

**INFLUENCE OF POVERTY ALLEVIATION PROGRAMMES ON
COMMUNITY LIVELIHOOD: A CASE OF CARITAS
INTERNATIONAL PROGRAM IN NYERI COUNTY, KENYA**

BY

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DECLARATION

This research project report is my original work and has not been submitted to any other university or institution of higher learning for any other award.

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L50/73397/2014

Signature _____

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This research project report is submitted for examination with my approval as the University supervisor.

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DEDICATION

This research is dedicated to my wife Zippy, son Jayden, parents, Samuel Ndung'u and Ann Wangeci, and siblings: Elizabeth, Benjamin and Stanley for their understanding, prayers and encouragement.

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ABBREVIATIONS AND ACRONYMS

CBO	Community Based Organization
CPEC	County Poverty Eradication Committee
HPIK	Heifer Project International-Kenya
KCCB	Kenya Conference of Catholic Bishops
NGO	Non-Governmental Organization
PAAP	Poverty Alleviation Action Programme
PEC	Poverty Eradication Commission
SL	Sustainable Livelihoods
SPSS	Special Programme for Social Sciences
UNICEF	United Nations Children Education Fund
WDR	World Development Report
WFP	World Food Programme

ABSTRACT

Poverty alleviation, poverty eradication and improving family livelihoods are topical issues the world over nowadays; however, achieving poverty reduction which in turn improves family livelihoods remains a substantial challenge to most countries. Despite all the technological advances of the century, and a gradual increase in the average level of current indices of well-being, poverty has remained an extremely serious problem. It is growing in many parts of the world, especially in developing countries such as Kenya. This study was to assess the influence of poverty alleviation programmes on community livelihood: - a case of caritas in Nyeri County, Kenya. The main objectives of the study was to: determine how livestock enhancement project influence community livelihood in Nyeri County; establish how horticultural production through drip kit irrigation influence community livelihood in Nyeri County; assess how establishment of commercial fruit farming influence community livelihood in Nyeri County; examine how introduction of savings and lending schemes for farmers influence community livelihood in Nyeri County ; and determine how capacity building to improve community resilience influence community livelihood in Nyeri County. The study employed descriptive survey design to gather information from a sample size of 124 beneficiaries of Caritas projects in Nyeri. The target population comprised of 624 household heads where Caritas has initiated community projects. The instrument used for data collection was self-administered questionnaires, which were validated and pre-tested before actual collection of data. Both quantitative and qualitative data were analyzed. The quantitative data was analyzed using descriptive statistics by employing Statistical Package for Social Scientists and presented using frequencies tables and percentages. Qualitative data was analyzed thematically. The study concludes that most of the participants in the projects were doing them on a small scale hence the income from the projects were limited. Advocacy initiatives and community mobilization was missing and this consequently affected the performance of programs implemented Caritas Nyeri. The study recommended the need to increase the magnitude of the projects. Also the need of market research for the projects products, having more capacity building programs in other aspect that affect poverty alleviation like HIV/AIDS. Saving and lending schemes should relax requirement for borrowing. Finally the need for the NGOs to involve all the stakeholders in the design of the poverty alleviation projects.

CHAPTER ONE

INTRODUCTION

1.1 Background of the study

According to the World Bank report, (2012) there are 987 million people living on US \$1 a day or around 15 percent of the world's population. Adding to this, a further 2 billion people still live on US \$2 dollars a day. That combined together equate to 45 percent of the world's population (Kilungu, 2013). According to World Bank economist Martin Ravallion (2008), poverty has not declined in real terms and it is in fact increasing. NGOs world over have been formed, thus increasing the number of players in the field, aiming at addressing different needs of diverse societies in alleviating or eradicating poverty, (Maphosa, 2004).

Poverty rates in the United States increased over the 2000s, a trend exacerbated by the Great Recession and its aftermath. By 2010, just over 46 million people fell below the U.S. Census Bureau's official poverty line (US Population Survey, 2012). According to Education News Colorado on 18th June 2012, more kids in United States of America are now living in poverty than in 2000, but more alarmingly they now live at extreme levels of poverty. (David Hill, 2008). According to Hacker (2008), 58.5 percent, of all Americans will spend at least one year beneath the poverty line at some point between ages 25 and 75(World Bank report, 2012).

According to a study by social policy consultants COMPAS, 2002, 8.7 million French people lived below the poverty line in the early 70s, compared with 13% in the United

States, 11% in Canada, 7.5% in the United Kingdom, and 3% in Germany. Other national estimates at the time were 11% (Canada), 8% (Australia), 5% (Norway), and 3.5% (Sweden), which represented around 15 percent of the population. However Poverty in France had fallen by 60% over thirty years. Although it affected 15% of the population in 1970, in 2001 only 6.1% (or 3.7 million people) were below the poverty line (World Bank report, 2012).

A study by Frank Klanberg in 2007 found that in last decades the number of people living in poverty in Germany has been increasing. Children were seen to be more likely to be poor than adults. However, Poverty rates differ by states. While in 2005 in states like Bavaria only 6.6% of children and 3.9% of all citizens were impoverished, in Berlin 15.2% of the inhabitants and 30.7% of the children received welfare payments (Wikipedia 2015)

Among the developing countries around the world, Poverty is a prevailing feature with ever increasing severe effects of social and economic backdrop felt in countries within sub-Saharan Africa despite much effort put in place to contain the situation (World Bank report, 2012). According to Central Bank of Nigeria; presentation of a paper on “Integrating financial services into poverty reduction strategies” during the west Africa sub regional workshop in 2005, 60% of Africa’s rural population, consisting chiefly of smallholder farmers, nomads, artisans, fishermen, and indigenous people, are said to fall below the poverty line. Therefore, solutions to poverty require a comprehensive set of well-coordinated measures and cannot be based exclusively on economic policies only (World Bank report, 2011).

In 2014, the World Bank released a report that said due to South Africa's “slightly progressive” tax system and “highly progressive” government spending; around 3.6 million people have been lifted out of poverty, halving the number of South Africans living on less than \$1.25 a day. Because of grants, free basic services and taxes favouring the poor, the poverty rate dropped from 46.2% to 39% (World Bank report, 2014).

Ghana had made significant strides towards reducing poverty over the last two decades from 51.7 per cent in 1992 to 28.5 per cent in 2006 (World Bank report, 2011). The Government of Ghana declared the primary aim of its economic development programme to be the reduction of poverty and general improvement in the welfare of its citizens (Hill, 2008). The poverty reduction strategy that was developed in 1995 laid emphasis on economic growth, integrated rural development, expansion of employment opportunities, and improved access of the poor to basic public services.

Slow economic growth is a contributory factor for poverty in Tanzania (UNICEF, 2009). Based on 2007 estimates, more than a third of households “live below the basic needs poverty line” earning less than \$1 a day, while 20% of the total population “live below the food poverty line”. However, it is the rural communities of Mainland Tanzania and Zanzibar who are mostly affected. This disparity in wealth between urban and rural is a key factor for child poverty in the rural areas, with 48% lacking basic needs compared to 10% of their peers in the urban areas (UNICEF, 2009).

In 1997, about 44% of the Ugandan population was classified as poor. Income levels are generally low across the country, often leading to poor health and limited education (World Bank report, 2012). Apart from the persistent low rates of economic growth, the

effects of civil disorder of the recent past are also important historical factors exacerbating the poverty situation. At the household level, poverty correlates with rural dwelling, land shortage, educational level, market access limitation, and household headship by widows and old people. A number of initiatives have been taken in recent years to strengthen the planning process in Uganda. These include major consultative exercises to deliberate on the country's long term goals and objectives.

In Kenya, 45.2 percent of the population lives below the poverty line. The government of Kenya established Poverty Eradication Commission (PEC) through a Gazette Notice No. 2295 of 30th April, 1999 with a wide range of mandates including: to promote policies and pilot strategies for eradicating poverty in Kenya; to coordinate poverty eradication activities undertaken by various actors, both governmental and non-governmental agencies throughout Kenya; to Identify and demonstrate poverty eradication initiatives on a pilot basis; to mobilize and manage resources for direct poverty reduction activities with a strong focus on the poorest section of the population and to monitor and evaluate poverty eradication programmes nationally (Poverty Eradication Commission Report, 2009). Despite the fact that the Government of Kenya is administering poverty eradication fund as a strategy among other strategies of alleviating extreme hunger and poverty grappling many households and/or local communities, the poverty levels remains a major concern that needs to be addressed (Republic of Kenya, 2011).

