66	50	7	2	5	2
8. Access to financial services	37	64	33	14	5	11	1
9. Livestock	32	86	64	16	1	4	1
10. Gender and social capital	21	49	15	22	6	6	2
11. Nutrition and health	35	38	25	6	3	2	2
Geographical spread			59%	22%	6%	10%	2%

Source: Quisumbing, *et al.*, (2014)

However, a majority of studies that have used WEAI index have adopted quantitative methodology. This has led to some scholars to question whether the method can capture intangible and unquantifiable empowerment (Madi, 2016). For instance, studies that have used quantitative method have failed to capture the understanding that even though many of women might access and hold land titles, the access might only be because of subsidy or taxation purposes, and spouses end up making almost all decisions concerning the way to utilize the land (Tsiboe, Zereyesus, Popp, & Osei, 2018). Furthermore, studies have also pointed out that women might easily access credit because of preferences of microcredits for women borrowers. However, in most cases, the loan gets in the hands of their spouses who control them (Seymour, 2017).

It is because of above issues that even though important, they are not observed. A study conducted by Masamha, Uzokwe and Thebe (2018) explains that they continue to play critical roles in impending or augmenting empowerment of women. It is only through qualitative studies that have managed to capture them. In overall, the use of qualitative methods such as semi-structured or unstructured, and in depth interviews have been found suitable than quantitative methods when come to identification of values, religious norms,

and socio-cultural that define gender relations within a society. The values and norms help in understanding women empowerment and not measuring it (Zereyesus, 2017). Any quantitative empowerment researchers try to evaluate numerical scores to show the level of women's empowerment within different communities. Even though the numerical scores are good for measuring the impact of empowerment towards welfare outcomes, food security, education, and other development outcomes, the quantitative study fails to be an effective measure for identification of factors contributing to differences in women empowerment across different communities. Akter, *et al* (2017) argue that qualitative methods provide a better analysis for any researcher to gain deeper understanding of social architecture and recognize all formal and informal social procedures that create gender gaps in numerous societies.

2.2.1 Women Accessibility to Resources

Measurement of inclusion of the women across all agricultural sectors remains important in assisting farmers increase output and feed the society. McKenna (2015) explains that a majority of developing countries record more women than men who participate in agricultural labour force. Besides, such an increased rate of participation, women still experience limitations when it comes to access to important productive resources used in agriculture. McKenna found that a majority of women are still restricted from accessing extension services, inputs, and credit as well as having land ownership and rights. If women were empowered to have equal access to productive resources as men, they could have the power to increase the total yield from agriculture. Furthermore, McKenna explains that empowering women who participate in agriculture is likely to motivate them to reinvest their income by improving the living standards of their families, educating their children as well as the nutrition and health.

USAID (2016) presents WEAI domain as an intervention guide for use among researchers that want to measure empowerment of women involved in agriculture. Access to productive resources domain explains ownership and control over resources such as agricultural tools, livestock, and land, as well as other financial resources like credit. According to USAID report, ownership and control over land play a fundamental role when it comes to agricultural production. There is normally a positive correlation between land security and increased adoption of technologies. Farmers that own land gain the ability of security when it comes to investing their capital in land improvement technologies that assist them increase the level of productivity (Seymour, 2017).

A majority of farmers use land as a form of collateral to secure credit in order to advance their technologies or other productive activities. Furthermore, it also ensure that more farmers get access to some of the groups associated agricultural productivity like contracting of farming schemes and cooperatives. According to Sraboni, *et al.*, (2014), women in Bangladesh who own land have been found to increase their bargaining power in their households. Other studies also suggest that presence of widening gaps between male and female when it comes to ownership of critical agricultural assets (Sraboni, Malapit, Quisumbing & Ahmed, 2014).

Akter, *et al.*, (2017) conducted a study among Southeast Asian agriculture to understand the state of gender inequality. The study used WEAI framework to focus on four countries including Philippines, Myanmar, Indonesia, and Thailand. The study collected data from 37 focus groups discussion among 300 women involved in rice farming. The qualitative analysis revealed that a majority of women in Indonesia that are involved in rice farming are still unaware about the land ownership status.

A majority of participants indicated that even though they owned land, they had no information as to whether their husbands had registered them to have joint ownership of land. In overall, a majority of participants had a perception that both a wife and man own any family resources. Hence, they saw no reason for them being registered to own land. Women participants from Myanmar indicated that ownership of land occurred in two cases. More than 60 percent where ownership of land fell under household, the husband was the one allowed registering the land under his name. Philippines also showed similar tradition where men had formal ownership of land but women only participated in making decisions on how they could utilize the land.

However, Thailand showed mixed findings. Participants noted that ownership of land was mixed. Diiro, *et al.*, (2018) conducted a recent study to understand and document a relationship between production of maize in Western Kenya and women empowerment in their involvement in agriculture. The study measured the level of empowerment using WEAI index. Application of cross-sectional instrumental-variable regression to 800 maize farmers revealed that 68.4 percent of participants were disempowered. However, a majority of participants indicated that they had a chance of achieving adequacy in owning assets, accessing and making decisions relating to credit, and gaining control over the use of income. Only 24 percent contributed in productive decisions, 8.4 percent owned assets, while 19.8 percent accessed to and made decisions relating to credit.

2.2.2 Women Access to and control of Income

USAID (2016) applied domain three in its intervention guide to show how researchers can measure empowerment of women involved in agriculture by looking at whether they now have control over use of income and expenditure. The domain refers to the ability of women involved in agriculture to receive remunerations for their work and get a chance to be

involved in making of decisions concerning expenditures. Furthermore, control over income and expenditures is associated with access to and ownership to resources because it allows an individual to purchase, rent, and access credit towards agricultural resources. Through its Feed the Future Initiative, USAID (2015) points out that a majority of women involved in agriculture in developing countries had less chance of accessing and controlling income than men do. The study explains that this is because of an ever-increasing level of gender norms, responsibilities, and roles between men and women.

A majority of societies have placed men in a position where they are expected to work for income while women on the other hand, are expected to work for the family without any form of payment. Besides, when women get a chance to work for income, then there is always a higher chance to receive relatively lower income than what men receive. Furthermore, the report explains that women continue to experience greater market barriers and work within informal sectors.

A similar study was conducted by USAID (2016) to understand the level of women empowerment in Bangladesh, Guatemala, and Uganda. The results showed that women who had not been empowered and inadequate achievements from access to and control over income made up 21 percent. The same report also showed that Guatemala scored only 35 percent while Uganda scored 20 percent. However, a report by Diiro, *et al.*, (2018) among women involved in maize farming in the western Kenya showed that only 1.4 percent of women had a chance of accessing and controlling income from the same of maize and made decisions on expenses. O'Hara and Clement (2018) points out on the need to research and explore different streams of income that come into the households such as non-agricultural wage employment and off-farm.

The proportion of wage/income brought by either men or women from their employment out farming, might determine the manner in which they get to allocate resources in farming activities. Accordingly, the degree at which the spouses show the willingness to invest in other production-linked activities and particularly cash, the more they are likely to expose themselves to risks as well as violence.

The recent study conducted by the USAID-funded Food and Peace project within East Africa that focuses on most of vulnerable households involved in agriculture, found 83 percent of the sample indicated that they earned from casual labour as their source of income (Fernandes, 2013). Fernandes explains that others in case women work to contribute towards the income of the household while the money control that within the same household and whose spending is wasted without benefiting the household, and then there ought to be an intervention that motivates a woman to work without any expected benefits. Additionally, without accessing and controlling over income, then women might fail to get any incentive to increase productivity in agriculture.

2.2.3 Women Satisfaction Level in Agriculture

The level of satisfaction for women that participate in agriculture is determined by the amount of time that women allocate to leisure activities and workload. Rana and Sigh (2016) refers to satisfaction as an expression of contentment, fulfilment of wants, needs and desire, and happiness. Rana and Sigh explain that empowerment has now become one of the critical aspects for those that want to control the external pressure by becoming free to get involved in personal duties, spend time away from the workplace, or involve in other production activities. Until when an individual does not feel empowered, one cannot gain any level of satisfaction. Empirical studies show that empowerment is a major determinant of job satisfaction. While the study about empowerment and satisfaction has gained much

acceptance in contemporary organizations, this area has not been explored much by studies linking empowerment of women involved in agricultural activities and the level of satisfaction.

A few available studies are by Alkire, *et al* (2013). Alkire, *et al* explains that aspect of satisfaction for women involved in agricultural activities can be measured in terms of the time allocation. The empirical study used time domain in order to ask subjective question on satisfaction with leisure time. The findings showed that a majority of women involved in large-scale agricultural activities were not satisfied about the amount of time they received to work on personal activities. According to Masamha, Uzokwe and (Thebe), allocation of time in agricultural activities and achievement of empowerment among women can be achieved by measuring the amount of workload and leisure.

Masamha, *et al* refers to the workload as the time that women get to allocate in other productive and domestic activities. Such activities might include the time that an empowered women involved in agriculture spend in participating in primary activities that relate to work and secondary activities that relate to productive roles such as cooking, domestic work, caring for children, travelling, commuting, shopping, weaving, sewing, own business work, and salary or wage employment. The author argues that a person can only say to receive a high level of satisfaction because of empowerment when the overall workload spends working per day is less than the time poverty line of 10.5 hours.

Satisfaction also comes from the time that women allocate to leisure activities. In a study conducted by Alkire, *et al* (2012), they asked the target sample to rank on a 5-point Likert scale the level of satisfaction that women received to away from activities to participate in leisure such as doing sports, seeing movies, listening to radio, watching TV, or visiting

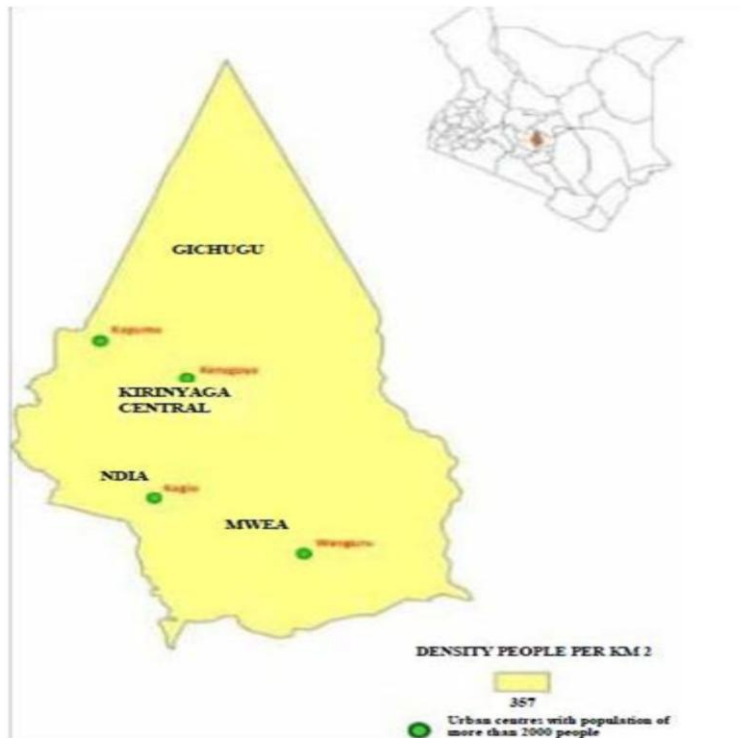
neighbours. The measure of leisure time covers the adequate of time that people find to increase the level of satisfaction. Similarly, a study conducted by USAID (2017) used 5-point Likert scales with 1 = not satisfied to 5 = not very satisfied. The findings showed that 65 percent of women from Bangladesh indicated to have received adequate time. This number was slightly lower than 85 percent from Guatemala and 68.3 percent from Uganda who indicated that empowerment in agriculture has seen them achieve higher satisfaction in terms of the time they allocate to participate in leisure activities.

2.3 Coffee Farming in the Study Area

Figure 3 below shows the area included in this study. Kirinyaga East Sub-County, also known as Gichugu Constituency is among the four Sub-Counties of Kirinyaga county (Kirinyaga South-Mwea, Kirinyaga West-Ndia, and Kirinyaga Central) with five electoral wards. Two key cash crops grown in Gichugu constituency include coffee and tea. Other crops grown in the area includes Makadamia, beans, maize, and bananas. The target area ranks as one of the areas in Kenya with well-endowed agricultural area with rich volcanic soils near Mount Kenya and good rainfall almost throughout the year. However, the region has been said to rank high in poverty level.

In 2017, Kirinyaga East Sub-County produced more than 2,638 metric tons of coffee (Mugo, 2017). Baragwi and Kabare wards were in the year 2017 ranked as best quality coffee producers in the country. This prompted the celebrations of International Coffee Day whose theme was ‘Women in Coffee’ to be hosted in Baragwi Ward. Kirinyaga East sub-county has five wards Njuki Ini, Ngariama, Baragwi, Karumandi, and Kabare. This study sought to collect data from Njuki Ini and Baragwi wards. The two areas do purely coffee farming as the major cash crop than other areas, which carry out tea farming as well (Gichugu Constituency, 2017).

Figure 2.3: Case study area: Map of Kirinyaga County (Kirinyaga East Sub-County is also called to Gichugu Constituency)



Source: <https://www.ngcdf.go.ke/index.php/component/constituencies/constituency/101-gichugu>

2.4 Theoretical Framework of women Empowerment

2.4.1 Three-dimensional Theory

Rahman (2013) presents three dimensions of empowerment as the pathway and foundation through which empowerment takes place. Resources occur in the form of materials, social, or human form. Resources give individuals the ability to make choices. They are also the avenue that individual carry out agency. Similarly, Kabeer (2001) acknowledges few differences concerning the agency approaches when an individual considers to take a given action under given scenario while using few achievable options.

Kasbeer refers to an agency as a purposeful behaviour. Furthermore, the author explains between transformative and effective agencies. The later agency makes women to develop higher efficiency when implementing their roles. The former on the other hand, provides women with an ability to see the need to overcome any form of restrictive nature while executing their roles. Furthermore, the agency provides an opportunity where women gain more ability to reflect and react to several patriarchal barriers that arises in every step of their lives. According to Kabeer (1999), achievements refer to the degree at which women realize their capabilities (such as agency and resources). They can also be considered as outcomes. It is imperative to acknowledge as to whether distinctions in achievements arise because of an individual's ability to overcome inequalities instead of distinctions that occur because of personal differences or personal characteristics like laziness that does not consider power.

Figure 2.4: Three dimensions of women empowerment

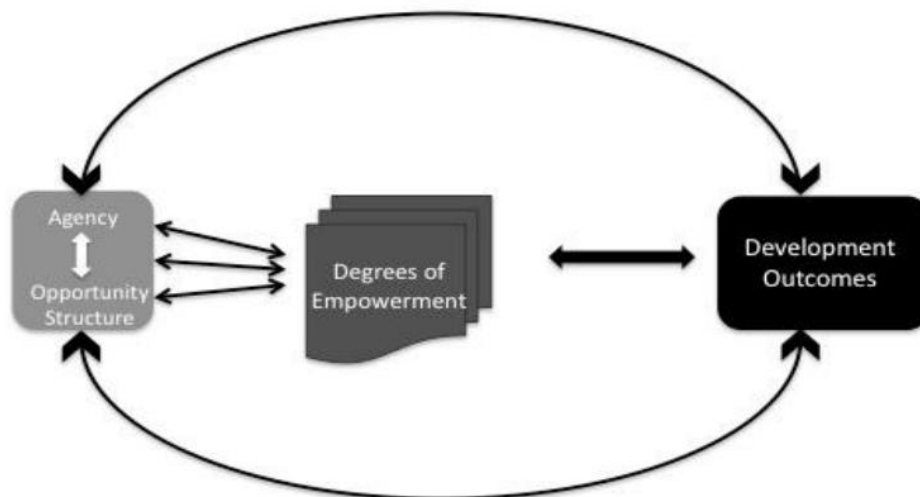


Source: Kabeer (1999, p. 23)

A study by the World Bank (2005) characterizes agency as the capacity for an individual to come up with a meaningful as well as purposive choices. According to the World Bank, assets serve as the best indicators of agency. The study characterizes assets as financial, material, social, human, organizational, informational, or psychological in nature. This makes it harder and complex to measure some assets than others.

According to the World Bank (2005), it is always hard to measure and quantify psychological assets (such as capacity to envision), human assets (such as literacy, knowledge), and social assets (like social capital). Some of the pre-condition within the agency model refers to opportunity structure. For example, Purcell (1995) refers to opportunity structure as either the formal or informal structures that creates environment for participation of individuals. Such structures incorporate norms, regulatory frameworks, and laws that define how people behave. Within these models, opportunity and agency structures are lined to the levels of enjoyment that groups and individual achieve. They all form the basis for varying levels of empowerment and recommends that one can measure such levels by looking at the existing choices, the use of choices, and achievement of choices. Furthermore, these levels of empowerment with determine development outcomes.

Figure 2.5: Agency and opportunity structure model of women empowerment



Source: World Bank (2005)

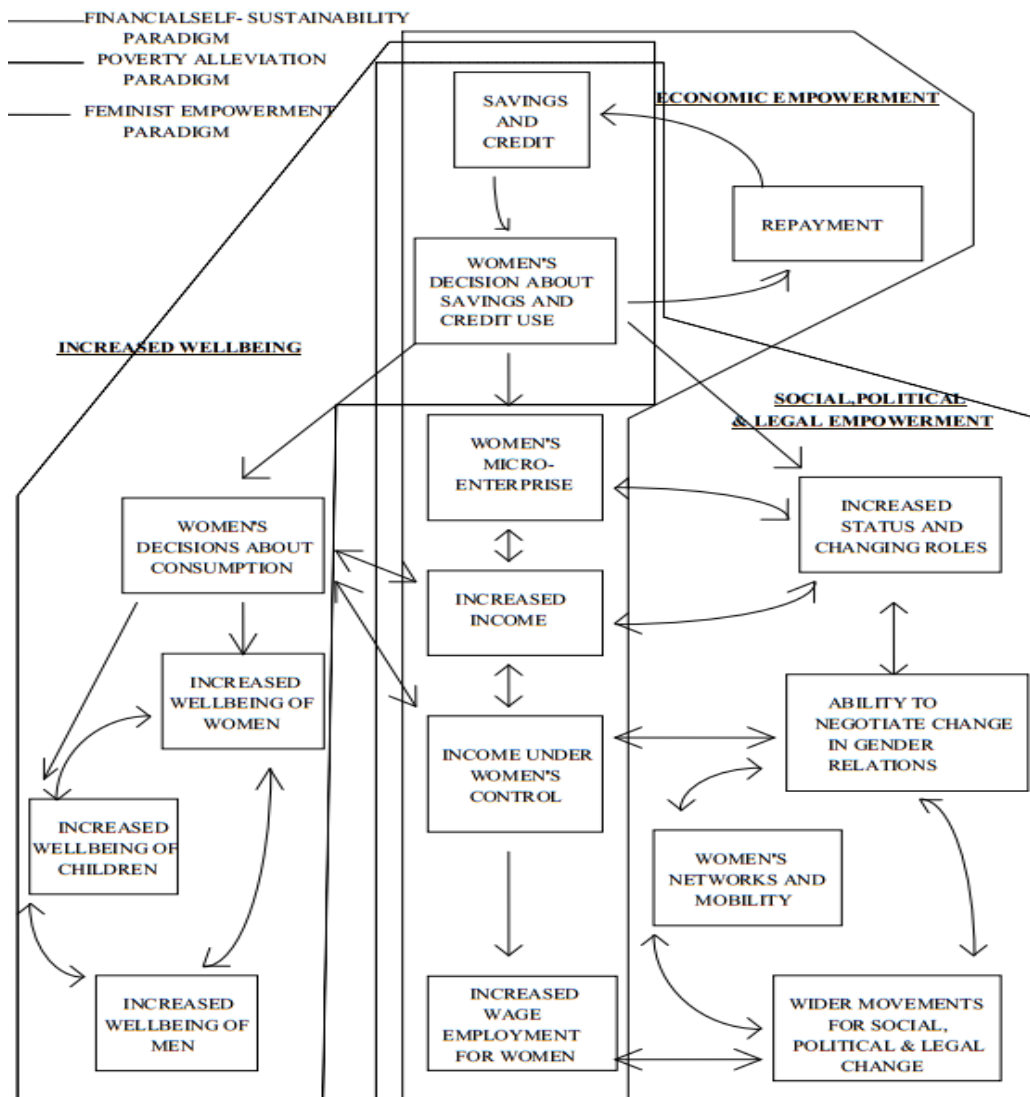
2.4.2 Best Practice Theory

However, the above models have since been modified to factor in the changes occurring in the contemporary societies. Mayox (2005) appraises three contrasting paradigms that he calls the “Best Practice”. Mayox further uses the three paradigms in order to provide deeper insights into women empowerment and the functions of microfinance. A wider strategy helps promote microfinance as the best entry point into socio-political and economic empowerment. It focuses on feminist organizations and gender awareness.