Caritas International is a confederation of 164 Roman Catholic relief, development and social service organizations operating in over 200 countries and territories worldwide. Collectively and individually their mission is to work to build a better world, especially

for the poor and oppressed. The first Caritas organization was established by Graham Oldman November 1897 in Europe. Other national Caritas organizations were soon formed in Switzerland (1901) and the United States (Catholic Charities, 1910). Caritas Kenya is the development and humanitarian arm of the Kenya Conference of Catholic Bishops (KCCB). It was established in 1973 as the Development and Social Services arm of the Kenya Episcopal Conference now known as the KCCB. Caritas Kenya was later launched on November 2012. Through the 25 Catholic dioceses spread across the country, it cooperates with the most poor and vulnerable population in the urban and peri-urban, rural and marginalized Kenyan communities. In Nyeri County, Caritas Nyeri is the single most extensive Faith Based Development partner within the region and it has been involved in community based development work for over 20 years. It is mandated by the Archdiocese of Nyeri to coordinate and implement socio-economic development programmes on its behalf.

1.2 Statement of the Problem

Even though the necessity to alleviate poverty was identified prior to independence, the numerous programmes designed since then have lacked specificity and are deficient of cogent and realistic poverty alleviation strategies (World Bank, 2007). The few that are mentioned such as rural and informal sector development are hardly given enough political will and resource allocation to spur their growth. An examination of previous poverty alleviation programmes reveals that there has been an implicit assumption that the benefits of rapid growth of the key sectors such as industry, service and agriculture will

automatically trickle down to all people. As a result, more effort has been spent on ways of improving their economy at the expense of promoting social- based projects.

A large number of NGOs have been formed and registered to complement government effort in poverty reduction since 1990. Kenya has appealed for food aid assistance on several occasions. In such cases, mainstream and official prescriptions have focused on response and relief aid without paying due regard to the need for reducing the vulnerability of affected communities by increasing their resilience through building their capacity (Bongo, 2003). The community's resilience in the face of hazards appears to have been reduced over the years by over dependency on development and humanitarian aid (Bartle, 2007).

Despite scores of poverty alleviation programmes and huge sums of money poured into the county, poverty index is still high. Nationally, in 2009 census, 45.2 percent of the population lives below the poverty line down from 46 percent in 2005/06 (KNBS, 2009). In Nyeri County, 32.7 percent of the population lives below the poverty line. Of this population 53.1% live within Kieni east and Kieni west sub counties (Caritas Nyeri, 2012). The community living in this area has extreme vulnerability to ill health, economic dislocation and natural disasters such as drought despite the huge presence of Caritas Nyeri and other NGOs. This was the cause for concern that formed the basis of this study.

1.3 Purpose of the Study

The purpose of the study was to investigate the influence of poverty alleviation programmes on community livelihood: - a case of Caritas International program in Nyeri county.

1.4 Objectives of the Study

This study was guided by the following objectives:

1. To determine how livestock enhancement project influence community livelihood in Nyeri County.
2. To establish how horticultural production through drip kit irrigation influence community livelihood in Nyeri County.
3. To assess how establishment of commercial fruit farming influence community livelihood in Nyeri County.
4. To examine how introduction of savings and lending schemes influence community livelihood in Nyeri County.
5. To determine how capacity building to improve community resilience influence community livelihood in Nyeri County.

1.5 Research Questions

To address these objectives, the following set of research questions were used:

1. How does livestock enhancement project influence community livelihood in Nyeri County?
2. How does horticultural production through drip kit irrigation influence community livelihood in Nyeri County?
3. How does establishment of commercial fruit farming influence community livelihood in Nyeri County?
4. How does introduction of savings and lending schemes for farmers influence community livelihood in Nyeri County?
5. How does capacity building to improve community resilience influence community livelihood in Nyeri County?

1.6 Significance of the Study

The study findings are important to several stakeholders in different ways depending on the interest of each stakeholder. The government may be guided in redesigning its devolved funds policy in respect to the following: evaluate and ease channels of disseminating the government policy to reach the local community timely so as to help them benefit; establish clear and enabling policy guidelines so as to help the County Poverty Eradication Committee (CPEC) vet and select viable groups applying to benefit

from the funds done in an utmost transparent way that can urge many local community members seek access to poverty eradication fund.

The government policy implementers (respective departments) regarding poverty eradication fund alike other devolved funds, may learn the dynamics of the rural population view of such funds and adjust the strategic approach a little bit to suit and conform to their traditional believes and practices without necessarily obstructing the government policy on same. Such adjustments could include building the capacities of the locals aimed at courting them seek objectively and aggressively government devolved funds including poverty eradication fund, so as to benefit from low interest rated funds for enterprise/business growth and improvement.

The Development Partners and NGOs, who support government efforts of alleviating hunger and extreme poverty affecting local population, may also adjust their policies regarding poverty eradication fund to conform to the emerging issues that could be of great importance in tandem with smooth application of the program in the areas where they and government implement same. This could include setting aside some money and crucial time meant to train and build their capacities holistically in order to helping them apply for such funds. By building their capacities, the local community may thus be able to: organize themselves into more formidable groups that share common venture interests; resource mobilize for funds to help them initiate and operationalize a commercial activity; develop a realistic and viable project proposals meant for submission to CPEC for possible consideration and eventual funding, have ability to improve on governance issue in respect to electing able Project Management Committees

(PMCs) and organization's visionary officials that can lead them in utilizing such funds efficiently and effectively.

The local community population on the other hand may learn how to boost their individual/group businesses by purposing to seek for funds from the available government devolved funds kitties, besides looking for credit facilities from mainstream financial institutions (for instance Commercial Banks and SACCOs), while firmly maintaining a good repayment rate of returns against income for such devolved funds. The local community population may understand as first-hand highlights of the prevailing external and internal factors affecting their access to poverty eradication fund including: limited information flow on poverty eradication fund; ruined investment interests owing to the failures by those who benefited earlier on from the poverty eradication funds; inability to develop realistic and viable proposals; outreach and linkages by respective departments as the main constraints; and setting them to train in financial management to overcome their devolved funds obstacles.

Likewise this may help the Ministry of Planning, National Development and Vision 2030 to review the poverty eradication fund strategy paper outlining strategies of improving and easing access to such funds to boost small and micro enterprises funded through such among the local community.

The results of this study may also be invaluable to researchers and scholars, as it forms a basis for further research. It also forms basis for discussions on sustainable poverty eradication funding as a strategy of alleviating hunger and extreme poverty affecting many people in developing countries.

1.7 Basic assumptions of the Study

A number of assumptions were made in the research project, these include: the Caritas International Program alleviate poverty; respondents provided unbiased data. The data collection method chosen was the most appropriate for the study.

1.8 Limitations of the Study

Respondents may have given socially “correct” answers to please the researcher. However, the researcher compared the information obtained with other similar studies done on the area of poverty alleviation programmes.

The area under study was vast and the researcher had a challenge of reaching all the respondents by means of public transport. The researcher hired a private vehicle that enabled easy access of all the respondents even where public means lacked.

Access to some areas was still a challenge even with private means due to poor road networks in the area. However, the area had many ‘Boda boda’ operators. The researcher opted to hire them to access respondents.

1.9 Delimitation of the study

This study was designed to investigate influence of poverty alleviation programmes on community livelihood: a case of Caritas International program in Nyeri County. The study was carried out in two out of the eight sub counties of Nyeri County that is, Kieni east and Kieni west sub-counties. The sub-counties were chosen because they are semi-arid and are the highest recipients of poverty alleviation programmes rolled out by Caritas

in Nyeri. These sub-counties therefore possess the characteristics that the researcher was interested in. According to Caritas Nyeri (2013), 624 households in the two sub-counties had been involved in their programmes from 2010 to date. A sample of 124 household heads (Identified by purposive sampling) was interviewed.

The study focused on the five projects implemented by Caritas international in Nyeri county namely: livestock enhancement project; horticultural production through drip kit irrigation; commercial fruit farming; Introduction of savings and lending schemes for farmers, and Capacity building to improve community resilience. As such, the data was generalized with caution to other counties in Kenya and/or the rest of countries of the world, since Nyeri in Kenya might have unusual characteristics that might have had influenced the findings. However, the results can be significantly generalized in most of the other parts in Kenya and elsewhere as long as they nearly have similar characteristics to those in Nyeri County. The results may also be used for comparisons between results obtained from studies in other counties in Kenya or other countries of the world.

1.10 Definition of significant terms used in the study

Poverty alleviation is reducing the impact of poverty on a person or a community.

Community livelihood refers to a set of activities that a community uses to secure basic necessities such as food, water, shelter and clothing of life.

Livestock enhancement project is a project where by groups are issued with popular exotic livestock breed to use for crossing to the indigenous livestock reared in the project areas.

Horticultural production through drip kit irrigation is an irrigation method that saves water and fertilizer by allowing water to drip slowly to the roots of the plants, either onto the soil surfaces or directly onto the root zone through a network of valves, pipes, tubing and emitters.

Commercial fruit farming are farms where fruits are grown in large scale for production of fruits to be sold either in local markets or for export.

Savings and lending schemes these are schemes where Caritas accept deposits from members of the community and giving money, property or other material goods to members for future payment.

Capacity building to improve community resilience refers to strengthening of skills, competencies and abilities of people and communities so that they can avoid their exclusion and suffering.

1.11 Organization of the study

This study comprises of five chapters. Chapter one include the background of the study, statement of the problem, purpose of the study, objectives, research questions and significance of the study, basic assumptions, limitations, delimitation and definition of significant terms used in the study. Chapter two focuses on the introduction and the body of the study where the specific themes are discussed, the theoretical framework, related empirical literature as well as conceptual framework review of the related literature. Chapter three consists of the following: Research design, target population, sampling size and sampling procedure, research instruments. Chapter four is the analysis

of the data collected from the field. Data was analyzed using SPSS and presented in frequency tables and percentages. Further the chapter has interpretation of the findings in write up to explain the tables. Chapter five is the final chapter for the study, it describes the summaries of findings with regard to the objectives of the study. Main findings discussed at length with linkages to existing knowledge. The chapter has a conclusion of the study and suggested recommendation and finally the areas that require further research.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

Chapter two consists of the literature review that supports the study and comprises of introduction of the chapter's content; then the literature review presented according to the objectives of the study and the theoretical and conceptual framework presented at the end of this chapter. The literature review follows the objectives, each making a subtopic and flowing from the first to the last objective.

2.2 The Concept of poverty Alleviation Programmes and Community livelihood

Poverty has rich vocabulary in all cultures and throughout history. The terms: Income or consumption poverty; human (under)development; social exclusion; ill-being; (lack of) capability and functioning; vulnerability; livelihood un-sustainability; lack of basic needs and relative deprivation, are relatively used to define poverty (Maxwell, 2004). This rich vocabulary indicates that the definition of poverty world-over has evolved over time and that it is the state of the majority of the world's people and nations. These periodic changes in the definition can be attributed to the variation, both across time and space in the description of what constitutes socio-economic well-being (Sifelani, 2010).

Poverty can also be defined as a human condition characterized by sustained or chronic deprivation of the resources, capabilities, choices, security and power necessary for

enjoyment of an adequate standard of living and other civil, cultural, economic, political and social rights (Bosnia Herzegovina). Poverty is hunger, lack of shelter, being sick and not being able to see a doctor, not having access to school and not knowing how to read, not having a job, fear for the future, living one day at a time, losing a child to illness brought about by unclean water, powerlessness, lack of representation and freedom (The World Bank, 2007). Ashley and Carney (1999) concur with the World Bank's definition and further suggest that poverty is a lack or loss of sustainable livelihood. It is also perceived as the inability of the individuals, households and communities to acquire sufficient resources to satisfy a socially acceptable minimum standard of living (Cobert, 2004).

Since poverty is an inability to acquire sufficient resources to lead minimum standard of living, Nadel (2007) views it as discrimination, barriers, exclusion from satisfying the basic necessities of life in the following ways, that is the: Use and development of the individual's physical and spiritual capacities and creativity; Seizing the opportunities and choices for fashioning a fulfilling and dignified life; Realization of personal aspirations; Participating in the formulation and decision making stages of social, political and economic transformation processes; The given definitions infer that poverty is a condition in which a person or community is deprived of, or lacks the essentials for a minimum standard of well-being and life.

Poverty is multidimensional and its persistence is linked to interlocking multidimensionality: It is dynamic, complex, institutionally embedded, and a gender and

location specific phenomenon. The pattern and shape of poverty vary by social group, season, location and country (World Bank, 2000).

Six dimensions feature prominently in poor people's definition of poverty: First, poverty consists of many interlocked dimensions. Although poverty is rarely about the lack of only one thing, the bottom line is always hunger (lack of food). Second, poverty has an important psychological dimension such as powerlessness, voicelessness, dependency, shame and humiliation. The maintenance of cultural identity and social norms of solidarity helps poor people to continue to believe in their own humanity, despite inhuman conditions. Third, poor people lack access to basic infrastructure (roads, transportation and clean water). Fourth, while there is a widespread thirst for literacy, schooling receives little mention or mixed reviews. Poor people realize that education offers an escape from poverty (but only if the economic environment in the society at large and the quality of education improve). Fifth, poor health and illness are dreaded almost everywhere as a source of destitution. This is related to the cost of health care as well as to income lost due to illness. Finally, the poor rarely speak of income, but focus instead on managing assets (physical, human, social and environmental) as a way to cope with their vulnerability (Ibid.).

Poverty is the state of human beings who are poor. That is, they have little or no material means of surviving – little or no food, shelter, clothes, healthcare, education, and other physical means of living and improving one's life (Barr, 2004). Poverty alleviation programmes, like those promoted by Barr (2004) in his economics classic *Progress and Poverty* are those that raise, or are intended to raise, enabling the poor to create wealth for

themselves as a means for ending poverty forever. Poverty occurs in both developing countries and developed countries. While poverty is much more widespread in developing countries, both types of countries undertake poverty reduction measures.

According to Smeeding (2005) poverty alleviation also involves improving the living condition of people who are already poor. In particular, Aid in medical and scientific areas, is essential in providing better lives, such as the Green Revolution and the eradication of smallpox. Moreover, problems with today's development aid include the high proportion of tied aid, which mandates receiving Nations to buy products, often more expensive, originating only from donor countries. According to Chen, et. Al, (2005), information about the poverty eradication funds access and microfinance initiatives remains not only partial but also highly contested. However, some studies tend to caution against such optimism and argue that micro financing is associated with some negative impacts and does not assist the poorest.

Notwithstanding, the application of these diverse methods and increased research activity in this area, it is still not very clear that microfinance is a panacea for poverty (Esping-Andersen, G. 1990). To shed light on these issues, the microfinance literature has recently focused on measuring the impact of credit on household welfare (Smeeding, 2005). It is argued that credit contributes positively to household welfare through improving household production or smoothing consumption over time. Specifically, it has shown that although most credit programmes may not serve the poorest of the poor, all categories of the poor may be able to benefit through increased income and reduced vulnerability to 'shocks', as noted in Ken worthy, (1999).

2.3 Livestock enhancement project and Community livelihood

Livestock are a key element of rural household's livelihoods especially where precipitation rates are low and rain fed crop production is irregular. Households are frequently able to use the income streams from the sale of livestock products to develop pathways out of poverty. These can include, for example the intensification of agriculture through investing in technologies that enhance productivity as well as the development of farm economic activities that help to diversify income portfolios, thereby making livelihoods less vulnerable to covariate risk, Ellis and Mdoe (2003). Livestock can also play a key role in helping households cope with the negative effects of drought. According to Perry *et al.* (2002) all animals contribute to financial asset formation through sales of produces such as milk, meat, eggs and live animals and services (mainly transport). Animals also contribute to human capital formation through the positive influence that consumption of food of animal origin has on poor people's health. Poverty normally leads to a diet that is predominantly vegetarian, which studies show may be low in vitamin A, vitamin B-12, riboflavin, calcium, iron and zinc, and which may lead to anaemia, poor growth, rickets, impaired cognitive performance, blindness, neuromuscular deficits, and in the worst cases death. Foods of animal origin are particularly rich sources of all six of these nutrients, and relatively small amounts of these foods, added to a vegetarian diet, can improve the quality of the total diet substantially (Murphy and Allen, 2003).

The United Kingdom's Department for International Development (DfID), in an effort to speed up the achievement of poverty reduction targets, has adopted the livelihoods

approach at a general level. Where livestock and livelihoods are concerned, there are experiences on record of attempts to use poultry as a tool in poverty alleviation work (Dolberg in FAO, 2003). There have also been attempts to document the loss of livelihoods faced by poor people when a disease such as highly pathogenic avian influenza (HPAI) strikes (Geerlings, in FAO/UNDP/WFP, 2007).

In southern Africa, research has shown that households without livestock were less able to manage the negative effects of drought than animals (Owens et al., 2003). The research show that 42% of all households own at least one large animal such as a cow, goat, sheep or donkey. Of the animals goats are the most popular with 36% of these households owning at least one of them. In contrast only 15% and 20% respectively own cattle or donkeys.