According Mayox (2005) a society can only decide the best way to combine empowerment and sustainability objectives and flexibility in women needs by conducting a research on things that constrain women, on their needs, strategies, as well as processes for negotiating between women and development agencies. Secondly, the financial self-sustainability paradigm focuses on how a society can ensure that equal distribution of micro-finance services to a larger number of those in the poverty bracket. The paradigm places more emphasis on the need to alleviate the entrepreneurial poor people in a society as the major target group. Efforts to increase economic empowerment are a major contributor to the first two by strengthening political and social empowerment.

Thirdly, the poverty alleviation paradigm on the other hand, focuses on the need for agency to increase the opportunity at which women can continue to access microfinance to allow them earn higher incomes and make positive contributions to their households. Consequently, it integrates with the two paradigms to ensure that any empowered women increase the wellbeing of an entire household, transform their status into well-being, and ensure wider changes to create gender equality.

Figure 2.6: Paradigms of women empowerment



Source: Mayox (2005, p. 23)

2.4.3 Capability Approach Theory

A similar approach was developed by Sen (1999) through a capability approach theory on women empowerment. The capability approach has its origin with development economics. Besides, Sen refined and transformed the concept of entitlement to integrate with the capability approach as a capability for a person to live a good life in respect to having a loving relationship, good health, participate in decision-making, and in overall, achieving freedom to do whatever that seems good.

According to Sen, an agent refers to an individual that facilitates and causes change. While evaluating the level of freedom that one has in a society, Sen examines two aspects – agency and well-being. On one hand for example, the well-being remains passive and refers to an advantage that one enjoys in relation to quality of life such as being healthy, nourished, and better education. While on the other hand, he refers to agency aspect as choices that one has to exercise freedom and wellbeing. Sen focuses more on agency aspect than wellbeing aspect when it comes to giving women more capability to participate in decision making, gaining access to and control over resources, gaining satisfaction outside the family in making strategic life choices.

2.4.4 Alternative development theory

Friedman (1992) used the concept of empowerment to develop alternative development theory that works on the constructs of indigenous political and social cultures in a society. Friedman argues that three sources of power include psychological, political, as well as social. The social power explains the ability to gain skills, information, and knowledge. All these aspects play a role on how an individual improves production in a household and favourable in creation of political power. Secondly, political power refers to mechanisms that facilitate policy changes at a micro and macro level. Psychological power on the other hand, gives one the ability to express self-confidence, self-esteem, and self-reliance. Studies in the 21st century now advocate for inclusion of other constructs such as economic empowerment, social empowerment, and political empowerment.

Economic empowerment is associated with the freedom of women to increase their share in economic activities they are involved in. Women in the 21st century have been found to participate in different economic activities.

Blackwell (2014) argues that when women are empowered economically, they are likely to increase their productivity and consequently, support their families and improve the living standards for people in a society. The process gives them self-respect, self-esteem, increased satisfaction in life, and other benefits. However, Ugbomeh (2001) maintain that economic empowerment goes beyond just financial benefits and stability for women. It incorporates issues of educational rights, household relations, and property rights such as accessing and controlling resources in families. This in turn, contributes towards improvement in savings, access to credit, and strengths in making decisions on expenses. A study by Rahman (2013) among women in India found that a majority of women that gained access to household resources were able to control decision on credit and savings. Consequently, they improved their overall welfare and those of the family members. `

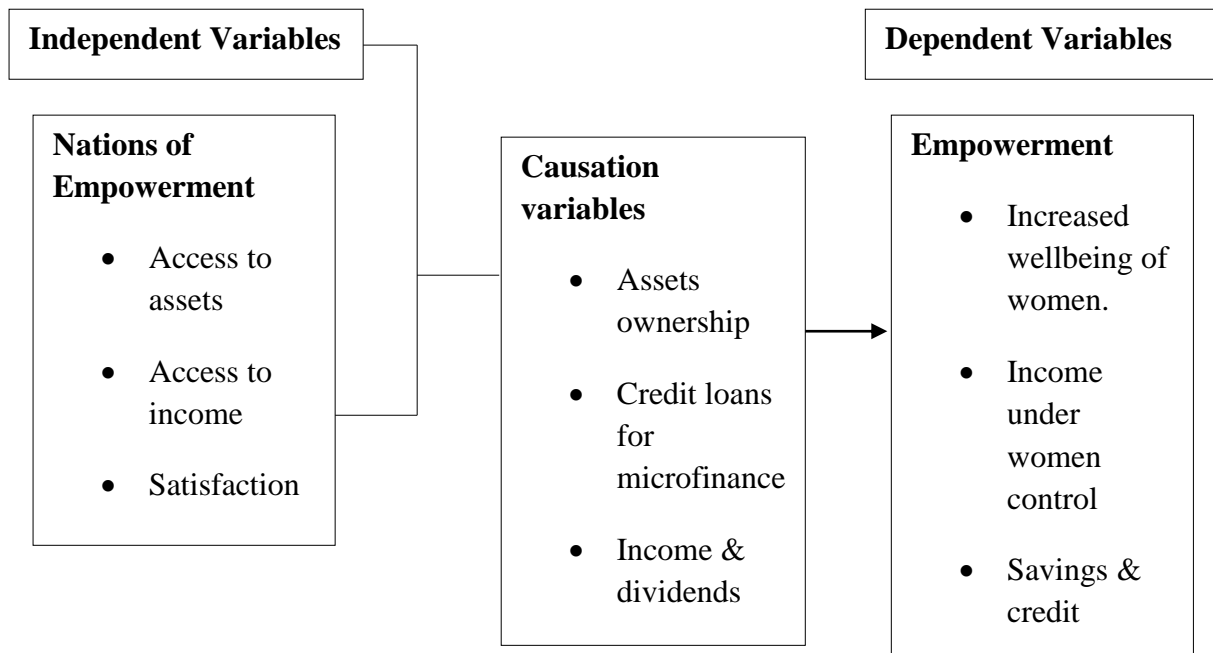
2.5 Conceptual Framework

This study sought to be guided by the WEAI framework as well as Mayox (2005) theory of Best Practice on women empowerment. The WEAI framework identifies five measures of empowerment of women involved in agriculture. As indicated in figure 4, the study adopts the use of access to and control of resources, control over the use of income, and satisfaction. The three domains form the best constructs on which the study sought to assess the extent of empowerment of women involved in coffee farming in Kirinyaga East Sub County in Kirinyaga County.

WEAI framework identifies access to and control of resources and income as important measures of women empowerment and development. According to the framework, access to resources includes training, credit, land, machinery, decision-making, transfer, and livestock. Access to and control of income from coffee farming yield covers income and expenditures (purchase, sale). Satisfaction is measured in terms of the workload and leisure time. Mayox

(2005) in her best practice theory argues that lack of access to resource, income, and satisfaction would be a major constraint to women from achieving empowerment for self-sustainability, financial sustainability, as well as household wellbeing.

Figure 2.7: Conceptual Framework that guides the study



CHAPTER THREE: RESEARCH METHODOLOGY

3.1 Introduction

This chapter describes the research methodology that was used in the study. The chapter endeavours to describe the target site, research design, target population, sample size and sampling procedures, research instruments, data collection procedures, analysis techniques and ethical considerations.

3.2 Site Description

The study was carried out in Njukiini and Baragwi wards located in Kirinyaga East Sub-county, Kirinyaga County in the former central province of Kenya. The Sub-County has an estimated area of about 229.60 square kilometres. It has five administrative wards namely; Baragwi, Njukiini, Karumandi, Ngariama and Kabare. Particularly, households in Baragwi and Njukiini wards practice coffee farming as the main income generating activities. According to Mugo (2017), a majority of women participate in agricultural activities with two major crops being coffee and tea. Besides, the areas specialize in growing of other crops including bananas, maize, and macadamia although at a small scale. Currently, Kirinyaga East Sub-County ranks at the top of other counties in Kenya in participation in agricultural activities (Mugo, 2017). Currently, Njukiini and Baragwi have 44,217 women out of which, 26,000 women are involved in coffee farming.

3.3 Research design

The study adopted a descriptive survey research design and the findings were used for generalisation of the state of current empowerment of women involved in coffee farming in Kirinyaga East Sub-County. Descriptive study involves portraying the accurate profile of people, situations, or events. The study sought to draw conclusion from the data collected from the sample of two wards and make generalisation application to Kirinyaga East Sub-

County. Moreover, in this design, the research is able to describe the opinion, attitude, characteristics and behaviours of the population from the data collected in the study sample. More importantly, the design provides grounds to ensure the information obtained reflects that of the entire population in the study area (Kothari, 2004). Therefore, the research selected a sample from a population of farmers in Kirinyaga East Sub-County.

The study triangulated qualitative and quantitative data collection through structured interview schedules and key informant interviews (KIIs). The study sought to use structured interviews to collect opinions, perceptions, and attitudes from women involved in coffee farming. Furthermore, the key informant interviews (KIIs) involved collecting data purposively from senior government officers from the Coffee board, coffee cooperative society, and coffee estate managers.

3.4 Target population

The target population in a survey refers to the entire units in data are intended to be used to draw conclusion or inferences (Lavrakas, 2008). For the purpose of this study, the target population was all women participating in coffee farming in Kirinyaga East Sub-County. The universe was a population of 26,000 households in coffee cooperatives in the two wards: Njukiini and Baragwi.