In sub-Saharan Africa, many poor women in developing countries are involved (and skilled) in poultry keeping. Thus, the link between poultry interventions and improvement of women's status – along with the associated improvements in terms of nutrition and other benefits for the entire family (Quisumbing and McClafferty, 2006) – seems to be direct. The scavenging poultry production system is the most common livestock production system among poor households in rural areas of developing countries. It is a system in which the birds collect most of their feed free of cost, but it is not a system that generates a huge income. Interventions to improve these modest levels of production may be justified, as they can help women and their families to generate social capital (see below) and enter a positive spiral of events that may move them out of poverty (Jensen and Dolberg, 2003). The explanation for this is that poverty is not only a

question of money – the causes are frequently multidimensional. Figure 1 illustrates how several factors, including physical weakness, isolation, lack of power and vulnerability, may reinforce each other and deepen poverty.

In Kenya, FARM-Africa imports a popular exotic dairy goat breed to use for crossing to the indigenous goat reared in the project areas. Factors favouring the rearing of goats are that they generally thrive well across agro-ecological zones, which is reflected by the degree of their adaptation (i.e., survival under environmental stresses like diseases, parasites and high temperatures), functional contribution (i.e., meat, milk, and skins) and socio-economic relevance (i.e., security and income generation) (Livestock in Development 1999; Devendra 2001; Peacock 2005). Other attributes of goats are multiparity and multiple births, shorter generation interval, lower investment, higher digestive efficiency for roughage and lower feed requirements as compared to cattle (Braker et al 2002).

2.4 Horticultural production through drip kit irrigation and Community livelihood

Unreliable rainfall causes periodic droughts in Kenya. This unpredictability, coupled with the lack of local capacity to deal with the situation, creates a persistent threat of household food insecurity in the region. Low-head drip irrigation technologies were introduced to combat this problem and alleviate food insecurity for thousands of people. First indications from a variety of research sources are that these technologies are a formidable poverty-fighting tool. IWMI research evaluated the low-head drip systems most commonly available in Kenya. The purpose of this research was to identify and address the technical constraints of the systems and to develop practical

recommendations for smallholder farmers, so that they can maximize the benefits of this technology.

Take the case of Mrs. Mutai (KARI 1998). She is one of 150 women who were members of a group that started using drip irrigation in Eldoret. The system was installed in December 1996. Four months later, she had already sold enough vegetables to invest in more lines and make her garden bigger. Another member of the women's group, Anne Butia, had sold Ksh 10,000 (\$200) worth of vegetables in three months from her tightly-fenced garden. Neighbors used to walk 10 kilometers to another district to buy vegetables but now they buy them from her. She has used the extra income to pay school fees and buy clothes for her family.

These and other cases show that low-head drip irrigation is proving to be a promising technology for responding to shortages of water and food in arid and semiarid areas. Low head drip irrigation technologies promise improved food security and increased incomes at the household level, ultimately culminating in a healthy national economy (Winrock, 2000). Ndiritu (1999) goes further, saying that "the bucket kit is the salvation of our country, as it allows the poorest of the poor to produce vegetables under conditions that previously would have only produced starvation and death."

Prospects for the expansion of drip irrigation have brightened markedly over the last several years with the development of a spectrum of drip systems keyed to different income levels and farm sizes. Results from field trials demonstrate that low cost drip systems easily pay for themselves in one growing season, and stimulate shifts to more intensive agricultural practices by small farmers. As discussed further below, the early

stages of marketing low-cost drip systems in India and Nepal suggest enormous potential for sales growth, and, most importantly, for drip irrigation to markedly increase the incomes and food security of small farmers. International Development Enterprises, a non-profit organization specializing in the creation and marketing of affordable small-scale irrigation, has developed four principal types of low-pressure gravity drip systems for small farmers (Polak, 2000).

These entry-level systems consist of a simple 20-liter household bucket attached to a pole at about shoulder-height. The bucket is equipped with a 10-meter lateral line, from which 26 micro-tubes extend. When placed mid-way between parallel crop rows, each micro-tube can irrigate 4 plants. The bucket needs to be filled with water 2-4 times per day. In this way, each bucket kit, which in India costs about \$5 (including the bucket), irrigates 100 individual plants over a 25 square meters area enough to feed a six-person household. Since the labor burden (which often falls to women) of hand-watering home gardens can discourage plots of this size, the bucket kit offers an initial step toward greater food security and cash income. Moreover, if the family can sell a portion of their crops, they can use the profit to expand their irrigation system.

One step up from the bucket kit, these systems consist of a 200-liter drum from which extend five lateral lines. Each lateral line is 10 meters long and fitted with 26 micro-tubes, allowing each drum kit to irrigate a 125 square meters plot—an area five times larger than the bucket kit covers. Each drum kit costs \$25, and can be expanded in 125 m² increments at a cost of \$14 per increment.

These systems resemble more conventional drip systems, but have much lower capital costs because they are designed to be shift-able instead of stationary. Whereas conventional systems require a plastic lateral line for each row of crops, these systems consist of shift-able lateral lines, each of which irrigates 10 rows. An off-the-shelf plastic tank placed 2-4 meters above the field (and equipped with a simple cloth filter) provides adequate pressure for the system. Water drips out of baffled holes in the lateral lines or out of micro-tubes extending from the laterals, rather than out of expensive emitters. The shift-able system, which was first developed in Nepal, works well for closely spaced, low-growing crops—including many vegetables—in areas with relatively low labor costs. These systems cost about \$50 for a 1,200 m² plot.

2.5 Commercial fruit farming and community livelihood

Tropical and sub-tropical fruit can make a significant direct contribution to the subsistence of small-scale farmers by providing locally generated nutritious food that is often available when other agricultural crops have not yet been harvested. Fruit are a versatile product that, depending on need, can be consumed within the household or sold. Marketing fresh and processed fruit products generates income which can act as an economic buffer and seasonal safety net for poor farmer.

Fruit trees are typically multipurpose in that many provide not only fruit but also medicinal products and livestock fodder, as well as fuel wood and timber at the end of their productive lives. In addition to economic benefits, fruit trees provide a number of environmental services. Many of the species have traditionally been grown in mixed cropping systems where they enhance biodiversity and strengthen resilience against the

effects of adverse weather conditions, poor soils and pests. In regions where climate variability is common place and adverse impacts of climate change are expected, fruit trees may play an important role in buffering against production risks and providing a continuous supply of environmental services. While most production and primary processing is likely to occur in rural areas, fruit trees can also be incorporated in urban gardens and streets, where they can contribute to household food and income security as well as providing shade and other environmental services.

RIPPLE Africa began its fruit tree project in 2007 and grows improved citrus, mango, guava, pawpaw (papaya), avocado, and banana trees in the Nkhata Bay District of Malawi. While some fruit trees grow naturally in Africa, trees are often poorly managed, and some fruit trees (banana trees in particular) suffer from viruses which mean they do not produce fruit. RIPPLE Africa has established improved fruit trees which produce a greater crop yield. Have a stronger resistance to viruses and Are of a much better quality. (RIPPLE Africa Tree Planting Project report, 2007)

All fruit trees are for the benefit of the community and, in time and with proper care, will produce enough fruit for community members to eat, and to sell for profit. According to, RIPPLE Africa Tree Planting Project Manager South any kind of tree planting project is hugely important to the environment in Malawi; however, fruit tree planting in particular creates a natural incentive for people to protect their trees as a fruit tree provides both food and income (RIPPLE Africa Tree Planting Project, 2007)

RIPPLE Africa's fruit tree planting project is also an important way of improving nutrition. In Malawi, malnutrition is a large cause of death among children, and poor diet can lead to general ill health and disease. Many people in Malawi go hungry and survive only on a staple carbohydrate called *nsima* (a porridge made from either maize or cassava), severely lacking many of the important vitamins and minerals which fruit can provide. Free access to a variety of fruit at household level improves the health of vulnerable rural families.

RIPPLE Africa manages 20 specialist fruit tree nurseries run by community groups, and the main fruit tree nursery at Mwaya is now producing a small number of budded fruit trees for sale. Improved RIPPLE Africa mango trees are already producing fruit.

54-member farming cooperative began working with Techno Serve in August 2010 to improve their business skills and diversify into a new market opportunity: purple passion fruit. With Techno Serve's assistance, the first seed were sowed by Tiret Self-Help Group in December 2010. As the first vines begin to bear fruit, the farmers recognized that passion fruit can bring newfound prosperity to their community (Techno Serve, 2010).

Techno Serve, (2010) point out that thousands of farmers have the potential to capitalize on a similar opportunity thanks to Project Nurture, a partnership with The Coca-Cola Company and the Bill & Melinda Gates Foundation. Project Nurture aims to double the fruit incomes of more than 50,000 small-scale mango and passion fruit farmers in Kenya and Uganda. Since launching in 2010, the program has laid the groundwork for a

thriving, sustainable industry that can help farming families lift themselves out of poverty (Coca-Cola and the Bill & Melinda Gates Foundation, 2010).

Techno Serve advisors are helping farmers to increase their productivity and create new market opportunities for their fruit. This work begins with forming or strengthening farmer business groups, which allow dozens of farmers to sell their fruit collectively and improve their bargaining power. Through the business groups, Techno Serve facilitates training sessions for farmers on key skills. Many of these trainings take place on demo plots, where farmers receive hands-on experience in preparing the land, planting trees or vines, controlling pests and diseases, managing the soil and harvesting the fruit. Techno Serve advisors also provide business training for the farmer business groups so that they can interact with buyers as equals and create more income for their members.

In Kenya, for example, Techno Serve has worked closely with a seasoned exporter to facilitate the sale of 800 metric tons of mango during the current growing season. These export volumes are likely to grow in coming seasons. Techno Serve advisors also are assisting local juice processors to make improvements that will help them be competitive globally. For some farmers, like those of the Tiret Self-Help Group, this means introducing a new crop. For others, it means finding new value in a product they had taken for granted.

In eastern Uganda, for example, buyers always considered the local variety of mango, the Sena, to be too low-quality for pulping and juicing. As a result, farmers never cultivated mangoes as a cash crop.

Techno Serve helped demonstrate to buyers that the Sena, in fact, produced sweet-tasting juice with a rich color. One major buyer invested in a new piece of equipment to process the Sena variety. At the same time, Techno Serve advisors helped farmers in the area to improve the quality of their production. With a market now available for their mangoes, the farmers discovered a new source of income – and a new investment for their future.

According to Malawi Mangoes, (2011), Malawi Mangoes is an example of how such a value-added business development opportunity can be created in Malawi, potentially encouraging other industry players to copy their approach and generate further export opportunities with associated pro-poor impacts. The driver of the large-scale production of bananas and mangoes was the construction of a processing plant, powered by solar and biomass/biogas, to produce mango and banana concentrate and puree for export to African, Western and Asian beverage and retail markets. Malawi Mangoes' inclusive business model is to source large volumes of fruit from a mixture of smallholder farmers and its own Rainforest Alliance certified plantations (Malawi Mangoes, 2011)

The commercial driver for the business is the strong growth in demand for mango and banana pulp in both global and regional markets. The business capitalizes on low production prices, excellent growing conditions and access to water from Lake Malawi for irrigation purposes. The decision to export pulp products mitigates the geographical and infrastructure challenges faced by Malawian exporters since they do not demand rapid access to major transport hubs that fresh produce requires. The company works with local communities to graft material of preferred mango varieties to local trees, thereby increasing the yield, quality and sale-ability of the mango puree product; Malawi

Mangoes then guarantees to buy all the mangoes grown on these trees. In an area where less than 15% of the population has regular employment, the company generates over 1,000 jobs in farm work and at their processing plant. The activities of the business impact the livelihoods of up to 12,000 local households (Malawi Mangoes'2011).

The Facility is supporting this ambitious start up with consultancy for some of their farm planning work, including irrigation design, setting up the banana farm to meet organic standards and planning the mango out-grower scheme.

2.6 Introduction of savings and lending schemes and community livelihood

There is an ongoing debate concerning the idea of microfinance credit alone or microfinance plus being capable of reducing poverty. There are views that microfinance alone is inadequate to fight poverty. The need for other services is also important in this respect. Microfinance programmes will be more effective where the provision of non-financial services such as education and training enable clients to use their loans more productively (Hashemi, 1997). Such views, although, do not negate the role of microfinance; fail to appreciate the role of microfinance on its own advantage. Latifee (2003) says “nobody says that micro finance alone is cure for all”. Surveys of the literature on financial intermediation and poverty reduction conclude that development of the financial sector contributes to economic growth and thereby to poverty alleviation (Hussein and Hussain, 2003). If poor people have so many financial tools available to them already, does formal microfinance add much?

Informal instruments (for example: informal savings and loan clubs, or loans from family, friends, or the local moneylender) are usually more flexible than microfinance from formal providers, so the poor continue to use these informal tools even when they have access to microfinance. But the informal instruments have severe shortcomings, the greatest of which is their unreliability. When poor people need to get a loan, or to “withdraw” money that they have deposited with (i.e., lent to) someone else, that someone else may not have the money on hand, or may be unwilling to provide it for some other reason.

A World Bank research looking at cross-cutting evidence substantiates the hypothesis that countries with better-developed financial intermediaries experience faster declines in measures of both poverty and income inequality (Kunt and Levine, 2004). Arghion and Morduch, (2005), observe that microfinance can make a real difference in the lives of those served, but microfinance is neither a panacea nor a magic bullet against poverty, and it cannot be expected to work everywhere and for everyone. Much as there have been mixed statistical impacts of microfinance, there also has been no widely acclaimed study that robustly shows strong impacts, but many studies suggest the possibility of good welfare impact (Arghion and Morduch, 2005). Most experts and practitioners believe that microfinance plays a vital role as an instrument of intervention for a poor person to discover her potential and to stride for better living. The main objective of microfinance is to reduce poverty. In doing this microfinance provides the opportunity for clients to create wealth. Targeting women in the society who constitute the majority of the poor, microfinance helps to reduce poverty by creating wealth which leads to an increase in the levels of incomes of the vulnerable. Savings services leads to capital accumulation for

investment in the short and long terms. With high levels of income women are empowered.

Studies have shown that microfinance has been successful in many situations. According to Little, Morduch and Hashemi, (2003), “various studies on microfinance and poverty reduction have recorded increases in income and assets, and decreases in vulnerability of microfinance clients”. They refer to projects in India, Indonesia, Zimbabwe, Bangladesh, Ethiopia and Uganda which all shows very positive impacts of microfinance in reducing poverty. Majoux, (2011) states that while microfinance has much potential, the main effects on poverty have been: Credit making a significant contribution to increasing incomes of the better-off poor, including women and Microfinance services contributing to the smoothing out of peaks and troughs in income and expenditure thereby enabling the poor to cope with unpredictable shocks and emergencies. Khandker, (2003) states that it is clear that what microfinance can do for the poor depends on the poor’s ability to utilize what microfinance offers them. He further said that microfinance provides a window of opportunity for the poor to access a borrowing and saving facility.

2.7 Capacity building to improve community resilience and community livelihood

According to UN Committee of Experts on Public Administration (2006), organizations interpret community capacity building in their own ways and focus on it rather than promoting one-way development in developing nations. Fundraising, training centers, exposure visit, office and documentation support, on the job training, learning centers and consultants are all some forms of capacity building. To prevent international aid for

development from becoming perpetual dependency, developing nations are adopting strategies provided by the organizations in the form of capacity building.

The United Nations Development Programme (UNDP) was one of the forerunners in developing an understanding of community capacity building or development. Since the early 70s the UNDP offered guidance for its staff and governments on what was considered "institution building."

In 1991, the term evolved to be "community capacity building." The UNDP defines capacity building as a long-term continual process of development that involves all stakeholders; including ministries, local authorities, non-governmental organizations, professionals, community members, academics and more. Capacity building uses a country's human, scientific, technological, organizational, and institutional and resource capabilities. The goal of capacity building is to tackle problems related to policy and methods of development, while considering the potential, limits and needs of the people of the country concerned. The UNDP outlines that capacity building takes place on an individual level, an institutional level and the societal level (UN Committee of Experts on Public Administration 2006).

Individual level - Community capacity-building on an individual level requires the development of conditions that allow individual participants to build and enhance knowledge and skills. It also calls for the establishment of conditions that will allow individuals to engage in the process of learning and adapting to change. UN Committee of Experts on Public Administration 2006). Institutional level - Community capacity

building on an institutional level should involve aiding institutions in developing countries. It should not involve creating new institutions, rather modernizing existing institutions and supporting them in forming sound policies, organizational structures, and effective methods of management and revenue control (UN Committee of Experts on Public Administration 2006).

Societal level - Community capacity building at the societal level should support the establishment of a more interactive public administration that learns equally from its actions and from feedback it receives from the population at large. Community capacity building must be used to develop public administrators that are responsive and accountable (UN Committee of Experts on Public Administration 2006).