Table 3.1: Target Population from the Target Area

Target population	Total population
Coffee farmers in Njukiini	11,000
Coffee farmers in Baragwi	15,000
Total	26,000

3.5 Sample and sampling procedure

A sample is a representative part from an entire population used for investigation to make generalised inference (Saunders, Lewis, and Thornhill 2009). The selected sample enabled the researcher make observation that would lead to objective generalisation. This study sought to use simple random and purposive sampling techniques to select the appropriate representative sample size. The simple random sampling helped to arrive at the actual respondent in that the whole target population stand a chance to be interviewed. After using the formula $n = \frac{N}{1 + (N)d^2}$ with a confidence level of 95%, to get the sample, the researcher proportionately assigned the sample to the eight factories in each ward in regard to the number of registered farmers in every factory. Later the researcher solicited for the farmers register from the factory managers which was used as the sampling frame after which she substituted the names with numbered discs. The discs were mixed picking one at a time till the target sample was arrived at. Finally, the researcher corresponded the numbers with actual names and with the help of agronomist located each household and interviewed women in those households. Based on the objectives of the study, the women were required to respond to issues of resources, income, and satisfaction level in terms of time allocation to other productive activities and leisure as outlined in the interview schedules. In order to triangulate all the data collected, the study also used purposive sampling to select KIIs and in-depth Interviews (IDIs) to gather information from managers of coffee estates, cooperatives, and Sacco. The study followed sample of key informant interviews.

Table 3.2: KIIs Sample Size

sector	KIIs	Sample size
Sacco	Ward committee member/Directors	2
Coffee estate	Coffee estate managers /Agronomists	2
Coffee Cooperatives societies	Coffee cooperative society managers	2
Coffee processing factories/millers	Managers	2
Total		8

In overall, the study targets a sample size of 394 from the two wards. Njukiini and Baragwi wards have a target population of 11,000 and 15,000 respectively as recorded in the Coffee Farmers' Cooperative Societies though the various coffee factories in the two wards. The objective of the sampling was to come up with true representative sample of the target population. In this study, the sample was derived from the following formulae with a confidence level of 95 percent.

$$n = \frac{N}{1 + (N)d^2}$$

n = the targeted sample size

N = the targeted area population

d = the degree of precision set at 0.05 (level of confidence)

$$\text{Overall sample size} = n = \frac{26000}{1 + (26,000)0.05^2}$$

$$n = \frac{26000}{67}$$

$$n = 394$$

To establish a sample from each ward, the following formula is used.

$$n_1 = n * p_1$$

$$\text{Njukiini ward} = n_1 = \frac{11,000}{2600} * 394$$

$$\begin{aligned} \text{Baragwi Ward} &= \\ &=167 \\ n_1 &= \frac{15,000}{2600} * 394 \\ &=227 \end{aligned}$$

Table 3.3: Data on sample size for the study

Wards	Total population of coffee farmers	Sample size of coffee farmers
Njuki ini	11,000	167
Baragwi	15,000	227
Total	26,000	394

3.6 Data collection procedure

The study applied both quantitative and qualitative methodology to collect and analyse primary data. Survey approach helped in collection of quantitative data while KIIs based on qualitative approach.

3.6.1 Survey

Interviews were conducted on women in households involved in coffee farming from Njukiini and Baragwi wards. All interviewees were interviewed at their places of residence. To interviewees who couldn't understand English, all the questions were read out and translated directly in Kikuyu language for easier understanding.

3.6.2 Key Informant Interviews

The study also collected data from directors, agronomists and managers that had expertise in matters of coffee farming. The data collection involved interviewing managers that have knowledge in areas such as resources and income from coffee farming.

3.7 Research instruments

The study used survey interview schedule to collect data from the selected sample. The instruments are quite popular in a research survey (Kothari, 2004). The interview included in the appendix section has structured open ended and closed. The open-ended questions are significant in collecting qualitative data for purpose of content analysis. The schedule had three sections; demographic information, access to resources, access and decision-making concerning credit, and satisfaction level.

3.8 Data processing and analysis

Data processing and analysis in the study involved editing to minimise research errors, then coding, analysing and interpreting. Statistical package for social science (SPSS) was used for analysis. Coding was done to reduce data into manageable summaries. Moreover, the data collected was analysed using descriptive statistics, frequency tables, averages, percentages and standard deviation. The variables in the research were analysed descriptively using standard deviation and mean to establish the relationship of coffee farming and women empowerment.

3.9 Ethical consideration

The study ensured that all ethical considerations were observed. The study sought consent from the respondents to participate and all information provided were treated with anonymity and confidentiality. In addition, the study ensured that honesty is observed throughout the entire study. Moreover, the research sought a letter of authorization from Nairobi University Department of Sociology and Social Work. In addition, the study also ensured that Sub-County Administration and Cooperative Society were aware of the research objective.

CHAPTER FOUR: DATA PRESENTATION, ANALYSIS AND INTERPRETATION

4.1 Introduction

In this chapter, the study presents detailed analysis of data collected from interviews conducted to the sample and also the information drawn from key informants. Data processing and analysis involved checking for completeness of the questionnaire, verifying consistency, data coding and entry, computation and presentation of descriptive statistics. The analysis covers the demographic characteristics of respondents that participated in the study, accessibility to resources, women access to and control of income, as well as the level of satisfaction of women. The data was analysed and presented in forms of tables, cross tabulations, percentages and prose for information gathered from key informants.

4.2 Response Rate

According to the primary data collected from the respondents, it is clear the study achieved a high response rate of 100 percent. The researcher achieved this by conducting a face-to-face administration of interviews on all sample of 394 respondents. Just as explained by Saunders et al (2009), a high response rate helps strengthen data representation and making of conclusion. Mugenda and Mugenda (2003) also reiterated that a more than 50 percent response rate increases credibility and reliability of the findings to be used as a reference point for other studies. Such a high response rate was as a result of willingness from the women participating in coffee farming to participate in this study.

4.3 Social Demographic Characteristics

This study analysed the demographic characteristics of respondents covering distribution of their age, marital status, the current education level gained, the time that they have been doing coffee farming.

Table 4.1: Age Bracket of the Respondent

Age in Years	Frequency (n)	Percentage (%)
18-28	37	9.4
29-39	70	17.8
40-49	118	29.9
50-59	93	23.6
60 and above	76	19.3
Total	394	100.0

The analysis in table 4.1 above shows that 29.9 percent of respondents were aged between 40-49 years. They were the majority. This number is slightly higher than those aged between 50-59 years (23.6 percent). Those found to be more than 60 years were only 19.3 percent of the sample comprising of 76 respondents. The younger women that participate in coffee farming were aged between 29–39 years at 17.8 percent of the sample. The lowest age of participants was between 18-28 years amounting to 9.4 percent of the total respondents. Therefore, the findings reveal clearly that a majority of the respondents were aged more than 40 years. Consequently, this also shows that such a high number of respondents had enough experience to articulate issues under study.

Table 4.2: Marital Status of the Respondent

Marital Status	Frequency (n)	Percentage (%)
Married	297	75.4
Single	32	8.1
Widow	54	13.7
Separated	11	2.8
Total	394	100.0

The findings presented in table 4.2 above reveal the marital status of women that participate in coffee farming. More than half of the respondents comprising of 75.4 percent, indicated that they were married. Out of the total, 13.7 percent, were widows. Only a few of the respondents were single and separated at 8.1 percent and 2.8 percent respectively. Apparently, it's clear that most of the women who participate in coffee farming are either married or widows. The above high number of married women provided a better understanding of the subject of study concerning empowerment women since it provided a comparative of wives versus husbands in regard to ownership of assets and access to income.

Table 4.3: Highest Level of Education

Education Level	Frequency (n)	Percentage (%)
No basic education	65	16.5
Primary	184	46.7
Secondary	113	28.7
Technical College	28	7.1
University	4	1.0
Total	394	100.0

Table 4.3 above shows the highest level of education of respondents. The findings revealed that 46.7 percent of the respondents had attained primary level of education as their highest educational status. This was more than the 28.7 percent of the sample who indicated to have attained secondary education. Furthermore, 16.5 percent of the sample also indicated that they had not attained any basic education. Only 7 percent of the respondents had attained technical college education, only 1 percent had achieved graduate level of education.

The study chose to understand the highest level of education attained by women from the study area and its impact in determining the level of women empowerment in decision-making.

Table 4.4: Period the respondent has been practising coffee farming

Period (years)	Frequency (n)	Percentage (%)
Less than 1	11	2.8
1-3	55	14.0
4-6	87	22.1
7-9	73	18.5
10 and above	168	42.6
Total	394	100.0

The period that respondents have taken in coffee farming was also imperative in understanding their levels of empowerment. This helped to achieve understanding of the level of control that women now have towards assets, access to income and more so their levels of satisfaction. Most importantly, more than 42.6 percent indicated that they had spent more than 10 years in coffee farming. A small percentage of respondents had spent less than three years.

4.4 Access and Control of Resources

This section presents information on the extent to which the women can access and control of coffee farming resources. The resources tested in this section are the amount of land set apart for coffee farming, matters women and land ownership, land registration, farm assets accessible to and owned by women, as well as matters around decisions making by women over those variables. This section also presents information on some of the factors affecting

the women's access and control of resources based on the findings. The results were presented as follows.

4.4.1 Land Size

The respondents were asked to indicate the size of land where they were doing coffee farming. The results are presented in table 4.5.

Table 4.5: Land Size under Coffee Farming

Size of the coffee farm	Frequency (n)	Percentage (%)
Less than 1 acre	232	58.9
1-3 acre	138	35.0
4-6 acre	18	4.6
7-9 acre	4	1.0
10 and above acre	2	.5
Total	394	100.0

The findings show that 58.9 percent of the respondents had set apart only less than an acre of land for coffee farming. They were followed by those who indicated that their land size was 1 – 3 acres at 35 percent. The remaining 6.1 percent had 4-10 acres or more. Apparently coffee farming in Kirinyaga East Sub-county is done on a small-scale basis by the majority of farmers due to small pieces of land they own.