The Clean Development Mechanism (CDM) and other carbon market instruments can play a significant role in promoting sustainable development and addressing poverty-environment issues. The rapidly expanding market for carbon also offers considerable potential to augment the flow of finances and sustainable technologies to the developing world. In the past, these resources have largely been provided through official development assistance (ODA). Building the capacity of countries to access the CDM and other market instruments could significantly boost resource and technology flows in the coming years.

Capacity building measures are urgently needed in sub-Saharan Africa, a region that the carbon market has largely overlooked to date. Sub-Saharan Africa accounts for just 2% of confirmed CDM projects and 3% of Certified Emission Reductions (CERs) through to 2012. Moreover, there are considerable disparities within Africa. Registered CDM

projects are present in only four sub-Saharan countries: South Africa, Nigeria, Kenya and Uganda.

The importance of building the capacity of sub-Saharan Africa to better engage with the global carbon market has been recognized by the international community, notably through the Nairobi Framework. The principal goal of the Nairobi Framework is to help developing countries, especially those in sub-Saharan Africa, to improve their level of participation in the Clean Development Mechanism (CDM). UNFCCC plays the coordinating role of the Framework, while the other partners are responsible for designing and/or implementing programmes of work.

The Nairobi Framework has five broad objectives: To build and enhance the capacity of Designated National Authorities (DNAs) to become fully operational; To build capacity in developing CDM project activities; To promote investment opportunities for CDM projects; To improve information sharing and outreach on activities, education and training.

The objective of the project is to enhance public and private sector capacity to access carbon finance, and to overcome barriers impeding the take-off of a carbon project market in sub-Saharan Africa. The project will review existing institutional and regulatory frameworks, and identify capacity gaps in the public and private sectors that need to be filled in order to put in place a 'carbon-enabling' infrastructure that can attract commercial carbon finance under the CDM or voluntary carbon markets.

2.8 Theoretical Framework.

This study was based on Arubayi (2006) theoretical concept of a social system, in which stability of the system is constantly endangered by both intrinsic as well as extrinsic factors. The intrinsic factors in this case are the education level and information flow about poverty eradication while the extrinsic factors would be the social economic background and environment. This Theoretical Framework postulates that various forms of needs arise in the society such as need for food, education and clothing which translates into poverty. This relates to Charles Darwin (1874) social theory which emphasize that every citizen should be given the social status to which he or she entitles him or her to inherited aptitude (Darwin, 1872). Schematically, the theory observes that provision of formal equity of access to funds by putting everybody on the same level from the scratch guarantees that the ensuring run is a just one. The theory asserts that the criteria of the scholastic promotion should be ability and will. Therefore a systematic financial aid that is expected to set in motion an intensive social mobility by facilitating an open competition where the community members would get access to funds that they deserve is significant.

2.9 Conceptual Framework

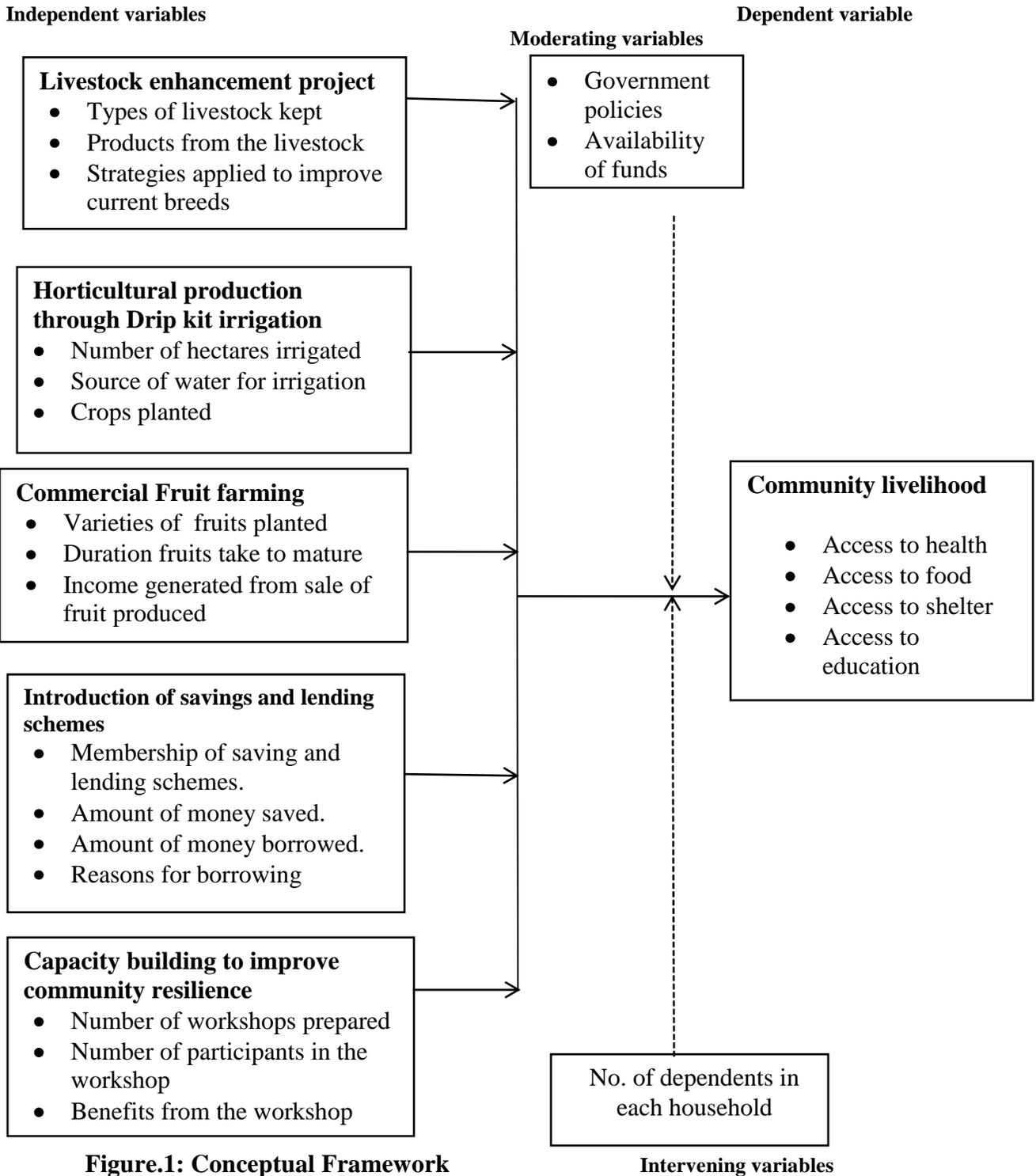


Figure.1: Conceptual Framework

2.10 Summary of Literature review

Table 2.1: Summary of Literature review

variables	Indicators	Author (year)	Title of study	Findings	Knowledge gap
❖ Livestock enhancement project	<ul style="list-style-type: none"> - Type of livestock kept -Strategies of improving breeds -Level of production 	-Ahuya C.O. And A.M. Okeyo, 1997	-Sustainable development of goat meat and milk in Kenya: A case of Meru and Tharaka-Nithi	-Small scale poor farmers can operate successful and therefore sustainable community based goat improvement programme	-How small farmers maintain the desired level of cross breed population needs to be further research
❖ Horticultural production through Drip kit irrigation	<ul style="list-style-type: none"> - Number of hectares irrigated -Source of water for irrigation -Crops planted -Income generated from the sale of produce 	<p>-Isaya V. Sijali and Rose A. Okumu, 2003</p> <p>-Sandra Postel et.al, 2001</p>	<p>-New Irrigation Technologies</p> <p>-Drip Irrigation for Small Farmers: A New Initiative to Alleviate Hunger and Poverty</p>	<p>-Lack of appropriate and affordable technologies geared towards poor farmers and small plots is a major to constrains to the spread of irrigation</p> <p>-Combatting persistent rural hunger and poverty in a world of increasing water scarcity requires new approaches to agricultural and economic development.</p>	<p>-Appropriate technologies need to be identified and adapted to suit smallholder farmers</p> <p>-Many poor farmers will need credit in order to purchase a low-cost drip system, and in many areas, it is not available.</p>

❖ Commercial Fruit farming	<ul style="list-style-type: none"> - Varieties of fruits planted -Duration fruits take to mature -Amount of fruit produced -Size of market for the fruits 		-Organic fruit agriculture and rural livelihoods in the Iganga District, Uganda	-Organic approaches to agriculture production have greatly contributed to the rejuvenation of the productivity of a degraded agriculture resource base in the District and hence improving the livelihoods of rural farm households.	-There is need for more research on the fruit market to keep up with increased production
❖ Introduction of savings and lending schemes	<ul style="list-style-type: none"> -Membership of saving and lending schemes. -Amount of money saved -Amount of money borrowed -Reasons for borrowing 	-C.A.K. Yesudian, 2007		-Microfinance and poverty alleviation Uganda: a case study of Uganda finance trust	-How poor are benefiting from microfinance services is tricky to measure and requires a deeper study.
❖ Capacity building to improve community resilience	<ul style="list-style-type: none"> - Number of workshops prepared -Methods of instruction used. -Number of participants in the workshop -Benefits from the workshop 	-Governance, economic and financial management department ,2006	-Republic of Sudan Capacity building for poverty reduction And good governance Appraisal report	-Many of the MDGs, if not all, might be achieved without democratic governance.	-There is need to build more capacity in peace and democratic governance

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

The previous chapter dealt with the literature review. This chapter discusses the research design, composition of the target population from which samples of respondents was randomly selected. It goes on to examine the research instruments that were used to gather data and how the data was collected, presented and analyzed.

3.2 Research Design

The study adopted a descriptive survey. Kothari, (2005) describes descriptive research as including survey and facts finding enquiries adding that the major purpose of descriptive research is description of affairs as it exists at present. A descriptive research determines and reports the way things are and attempts to describe such things as possible behavior, attitudes, value and characteristics, Mugenda and Mugenda (2003). Descriptive research is used in preliminary and exploratory studies to allow researchers to gather information, summarize, present and interpret data for the purpose of clarification (Ngechu, 2004). The method allows people being interviewed to describe their experiences in their own language, rather than in the researcher's language. Due to the ability to report the current situation, descriptive survey was preferred for this research.

3.3 Target Population

According to Chikoko and Mhloyi (1995), population is a well-defined group of human beings or other entities. With this definition in mind one can conclude that it is a group of human beings that the researcher has a specific interest in. Best and Kahn (1993) defined a population as, any group of individuals that have one or more characteristics in common that are of interest to the research. The target population was drawn from two out of the eight sub counties of Nyeri County, that is Kieni east and Kieni west sub counties. The sub-counties were chosen because they are semi-arid and are the highest recipients of development projects implemented by. A total of 624 households have been involved in poverty alleviation programmes implemented by Caritas International from 2010 to date. This formed the target population. Therefore the target population was 624 household heads.

3.4 Sample Size and Sampling Procedures

In this section, the study discussed sample size and sampling procedure that was adopted. According to Mugenda and Mugenda (2003), there must be a rationale for defining and identifying the sample size from the target population. The accessibility must be the most representative of the target population.

3.4.1 Sample Size

According to Gay (2003), 20% of the accessible population is adequate to serve as a study sample in large studies. To avoid any discrepancies and to meet the best possible number of respondents, this study will take 20 % of the accessible population. Taking

20% of the household heads that have been involved in poverty alleviation programmes implemented by Caritas International in Nyeri County, the result is a sample of 124 household heads.

3.4.2 Sampling Procedure

A sample is a subset of population. In selecting a sample, one should select that which provide the required information. Frankel and Wallen (1996) points out that sampling, is a process of selecting individuals who will participate in a study. In this study Purposive sampling was used to select the respondents. Purposive sampling technique was deemed appropriate for the study as it allowed only those who were perceived to have specific information required for the study to be interviewed.

Table 3.1: Sampling procedure

Location	Number of target population (Household heads)	Sample Size
Kieni West	410	82
Kieni East	210	42
Total	620	124

3.5 Research Instruments

The research adopted questionnaire as the main instrument for data collection. According to Mugenda and Mugenda (2003), questionnaires are commonly used to obtain important

information about a population under study. This included both structured and unstructured questions. The questionnaire was structured to meet the objectives of the study and comprised of two sections. The first part included the demographic and operational characteristics designed to determine fundamental issues including the demographic characteristics of the respondents. The second part comprised of the influence of poverty alleviation programmes on community livelihood where the main focus was independent and dependent variables.

3.5.1 Pilot Test

Pilot testing is a smaller version of a larger study which is conducted in order to provide a rationale for the design (Orodho, 2004). It involves pre-testing of the instruments which was carried out using different but a similar group in Kieni district. The aim of the pilot survey was to test whether the design of questions was logical, the questions were clear and easily understood and the stated responses was exhaustive and took reasonable time to complete the questionnaire. Pre-test also allowed the researcher to check on whether the variables collected was processed and easily analyzed. The pre-testing was carried out on a sample consisting of 20% of the respondents. Questions that were found to be interpreted differently were re-phrased to have same meaning to all respondents.

3.5.2 Validity of the Instruments

According to Mugenda and Mugenda (2003), Validity is the accuracy and meaningfulness of inferences which are based on the research results. It is the degree to which results obtained from the analysis of the data actually represent the phenomenon

under study. Content validity was used to ensure that measures included an adequate and representative set of items to tap the dimension and elements of concepts under study. In this regard, validity of the research instruments was important in ensuring that the study collected relevant information to answer the research questions. Mugenda and Mugenda (2003) argue that the usual procedure in assessing the content validity of a measure is to use a professional or expert in a particular field. To ensure the validity of the research instruments, the researcher sought the guidance of the researcher's supervisor. This facilitated the necessary revision and modification of the research instrument thus improving validity.

3.5.3 Reliability of the Instruments

Reliability enhances dependability, accuracy and adequacy of the instrument through piloting. Reliability is important because it enables the researcher to identify the ambiguities and inadequate items in the research instruments. Reliability of the research instruments was enhanced through a pilot study that was done in different subcounty from the study area. Mugenda and Mugenda (2003) argue that reliability is a measure of the degree to which a researchers' instrument yields consistent results or data after repeated trials. Nachmials and Nachmials (1996) states that; an instrument is reliable when it can measure a variable accurately and consistently and obtain the same results under the same conditions over time. To ensure reliability, Charles (1995), adheres to the notions that consistency with which questionnaire items are answered or individual's scores remain relatively the same can be determined through the test-retest method at two different times. Reliability was measured through test-retest technique by

administering the questionnaire to a group of individuals with similar characteristics as the actual sample size. The test was repeated after two weeks. Scores obtained in both tests was correlated to get the coefficient of reliability. Using Pearson's product moment correlation, the researcher, found a correlation coefficient of 0.9 at 95% confidence thus information given initially was reliable.

3.6 Data Collection Procedures

Prior to proceeding to the field, permit was obtained from Caritas International in Nyeri after getting a letter of authorization from the University of Nairobi to carry out the research study. Primary data is data observed or collected directly from first-hand experience (Wallen and Fraenkel, 2001). The researcher physically visited all the sampled households and administered the questionnaires personally and was in a position to schedule a face –to-face interview with the heads of the households. The questionnaires had both structured and unstructured questions. The Structured questions helped conserve time and to facilitated in easier analysis while the unstructured questions was used to encourage the respondent to give an in-depth and felt response without feeling held back in revealing of any information. The researcher gave the respondents enough time to fill the questionnaire before collecting them for analysis.

3.7 Data Analysis Techniques

In this study, quantitative data was analyzed using descriptive statistics where the responses from the questionnaires was tallied, tabulated and analyzed using percentages, frequencies and Statistical Package for Social Sciences. The qualitative data from open

ended questions in the questionnaire was analyzed thematically using conceptual content analysis. Frequency tables and bar graphs were used to present the data for easy comparison. The qualitative data analysis included both content and thematic analysis. Likert scale was used to rank the factors identified in the questionnaire in order of their importance.

3.8 Ethical Consideration

Proper permission from relevant authorities was obtained before the study was carried out. The respondents in the study were offered a detailed explanation about the study so that they could participate voluntarily after full disclosure. Additionally, utmost confidentiality of the respondents and their responses was safeguarded. In addition, the information obtained from the respondents was not be used for other purposes other than drawing the conclusion of this study.