4.4.2 Ownership of Land by Women

The next item sought to find out the level of land ownership among the women coffee farmers in Kirinyaga County. The results were presented in table 4.6.

Table 4.6: Ownership of Land by Women

The owner of the coffee farm	Frequency (n)	Percentage
Husband	198	50.3
Entire family/ household	52	13.2
Myself	66	16.8
Husband jointly with myself	78	19.8
Total	394	100.0

The results revealed that most of the coffee farm is predominantly owned by men (husbands) because 50.3 percent of the respondents said the coffee farms were owned by their husbands. Only 16.8 percent of the women owned coffee farms. The aspect co-ownership of the farms between a man and his wife response rate was 19.8 percent with the least being the coffee farms owned by the whole extended families at 13.2 percent. This implies that in Kirinyaga East Sub-County patriarchy is still highly practiced with the men being the main cash crop owners and very few cases of women having the access to Coffee farm Ownership. The low number of respondents who owned land revealed that women are only users of land not owners. According to Seymour (2017) Farmers that own land gains the ability of security when it comes to investing their capital in land improvement technologies that assist them increase the level of productivity.

Based on these findings, the researcher tested the type of relationships of the women who owned land were in i.e. married, single, divorced among others. This was done by cross tabulating the data on land ownership and marital status and the results were presented in table 4.7.

Table 4.7: Land Ownership Verses Marital Status

The owner of the coffee farm		Marital Status of the Respondent								Total
		Married		Single		Widow		Separated		
	No.	%	No.	%	No.	%	No.	%	No.	%
Husband	183	46.4	0	0.0	11	2.8%	4	1.5%	198	50.3
Entire family/ household	33	8.4	11	2.8	6	1.5	2	0.5	52	13.2
Myself	3	0.8	21	5.3	37	9.4	5	1.3	66	16.8
Husband jointly with myself	78	19.8	0	0.0	0	0.0	0	0.0	78	19.8
Total	297	75.4	32	8.1	54	13.7	11	2.8	394	100.0

The study found that husbands were the majority owners of the coffee farms among the married women at 46.4 percent. Only 0.8 percent of the married women owned land. This confirms the earlier argument that men are still believed to be the owners of property to a larger extent in our patriarchal society, where women are users and not owners of property. Only 19.8 percent of the married women owned coffee farms jointly with their husbands. This is a strong indicator that there is improvement towards women empowerment, although gradual, at least women who have joint ownership are involved in decision making over land issues. McKenna (2015) explains that a majority of developing countries record more women than men who participate in agricultural labour force. Besides, such an increased rate of participation, women still experience limitations when it comes to access to important productive resources in agriculture such as land. This makes women restricted from accessing extension services, and credit and other benefits that comes with land ownership.

A coffee estates manager (Agronomist) in Njukiini opined that:

“Women have no power to own land in our society because where they will get married they will find land. Parents give coffee farms to their sons as a means of earning income once they get married. Hats why men mainly are own coffee”

The cross tabulation of the two variables shows that at 8.4 percent of the married women and 1.5 percent of the widowed women, had their coffee farms under the ownership of the entire household .This is an indication that there were issues of land succession and subdivision, a legal process via which children are bequeathed land legally leading to accessing land ownership from grandparents and parents. As well, 2.8 percent of the respondents were single and their coffee farms were owned by the entire family. The widowed were 1.5 percent still used their husband names on their land titles, meaning their dead husbands still owned the land.

Only a few women have managed to access land ownership by having their names on the title deeds however, they are either widowed or single. Apparently, patriarchy in Kikuyu culture is still practiced at a very high rate with men dominating property ownership. Even if we see a slight gradual change in terms of joint ownership, this has an effect on women since they can't make independent decisions over land.

4.4.3 Land Registered Under Women

The respondents were then asked to show who the land used for coffee farming was registered in. The results were presented in table 4.8.

Table 4.8: Land Registered Under Women

Land Registered Under	Frequency (n)	Percentage (%)
My husband	246	62.4
Myself	49	12.4
Jointly my husband and I	14	3.6
My father In-law	83	21.1
I don't Know	2	.5
Total	394	100.0

Most of the land used for coffee farming in Kirinyaga East Sub-county just like the case of ownership, is registered under men (husbands) at 62.4 percent. They were followed by those who said that the land is registered in the names of their father in-laws at 21.1 percent and the few registered under the names of the women were rated at only 12.4 percent while those registered in names of both a husband and his wife was rated at 3.6 percent.

To understand the reason why there were very few women who were fully registered as land owners, the researcher tested the relationship between those registered as land owners and their level of education. Testing the level of education was meant to understand whether the women are informed on land matters and their rights as well. The results were presented in table 4.9.

Table 4.9: Land Registration Verses Level of Education

The registered person under the coffee farm	Highest Level of Education										Total	
	No basic education		Primary		Secondary		Technical College		University			
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
My husband	50	12.7	111	28.2	69	17.5	13	3.3	3	0.8	246	62.4
Myself	10	2.5	23	5.8	10	2.5	5	1.3	1	0.3	49	12.4
Jointly my husband and I	0	0.0	6	1.5	3	0.8	5	1.3	0	0.0	14	3.6
My father In-law	5	1.3	44	11.2	30	7.6	4	1.0	0	0.0	83	21.1
I don't Know	0	0.0	0	0.0	1	0.3	1	0.3	0	0.0	2	0.5
Total	65	16.5	184	46.7	113	28.7	28	7.1	4	1.0	394	100

Women who had accessed secondary and post-secondary education and had land registered under themselves ranked at 4.1 percent. Their counterparts who had land registered under husbands ranked at 21.6 percent. Surprisingly the percentage of women who had university degrees and had land registered under husbands was still higher at 0.8 percent than those who had university degrees and had land registered under themselves. The finding shows that the level of education acquired by the women did not have much effect of their ability to advocate for selves to be fully registered as land owners as opposed to those who had

accessed minimal or no education at all. Educated or not, men still dominated the land ownership. This reveals that access to land by women in Kirinyaga East Sub-County is still determined by the old stereotype practices and not even women's education has managed to alter this practise over the years.

4.4.4 Ownership of Farm inputs and other assets at Home and Decision Making on Land Matters

This question combined the researcher's intention on finding out who owned farm inputs and other assets at home and also who makes decisions on land matters in the family. The results were presented in table 4.10.

Table 4.10: Ownership of Farm inputs and Decision Making

Major Decision maker on sales, purchases and assets transfers	The owner of farm inputs and other home assets								Total	
	Husband		Myself		Husband and I		Entire Household			
	No.	%	No.	%	No.	%	No.	%	No.	%
Husband	83	21.7	0	0.0	48	12.2	4	1.0	135	34.3
Myself	4	1.0	77	19.5	5	1.3	2	0.5	88	22.3
Jointly my husband and I	35	27.8	4	1.0	103	65.6	4	1.0	146	37.1
Entire family is involved	4	1.0	4	1.0	1	0.3	16	4.1	25	6.3
Total	126	32.0	85	21.6	157	39.8	26	6.6	394	100.0

On matters regarding ownership of farm inputs and other assets in the families as well as making crucial decisions on coffee farming; for the married women whose husbands owned assets, the women's decision making over assets alone without involving the man was predominantly low at 1 percent. In cases of joint ownership of assets 65.6 percent made decisions jointly.

However, there were also cases of joint ownership of assets and husbands made decisions over assets without involving the wives. More so the study revealed that there are 27.8 percent cases which husbands owned assets but also allowed for a joint decision making over the assets with the wives. Apparently, on empowerment of women over decision making on assets, the man is still in control.

Table 4.11: Land Ownership versus Decision Making

The owner of the coffee farm	Major Decision maker on sales, purchases and assets transfers								Total	
	Husband		Myself		Jointly my husband and myself		Entire family is involved			
	No.	%	No.	%	No.	%	No.	%	No.	%
Husband	77	19.5	13	3.3	101	25.6	7	1.8	198	50.3
Entire family/ household	5	1.3	13	3.3	23	5.8	11	2.8	52	13.2
Myself	0	0.0	60	15.2	2	0.5	4	1.0	66	16.8
Husband jointly with myself	53	13.5	2	0.5	20	5.1	3	0.8	78	19.8
Total	135	34.3	88	22.3	146	37.1	25	6.3	394	100.0

Land ownership was tested against the decision maker on the sale, purchase and assets transfers on coffee farming. As seen on table 14 in cases where the husband was the owner of the land, decision making on the sale, purchase and assets transfers is either by the husband at 19.5 percent but most interestingly there is a shared responsibility between the couples at 25.6 percent. Then in cases where the land owner is a woman and sole decision maker at 15.2 percent were mainly single and widows. Cases where the husband is the owner of the land, he also had the sole prerogative of making decisions on the sale, purchase and assets transfers.

Below is a response from a key informant;

“Everything about coffee was owned by men. There has been a perception that coffees are a men’s crop although a few years ago things began changing gradually and women are becoming shareholders. However, this right is only given by their husbands” for the single /widowed women who have coffee consult men to take care of their coffee because men are believed to have expertise in managing the crop.”

4.5 Access and Control of Income

Data was collected on a number of aspects to measure the level at which women participating in coffee farming has succeeded to achieve empowerment. Among other measures, the study asked the respondents to indicate whether they have managed to secure loans from any financial institution to assist them in coffee farming, the reasons that made them unable to secure loans, which makes decisions on borrowing of money, who receives payments, and who makes decision on use of income.

Table 4.12: Ever Secured a Loan

Secured a loan	Frequency (n)	Percentage (%)
Yes	98	24.9
No	296	75.1
Total	394	100.0

The findings presented in Table 4.12 shows the percentage of respondents that have succeeded in securing a loan in the past to assist them in coffee farming. The results show that 75.1 percent of the women have not secured a loan from any financial institution, cooperatives or other institution. This number was three times more than those who indicated that they have succeeded in securing a loan for coffee farming at 24.9 percent.

A Coffee members Sacco official reiterated that:

“The eligible people to access credit are only the shareholders. And in most cases the husbands are the shareholders and doubles up as the farm owners.”

Furthermore, four officials reiterated that the coffee cooperatives policies allow women who are shareholders only to take loans despite majority being involved in all coffee activities of the farms owned by their husbands. The study findings are supported by a study by USAID (2015) that points out that a majority of women involved in agriculture in developing countries had less chance of accessing and controlling income than men do.

Table 4.13: Reason for Being Unable to Secure a Loan

Reasons not to secure loans	Frequency (n)	Percentage (%)
I have enough money	54	13.7
I am afraid of losing my collaterals	96	24.3
I did not qualify for the loan	74	18.9
I have no collateral	67	17.0
I hate debts	70	17.8
I don't know where to get loan	33	5.3
Total	394	100

The table above shows varying reasons as to why women do not secure loans. Many of the institutions offering loans request for collaterals from borrowers to act as security in case of defaulting to service the loan. Fear to lose collaterals by 24.3 percent of the sample was one of the major's inhibitors while 17 percent indicated that they had no collaterals. A percentage of 18.9 expressed that they failed to qualify for any loan and 17.8 percent hated being in debt. Lack of awareness was depicted by 5.3 percent of the sample who indicated that they did not know where they could get the loan. The rest thought they had enough money hence no need to loans.

In order to gain a better understanding why the women have difficulties obtaining loans from credit institutions, the researcher interviewed some key informants on the issues impeding access to and securing of loans in women involved in coffee farming.

A grains and store records keeper in a cooperative society under which there are coffee factories opined that:

“For one to access loan, first, he or she must be a shareholder with the coffee farmers’ cooperative society. Most of the shareholders are men although nowadays there are cases of joint ownership. Secondly, the shareholder must have sold coffee to us and there is a minimum number of kilograms to qualify a farmer which acts as collaterals. Some women who are shareholders and have sold the required amount for security to a loan, fear the risks involved in taking loans.”

This reveals that most women don’t have access to loans since majority aren’t shareholders and they also don’t own the assets. Therefore, it makes women empowerment through access to loans and credit facilities, whose money could enable them participate in other income generating activities, rather impossible. According to Mckenna (2015) if women were empowered to have equal access to productive resources as men, they could have the power to increase the total yield from agriculture. This is likely to motivate them to reinvest their income by improving the living standards of their families, educating their children as well as the nutrition and health.

“Women don’t access loans because they don’t have security which is determined by shareholding and the number of kilogrammes the shareholder has sold. But there are some men who have made their wives shareholders in a different factory from where they are so that the wives can be taking loans on their behalf. At the same time some husbands uses the wives accounts to access more loans and credit before clearing other pending loans in the factories where they have shares while others use their wives account to access credits and loans and they leave their accounts free from loans to avoid deductions so that they can access payments and dividends for personal use”

This study supports the findings from the previous study conducted by Akter, et al (2015). In their study, the findings showed that a majority of women lacked collaterals, they did not have shareholdings, or needed approval from their husbands

4.5.4 Who Makes Decision on Borrowing

Furthermore, the study asked the respondents to indicate the person that receives payments and dividends of coffee farming.

Table 4.14: Who Makes Decision on Borrowing Credit?

Make decision on borrowing	Frequency (n)	Percentage (%)
Husband	131	33.3
Myself	42	10.7
My husband and I	169	42.9
Family Members	32	8.0
Others	20	5.1
Total	394	100

Table 4.14 above shows the findings on the person that makes decisions about borrowing of credit and loans. It is apparent that 42.9 percent of the respondents indicated that they make decisions jointly with their husbands. This number is higher than 33.3 percent of the sample who said that their husbands make decisions on borrowing alone. Women that said that they make their own decisions on borrowing were 10.7 percent. However, only a small number of the sample said that family members and others make decisions at 4.3 percent and 2.3 percent respectively.

” Decisions on borrowing are made by the shareholder, in most cases the husband. In joint shareholding, the wife may take a loan only if the husband has authorised her to do so if they have a joint bank account. The husband must have made her a signatory in the bank account where the loans comes through.”

Table 4.15: Land Ownership (Coffee Farm) versus Securing Loans

The owner of the coffee farm	Ever secured a loan from financial institutions for coffee farming?				Total	
	Yes		No			
	No.	%	No.	%	No.	%
Husband	58	14.7	140	35.5	198	50.2
Entire family/ household	15	3.8	37	9.4	52	13.2
Myself	15	3.8	51	12.9	66	16.7
Husband jointly with myself	10	2.5	68	17.3	78	19.8
Total	98	24.8	296	75.1	394	100.0

In terms of making decision on borrowing loans from financial institutions coffee farm ownership, the study found that the women whose husbands had the full ownership of the land allowed them to take part in making decision at 32 percent .However 13.2 percent of husbands who owned land made decisions alone on borrowing without involving their wives. Majority of those who co-shared the land ownership with their husbands, made decisions jointly with their husbands.

Table 4.16: Who receives payments and dividends of coffee farming?

Who Received payments and dividends of coffee farming	Frequency (n)	Percentage (%)
Husband	180	45.7
Myself	110	27.9
My husband and I	87	22.1
Family Members	15	3.8
Others	2	.5
Total	394	100.0

As indicated in table above, the study found that 45.7 percent of the respondents indicated that their husbands receive payments and dividends from coffee proceeds, 27.9 percent said that they had an opportunity of receiving dividends. In addition, 22.1 percent also indicated that they receive payments and dividends jointly with their husbands. Only a small percentage of respondents said that family members and other people outside of the family receive payments and dividends of coffee farming.

4.5.5 Making of Decision on the Use of Income from Coffee Farming

Apart from borrowing, the study also asked the respondents concerning making of decision on the use of income from coffee farming. This measure was used to understand the level of empowerment that women now have in deciding how to use income from agricultural activities. The results were presented in table 4.17.

Table 4.17: Who makes decision on the use of income from coffee farming?

Who makes decisions on income from coffee farming	Frequency (n)	Percentage (%)
Husband	72	18.3
Myself	93	23.6
Family Members	15	3.8
Jointly with my husband	214	54.3
Total	394	100.0

More than half of the respondents, 54.3 percent, indicated that they make decisions jointly with their husbands on the use of income. Women who reported that they make their decisions independently without their husbands were 23.6 percent. Those whose husbands are the sole decision makers were 18.3 percent. Only 3.8 percent of indicated family members make decisions.

The overall findings from the above results points out those households currently do have unitary approach of acting when making decisions. Spouses might tend to develop conflicting preferences on who uses the income and how it should be used. Other previous research conducted among sub-Saharan countries has revealed that husbands tend to take over livestock or crops from their wives or try to take entire income from their women.

However, in this study, it is interesting to learn that the on control of income in terms of use and borrowing matters, women are taking part. Women indicated that apart from their men receiving incomes, they tend to make a majority of decisions on the use of income alone or jointly with their husbands. Furthermore, it is now clear that husbands tend to involve wives to some extent in decision-making on major expenditures. The above findings presented in this study helps to reinforce the important role of women in managing of household budget. In addition, the study also underscores the role of women in acting as influencers to achieve wellbeing of their households, living standards, and education.

4.6 Level of Satisfaction

A study by Rana and Sigh (2016) who refers to satisfaction as an expression of contentment, fulfilment of wants, needs and desire, and happiness. They explain that empowerment has now become one of the critical aspect for those that want to control the external pressure by becoming free to get involved in personal duties, spend time away from the workplace, or involve in other production activities.

This study sought to understand the levels of satisfaction in terms of time that women spend daily in coffee farming and other activities as well as their levels of satisfaction in regard to access to income, assets control and decision making over income.

Table 4.18: Time spent in coffee farming on a daily basis

Time	Frequency (n)	Percent (%)
Less than 1 hour	42	10.7
1-3 hours	73	18.5
4-6hours	135	34.3
More than 6 hours	144	36.5
Total	394	100.0

On a daily basis, 36.5 percent of the respondents indicated that they have allocated more than 6 hours while 34.26 percent indicated that they allocate 4-6 hours to coffee farming on a daily basis. A small number of women only allocate between 1–3 hours in coffee farming. Time allocated to coffee farming activities also depended on the size of the coffee farm and number of coffee stems.

Table 4.19: Enough time set aside to concentrate on other activities other than coffee farming

	Frequency (n)	Percent (%)
Yes	301	76.4
No	93	23.6
Total	394	100.0

The table shows that more than half of the sample (76.40 percent) indicated that they have enough time they have set aside to participate in other activities apart from coffee farming. Only 23.60 percent reiterated that they did not have enough time set aside to participate in other activities because apart from working on their own coffee farms. Apparently, coffee allowed for most of the women time to do other house hold activities as well as subsistence farming.

A factory manager informed the researcher that:

“I think women have enough time to participate in other activities like going to women chammas. But this also depends on the size of the coffee farm and number of coffee stems in the household. Also some women apart from working on their own coffee farms, they work in other people’s farms during weeding and mostly during harvesting to earn a wage and these ones may have no time to do other duties because economy is bad and people need money”

Table 4.20: Time spent in other activities on a daily basis

Time spent in other activities on a daily basis	Frequency (n)	Percentage (%)
Less than 1 hour	5	1.3
1-3 hours	122	31.0
4-6hours	106	26.9
More than 6 hours	161	40.9
Total	394	100.0

Furthermore, the study also sought to measure the amount of time that respondents allocated in other activities apart from coffee farming of a daily basis. Apparently, 40.9 percent of the respondents allocated more than six hours in doing other activities including productive and non-productive activities such as kitchen gardening, going for chamas/Sacco, child caring, cleaning houses, washing clothes, and resting. As opposed to only a small percentage of 1.3 that allocated less than one hour. In overall, a majority of women allocate more than one hour to doing other activities. A factory manager informed the researcher that:

'I think women have enough time to participate in other activities like going to women chamas.'

Table 4.21: Level of satisfaction with the available leisure time

Level of satisfaction with the available leisure time	Frequency (n)	Percentage (%)
Strongly satisfied	79	20.1
Satisfied	180	45.7
Nether satisfied nor unsatisfied	65	16.5
Unsatisfied	55	14.0
Strongly unsatisfied	15	3.8
Total	394	100.0

The study found that most of the respondents were satisfied with the time their spent on leisure. This was a total of 45.7 percent of the respondents. Those who indicated that they were strongly satisfied with the leisure time they had were 20.1 percent of the total sample. However, 16.5 percent were neither satisfied nor unsatisfied. The rest who were unsatisfied and were strongly unsatisfied were 14 percent and 3.8 percent respectively.

This is an important element that determines how respondents allocate time in the seasonal workload. At the time of weeding and harvesting for instance, women tend to take more time in their farms. Apart from participating in much of the time in farms, the findings show that a majority of women are satisfied about the amount of time they allocate to participate in other household chores such as laundry and cleaning, looking after their children or grandchildren, and cooking.

Table 4.22: Level of satisfaction with the access to credit and income

Level of satisfaction with the access to credit and income	Frequency (n)	Percentage (%)
Strongly satisfied	141	35.8
Satisfied	182	46.2
Nether satisfied nor unsatisfied	44	11.2
Unsatisfied	20	5.1
Strongly unsatisfied	7	1.8
Total	394	100.0

When asked to indicate their level of satisfaction with access to credit and income, 46.2 percent indicated that they were satisfied, 35.8 percent said that they were strongly satisfied, 11.2 percent indicated that they were neither satisfied nor unsatisfied while 5.1 indicated that they were unsatisfied with the least being those who were strongly unsatisfied were 1.8 percent.

As depicted in the findings, women still lack empowerment towards access and use of micro-credits that could enable them gain more economic growth and freedom. As explained by Mayox, women decision about savings and credit use helps empower a woman about a number of aspects concerning repayment, increased status and changing of roles, participation in micro-enterprise and decision about consumption.

The women from the area of study still have very little empowerment on how they could repay back their loans. The lack of such a power makes them fear securing of loans from other micro-finance institutions. Low access to credit also implies that a majority of women from the study area cannot have empowerment to start engaging in other micro-enterprises. Consequently, they continue depending on the sole income from coffee farming.

Table 4.23: Level of satisfaction with assets control

Level of satisfaction with assets control	Frequency (n)	Percentage (%)
Strongly satisfied	151	38.3
Satisfied	202	51.3
Nether satisfied nor unsatisfied	22	5.6
Unsatisfied	11	2.8
Strongly unsatisfied	8	2.0
Total	394	100.0

On the level of satisfaction with the assets control, 51.3 percent of the respondents indicated that they were satisfied. While 38.3 percent said that that were strongly satisfied, 5.6 percent were neither satisfied nor unsatisfied. The rest indicated that they unsatisfied and strongly unsatisfied at 2.8 percent and 2 percent respectively. In the first objectives findings on access to and control of resources, it is apparent that a majority of women from Kirinyaga East sub-county have not been empowered to own and have control over assets.

Albeit when probed on the level of satisfaction over the same, 89.6 percent of respondents are satisfied and strongly satisfied. This depicts that they are not informed on the necessity of owning assets that could be used as collaterals to access loans and credits for income-generating enterprises start-ups that could complement income generation. The fact that that a majority of the women still own assets and other farm machineries jointly with their husbands, they find it hard to access loans without involving their husbands to secure for loans.

Table 4.24: Level of satisfaction on decision making over income

Level of satisfaction on decision making over income	Frequency (n)	Percent (%)
Strongly satisfied	195	49.5
Satisfied	151	38.3
Nether satisfied nor unsatisfied	21	5.3
Unsatisfied	13	3.3
Strongly unsatisfied	14	3.6
Total	394	100.0

The study sought to understand their levels of satisfaction with decision making on income from the coffee farming project and most of them said that they were strongly satisfied at 49.5 percent and 38.3 percent said that they were satisfied. However, others indicated that they were neither satisfied nor unsatisfied at 5.3 percent with the while 3.6 percent and 3.3 percent being strongly unsatisfied and unsatisfied respectively. The high level of satisfaction is evident due to joint ownership and joint decision making over income as well as cultural values that portrays the man as the property owner and the wife as only a steward. Women having subscribed to such a culture with no empowerment that they can also own property, will always tend to accept and be satisfied with decision making over income. The women in Kirinyaga East Sub-County to a larger extent are still subscribing to such cultural norms and values over property ownership.

CHAPTER FIVE: SUMMARY AND RECOMMENDATIONS

5.1 Introduction

This chapter presents a summary of major findings of the study. Moreover, it does present the summary of the findings in relation notions of empowerment to women involved in coffee farming in Kirinyaga East Sub-County, Kirinyaga County. In addition, this section will also present the possible recommendations and areas for further study.

5.2 Summary of Findings

The study found out that in Kirinyaga East Sub-County the average size of land used for coffee farming is one acre. This is supported by the fact that 58.9 percent of respondents use less than an acre for coffee farming. Those with bigger pieces of land, were only 1.5 percent. These findings are a true confirmation that coffee farming in the area is done mainly in small scale.

This is also an implication that implies a land size crisis on Kirinyaga East Sub-County with most coffee farmers having to do small scale farming for both cash and subsistence crops, therefore alternative means of survival such as small and medium enterprises are essential...

On land ownership, the results show that most of the land owners are the men (husbands), at 50.3 percent with women ownership being only 19.8 percent. Joint ownership of land by a man and his wife was indicated by 16.8 percent of respondents with the least being the lands owned by the whole extended families at 13.2 percent. This implies that in Kirinyaga patriarchal preference is still highly dominant with the men being the main land owners and very few cases of women having the capacity to own land.

This data was further subjected to cross tabulation to establish a relationship between marital status and land ownership. The study found that husbands were the majority owners of the land among the married women at 46.4 percent. Only 0.8 percent of the married women owned land.

Married women who owned land jointly with their husbands were only at 19.8 percent of the respondents. This is a strong indicator that there is improvement and a sign towards women empowerment, although gradual, at least women who have joint ownership are involved in decision making over land issues. The study further noted that 8.4 percent of the married women and 1.5 percent of the widowed women, land was owned by the entire household. This is an indication that there were issues of succession to accessing land ownership from grandparents and parents. Likewise, some are single or widowed but the land is owned by the entire family. Some of the widows still used their husband's names on their land.

Only a few women who have managed to gain land ownership and its registration under their names albeit, they are either widowed or single. This confirms the earlier argument that men are still believed to be the owners of property to a larger extent in our patriarchal society. Apparently, patriarchy in Kikuyu culture is still practiced at a very high rate with men dominating property ownership. Even if we see a slight gradual change in terms of joint ownership, this has an effect on women since they can't make independent decisions over land that would be essential to increasing productivity.

This study carried another cross-examination between land ownership and the level of education, to establish the effects of education on matters of land ownership. The finding revealed that the level of education acquired by the women did not have much effect of their ability to be fully registered as land owners. This is supported by the fact that 21.6% of

women who had achieved secondary and post-secondary education had land registered under their husbands. On the contrary, only a smaller percentage of 4.1 percent of their counterparts had land registered on themselves.

The finding shows that the level of education acquired by the women did not have much effect of their ability to be fully registered as land owners as opposed to those who had accessed minimal or no education at all. Educated or not, men still dominated the land ownership. This reveals that access to land by women in Kirinyaga East Sub-County is still determined by the old stereotype practices and not even women's education has managed to alter this practise over the years. This establishes patriarchal dominance on matters regarding ownership of land, farm inputs and other assets.

Nonetheless, matters regarding ownership of other assets in the homes and making crucial decisions on coffee farming, for the married women whom husband owned assets, the women decision making over assets alone without involving the man was predominantly low at 1 percent. Apparently, on empowerment of women over decision making, the man still is in control.

The study established issues surrounding women access to and control of credit and income as well as decisions making over the same. According to the findings, apparently, 75.1 percent of the women have never secured a loan from any financial institution, cooperatives or other institution.

Therefore, most women have not succeeded in securing loans since many of the institutions offering loans request for collaterals from borrowers. Another issue impeding women from taking loans is the issue if decision making because 33.3 percent of the study found that the women whose husbands had the full ownership of the land made decision over taking loans

without involving them. However, 42.9 percent of respondents said they made decisions jointly with the husbands albeit, we cannot verify the effectiveness of their involvement in such decisions since the husbands to a bigger extent enjoyed a greater control over collaterals and access

In assessing who accessed income, it was clear that for 45.7 percent of the respondents, their husbands are the one that receive payments and dividends. In addition, 22.1 percent also indicated that they receive payments and dividends jointly with their husbands. The issue of shareholding is at play again here where only shareholders can access income. It is noted there is change in few cases where there is joint shareholding and the woman claims to be involved in decision making by the husbands. The study explains that this is because of an ever-increasing level of gender norms, responsibilities, and roles between men and women.

A majority of societies have placed men in a position where they are expected to work for income while women on the other hand, are expected to work for the family without any form of payment.

Based on the findings, the study revealed that more than half of the sample had enough time to participate in other activities other than coffee farming. Only 23.60 percent reiterated that they did not have enough time set aside to participate in other activities

This is also supported by the findings that a total 65 percent of the respondents were either satisfied or strongly satisfied with the time their spent on other activities and leisure as opposed to a total of 17.8 percent who were the unsatisfied and strongly unsatisfied.

Until when an individual does not feel empowered, one cannot gain any level of satisfaction. In the same light 82 percent of the respondents were satisfied with their low level of access to loans, credits and income. As depicted in the findings, this is because they have no collaterals and shareholding which are the needful for accessing loans, credit and income.

One can deduce from this that the women are helpless and a still lack an empowerment to access micro-credits that could enable them gain more power over resources and making them more productive.

Based on the findings, a big number of respondents are satisfied with decision making over income as well as access to and control of income despite the fact is that the power over those variables' rests with their husbands. This is a clear indication that a majority of respondents are ignorant of empowerment because they are socialised in a patriarchal society where man should own and have control over resources. In matters empowering women in coffee, a lot of awareness and mobilisation is needful. As it is outlined in the three dimensions theory then there is need for a transformative agency that will provide women with an ability see the need to overcome any restrictive nature while executing their roles. It also provides an opportunity where women gain more ability to reflect and react to several patriarchal barriers that arises every step of their lives.

In the study, it's clearly shown that women play a big role in coffee farming activities. However, coffee ownership to a large extent is still by the husband. As explained from the findings, it is apparent that a majority of women from Kirinyaga East sub-county have not been empowered on the credit facilities such as loans and how they can use their collaterals to income-generating enterprises that could support them in the future. Only Women who are shareholders can access loans and other credits facilities although a good number of them fear

losing collaterals which means there is no adequate information to empower women in such decision making. On the contrary, the fact that a majority of the women still own assets and other farm machineries jointly with their husbands as well as a joint shareholding, they find it hard to access loans without involving their husbands to secure a loan. For such women to make personal and informed decisions on their own empowerment is unachievable.

According to the respondents on access to and control of income, women who are widowed or single make decisions on how to use income. For married couples, a big percentage shows that spouses make decisions jointly with the husband. Even in cases where the husband is the only one who access income and dividends the decisions on expenditure is made jointly however, there are some respondents whose husbands access income and make decision over it alone.

The depicted high levels of satisfaction to decisions over assets and most importantly income clearly reveals that women don't fathom their position these aspects and still subscribe to it as a man affair. Hence it is indispensable to opine that women in coffee activities require thorough awareness to empower them and this will go a long way to mitigate against unnecessary beliefs that impedes their socio-economic growth.

5.3 Conclusion

Gender equality and empowerment of women play key roles in determining the contribution of women in the society. Continued advocacy on issues of women empowerment and equality can be measured beyond participation in formal employments

It is noted that women have a key role to play in coffee farming yet they have minimal access to and control of resources as opposed to men. There is quite a paradigm shift in that a number of cases of joint ownership and access to property has been identified.

It's also evident that there is a high level of ignorance over empowerment since a number of respondents are satisfied with decision making over income as well as access to and control of income despite the fact is that the power over those variables rests with their husbands. Training on empowerment is essential.

5.4 Recommendations

- i. There should be training programmes concerning sales and transfer of assets, farming and processing of coffee as well as credit facilities that would enhance decision making.
- ii. The management of coffee cooperative society should increase women participation in decision making by coming up with policies that will encourage both husband and wife to be included in all the coffee farming activities.
- iii. Education and mobilisation to address patriarchy is essential. Coffee farmers' cooperative society should do this to facilitate women inclusivity in matters of coffee farming, ownership and access to credit and income.
- iv. Since majority of the work of coffee farming is being done by the women, the government and institutions should establish policies that would encourage shareholding or joint shareholding to income and credit access for women.

5.5 Suggestion for Further Studies

This study experienced one limitation. The study limits its scope from collecting data from two wards in Kirinyaga East sub-county. It could be impossible to generalize the findings to an entire county of Kirinyaga. This study recommends that future studies be expanded to other three sub-counties of Kirinyaga such as Kirinyaga South, Kirinyaga West, and Kirinyaga Central. A similar study should be conducted on Tea farming and women

empowerment in Kirinyaga County since the areas surrounding the mountain practice a lot of Tea farming mainly for export and also domestic use.

The study found that there is land inadequacy in Kirinyaga County with most coffee farmers having less than an acre and at most 3 acres that is used for cash crops and subsistence farming. This is an area for further research to probe how people livelihoods are depend on such inadequate land for food and cash crops as well as probing alternative survival measures. Women with high education standards have not been able to alter access to and control over resources and other such practices in the contemporary society by advocating for their equality in such issues. Therefore, this calls for further study to establish the inhibitors. Researchers may also seek to probe the effectiveness of joint ownership and joint shareholding in empowerment of women.

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APPENDICES

Appendix I: Interview Schedule

Introduction

My name is Julian Wanja Maria. I am a student at the University of Nairobi pursuing a Master of Arts degree in Rural Sociology and Community Development. I am currently in a research project, which is part of my degree requirements. The title of my research is **Farming and Empowerment of Women In the 21st Century: A Case of Coffee Farming in Kirinyaga East sub-county, Kirinyaga County**. I am here to collect data and request that you spare some time to participate in this study. I will keep all the information you provide in this interview very confidential. Besides, I will use the information for the purpose of my study only.

SECTION ONE: DEMOGRAPHIC INFORMATION

1. What is your age bracket?

1. 18 - 28 years
2. 29 - 39 years
3. 40 – 49 years
4. 50 - 59 years
5. 60 and above years

2. What is your marital status?

1. Married
2. Single
3. Widow
4. Separated

3. What is your highest level of education?

- 1. No basic education []
- 2. Primary []
- 3. Secondary []
- 4. technical college []
- 5. University []

4. How long have you been in coffee farming?

- 1. Less than 1 year []
- 2. 1 – 3 years []
- 3. 4 – 6 years []
- 4. 7 - 9 years []
- 5. 10 and above years []

SECTION 2: ACCESS AND CONTROL OF RESOURCES

Now I would like to know the extent to which you access and control resources that you use during coffee farming

5. What is the size of your coffee farm?

- 1. Less than 1 acre []
- 2. 1 - 3 acre []
- 3. 4 - 6 acre []
- 4. 7 - 9 acre []
- 5. 10 and above acre []

6. Who owns the coffee farm?

- 1. Husband
- 2. Entire family/household
- 3. Myself
- 4. Husband jointly with myself

7. The land for coffee farming is registered in whose name?

- 1. My husband
- 2. Myself
- 3. Jointly my husband and I
- 4. My father-in-law
- 5. I don't know

8. Who owns farm inputs and other assets at your home?

- 1. Husband
- 2. Myself
- 3. Husband and myself
- 4. Entire household

9. Who makes major decisions on sales, purchase and transfer of assets?

- 1. Husband
- 2. Myself
- 3. Jointly my husband and myself
- 4. Entire family is involved

SECTION THREE: ACCESS TO AND CONTROL OF INCOME

I am also going to ask you about the extent to which you access and control income received from coffee farming

1. Have you ever secured a loan or borrowed money from any financial institution for coffee farming?

Yes ()

No ()

2. If No, why are you unable to secure loan?

1. I have enough money []

2. I am afraid of losing my collaterals []

3. I did not qualify for the loan []

4. I have no collateral []

5. I hate debts []

6. I don't know where to get loan []

3. Do you think that anyone in your household has taken or borrowed money in the past one year from either chamas/NGOs/Sacco/bank/relatives?

1. Yes []

2. No []

3. I don't know []

4. Who made the decision concerning the borrowing?

1. Husband []

2. Myself []

3. My husband and I []

4. Family members []

5. Other please specify.....

5. Who receives the payment including dividends from the coffee farming?

- 1. Husband
- 2. Myself
- 3. My husband and I
- 4. Family members
- 5. Other please specify.....

6. Who makes decision on how to use the income from the coffee farm?

- 1. My Husband
- 2. Myself
- 3. Family members
- 4. Jointly with my husband

SECTION 4: LEVEL OF SATISFACTION

I am also going to ask questions to understand your level of satisfaction after engaging in coffee farming. I am also interested in understanding about the manner in which you allocate your time for both your coffee farming work and involvement in leisure activities during your normal working day

1. How long do you spend on coffee farming activities on a daily basis?

- 1. less than 1 hours
- 2. 1 - 3 hours
- 3. 4 – 6 hours
- 4. More than 6 hours

2. When you are not working in your coffee farm, which other activity from the following do you do? ALLOW MULTIPLE SELECTION

- 1. Kitchen gardening
- 2. Going for chama/Sacco
- 3. Child caring
- 4. Cleaning my house
- 5. Washing the clothes
- 6. Resting
- 7. Community level work
- 8. Physical exercise

3. Do you have enough time set aside to concentrate on other activities other than coffee farming?

- 1. Yes
- 2. No

4. How much time do you allocate on these activities not linked to coffee farming?

- 1. less than 1 hours
- 2. 1 - 3 hours
- 3. 4 – 6 hours
- 4. More than 6 hours

5. Concerning the amount of time you spent to sleep last night, do you think such a time was enough for you?

- 1. Strongly agree
- 2. Agree
- 3. Neither agree nor disagree
- 4. Disagree
- 5. Strongly disagree

6. What is your current level of satisfaction with the available time to participate in leisure activities such as listening to radio/watching TV/visiting neighbours/?

- 1. Strongly satisfied
- 2. Satisfied
- 3. Neither satisfied nor unsatisfied
- 4. Unsatisfied
- 5. Strongly unsatisfied

7. What is your level of satisfaction on how you access income and credit?

- 1. Strongly satisfied
- 2. Satisfied
- 3. Neither satisfied nor unsatisfied
- 4. Unsatisfied
- 5. Strongly unsatisfied

8. What is your level of satisfaction on the amount of assets you can control?

- 1. Strongly satisfied
- 2. Satisfied
- 3. Neither satisfied nor unsatisfied
- 4. Unsatisfied
- 5. Strongly unsatisfied

9. What is your level of satisfaction the issue of decision making over income?

- 1. Strongly satisfied
- 2. Satisfied
- 3. Neither satisfied nor unsatisfied
- 4. Unsatisfied
- 5. Strongly unsatisfied

Appendix II: Interview Schedule for coffee farming officials

Letter of Introduction

RE: LETTER OF INTRODUCTION

My name is Julian Wanja Maria. I am a student at the University of Nairobi pursuing a Master of Arts degree in Rural Sociology and Community Development. I am currently in a research project, which is part of my degree requirements. The title of my research is **Farming and Empowerment of Women In the 21st Century: A Case of Coffee Farming in Kirinyaga East Sub-County, Kirinyaga County**. I am here to collect data and request that you spare some time to participate in this study. I will keep all the information you provide in this interview very confidential. Besides, I will use the information for the purpose of my study only.

1. What is the average size of farms used in coffee farming per household?

.....
.....

2. What policies do you have in place that determines land used in coffee farming?

.....
.....

3. What mechanisms do households have that determines who owns the inputs and others assets used in coffee farming?

.....
.....

4. Do you assist women in making decisions concerning sales, purchases, and transfer of assets?

.....

5. Why do you think most of women have failed to access loans?

.....
.....

6. Do you have determinations concerning the person to receive payments including dividends from coffee farming?

.....
.....
.....

7. Do Most of women find time away from farming to participate in other leisure activities like watching TV, attending chammas, or doing personal cleaning.

.....
.....

8. What do you think about the time that women find to participate in other activities

Thank you for your time and for participating in this study