3.9 Operationalization of the Variables

Table 3.2: Operationalization of the Variables

Objectives	Variable	Indicators	Scales of measurement	Research approach	Tools of analysis
❖ To determine how livestock enhancement project influence community livelihood in Nyeri County.	- livestock enhancement project	- Type of livestock kept -Strategies of improving breeds -Level of production	-Nominal -Ordinal	-Descriptive research	-Frequency distributions tables -Percentages
❖ To establish how horticultural production through drip kit irrigation influence community livelihood in Nyeri County.	-Horticultural production through Drip kit irrigation	- Number of hectares irrigated -Source of water for irrigation -Crops planted -Income generated from the sale of produce	-Nominal -Ordinal	-Descriptive research	-Frequency distributions tables -Percentages

❖ To assess how establishment of commercial fruit farming influence community livelihood in Nyeri County.	-Commercial Fruit farming	<ul style="list-style-type: none"> - Varieties of fruits planted -Duration fruits take to mature -Amount of fruit produced -Size of market for the fruits 		-Descriptive research	<ul style="list-style-type: none"> -Frequency distributions tables -Percentages
❖ To determine whether Introduction of savings and lending schemes for farmers as poverty alleviation programme influence community livelihood in Nyeri County.	-Introduction of savings and lending schemes	<ul style="list-style-type: none"> -Membership of saving and lending schemes. -Amount of money saved -Amount of money borrowed -Reasons for borrowing 	<ul style="list-style-type: none"> -interval -Nominal -Ordinal 	Descriptive research	<ul style="list-style-type: none"> Frequency distributions tables -Percentages

<p>❖ To determine whether Capacity building to improve community resilience as poverty alleviation programme influence community livelihood in Nyeri County.</p>	<p>-Capacity building to improve community resilience</p>	<p>-Number of workshops prepared</p> <p>-Methods of instruction used.</p> <p>-Number of participants in the workshop</p> <p>-Benefits from the workshop</p>	<p>-interval</p> <p>-Nominal</p> <p>-Ordinal</p>	<p>-Descriptive research</p>	<p>-Frequency distributions tables</p> <p>-Percentages</p>
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CHAPTER FOUR

DATA ANALYSIS, PRESENTATION AND INTERPRETATION

4.1 Introduction

This chapter focused on data analysis, interpretation and presentation. The purpose of the study was to assess the influence of poverty alleviation programmes on community livelihood: A case of Caritas International program in Nyeri County, Kenya. The chapter is divided into sub-sections. The first sub-section comprises of questionnaire response rate. The second section comprises of demographic data of the respondents, Third sub-section comprise of data analyzed on the key variables aligned to objectives of the study. The objectives of the study were to determine how livestock enhancement project influence community livelihood in Nyeri County; establish how horticultural production through drip kit irrigation influence community livelihood in Nyeri County; assess how establishment of commercial fruit farming influence community livelihood in Nyeri County; examine how introduction of savings and lending schemes for farmers influence community livelihood in Nyeri County ; and determine how capacity building to improve community resilience influence community livelihood in Nyeri County. The last sub-section comprises five point Likert scale, where indicators of dependent variable are analyzed against the independent variables.

4.2 Response Rate

Table 4.1 illustrates the response rate of the respondents who were sampled and interviewed in the study. The study targeted 124 household heads who are beneficiaries of Caritas program in Nyeri. The response rate was 102 household heads which was equivalent of 82.6% who completely filled in and returned the questionnaire. The high response rate was attributed to the fact that the researcher personally administer the questionnaires and ensured they were filled in by the respondents.

Table 4.1: Response Rate

Category	Sample Size	Response	Percentage (%)
Household heads	124	102	82.3

4.3 Demographic Data of the Respondents

In this section the researcher sought to establish the demographic data of the respondents and looked at their gender, age, education level and source of livelihood. Their responses are highlighted in the Table 4.2.

Table 4.2: Demographic Data of the Respondents

Category	Frequency	Percentage (%)
Gender		
Male	59	57.8
Female	43	42.2
Age in years		
Below 30 years	14	13.7
31- 40 years	29	28.4
41- 50 years	32	31.4
Above 50 years	27	26.5
Education Level		
Never gone to school	4	3.9
Primary	36	35.3
Secondary	41	40.2
Tertiary	21	20.6
Source of Livelihood		
Subsistence farming	42	41.2
Petty business	13	12.7
Casual worker	43	42.2
Others	4	3.9

From the Table 4.2, 57.8% of the respondents were male while 42.2% of the respondents were females. This shows that of all the household beneficiaries of Caritas programs, there slightly more male headed households than female headed households. 13.7% of the respondents were aged below 30 years, 28.4 % of the respondents were aged between 31 to 40 years, 31.4% of the respondents were aged between 41 to 50 years and 26.5% of the respondents were aged above 50years. This means that Caritas International Nyeri program benefits all the age groups in their programs. 3.9 % of the respondents indicated that they had never gone to school, 35.3% of the respondents had primary education, and 40.2% of the respondents had secondary education while 20.6% of the respondents had

tertiary education. This implies that most beneficiaries have basic level of education and above, making it easier for Caritas Nyeri to implement their projects which is attributed to the level of beneficiaries' understanding. On source of livelihood 43.1% got it from subsistence farming, 12.7 % from petty business, 42.2% were casual workers and 3.9 % of the respondents were contractual government employee. This means that most of the community members do not have a reliable source of income.

4.4 Livestock Enhancement Project

In this section the researcher sought to find out the influence of specific projects Implemented by Caritas Nyeri to community livelihood. On livestock enhancement project their responses are indicated in the Table 4.3.

Table 4.3: Livestock Enhancement Project

Category	Frequency	Percentage (%)
Type of livestock kept		
More on type of livestock	52	51
Cows only	25	24.5
Goats and sheep only	13	12.7
Rabbit only	1	1
Chicken only	9	8.8
Others	2	2
What benefit do you get from the livestock keeping?		
Sale of produce from the livestock	73	71.6
Young ones	11	10.8
Manure	15	14.7
Others	3	2.9
Assistance received from Caritas Nyeri in the livestock enhancement project		
Introduction of new breeds	33	32.4
Breed improvement through Artificial Insemination	34	33.3
Pest control	17	16.7
Vaccination	14	13.7
Others	4	3.9

From the Table 4.3 on livestock enhancement project, 51% of the respondents indicated that indeed they kept more than one type livestock, 24.5% reared cows only, 12.7% of the respondents reared goats and sheep only, 1% of the respondents indicated that they reared rabbits only, 8.8% kept chicken only, and only 2% of the respondents indicated that they kept donkeys. This implies that more than half of the respondents keep more than one livestock. In terms of the benefits gotten from keeping livestock, 71.6% of the respondents indicated that they benefited from the sale of livestock produce, 10.8%

benefitted from the offspring of the livestock kept, 14.7% of the respondents benefitted with manure, while 2.9% of the respondents indicated that they benefitted from hide. This means that most of the farmers benefit more on the sale of animal produce. In regard to assistance received from Caritas Nyeri in the livestock enhancement project, 32.4% of the respondents indicated that they were assisted through introduction of new breeds of livestock, 33.3% of the respondent indicated that their livestock breeds were improved through Artificial Insemination, 16.7% got assistant through pest control of their livestock, 13.7% benefitted through vaccination of their livestock, while 3.9% of the respondents got assistance through deworming of their livestock. Hence, all the respondents indicated that they have benefited in one way or the other in terms of assistance from Caritas.

4.5 Horticultural production through Drip kit irrigation

In this section the researcher sought to assess how horticultural production through Drip kit irrigation had influenced community livelihood. Their responses were as shown in Table 4.4.

Table 4.4: Horticultural production through Drip kit irrigation

Category	Frequency	Percentage (%)
Use of drip kit irrigation provided by Caritas		
Yes	83	81.4
No	19	18.6
Number of hectares under this kind of irrigation		
Less than 1	64	77.1
Between 1 and 3	16	19.3
More than 3	3	3.6
Source of water for irrigation		
River	9	8.8
Dams	17	16.7
Rain water	18	17.6
Caritas water project	56	54.9
Others	2	2
Varieties of crops planted in the irrigated areas		
Vegetables	66	64.7
Cereals	25	24.5
Flowers for exports	1	1
Others	10	9.8

From the Table 4.4, on horticultural production through drip kit irrigation, 81.4% of the respondents indicated that they use drip kit irrigation provided by Caritas to irrigate their farm and 18.6% of the respondents indicated they do not use drip kit irrigation provided by Caritas to irrigate their farm. This means that Caritas is a major contributor of improved irrigation in the County. Among the 83 respondents who used drip kit irrigation provided by Caritas,

77.1% of the respondents irrigated less than 1 hectares, 19.3% irrigated between 1 and 3 hectares, while only 3.6% of the respondents irrigated more than 3 hectares. This means that most of the community members are involved in small scale irrigation. 8.8% of the respondents indicated that their source of water for irrigation was from rivers, 16.7% got

water for irrigation from dams, 17.6% of the respondents relied on rain water water for irrigation, 54.9% of the respondents indicated that got water for irrigation from Caritas water project, while the rest 2% of the respondents got water for irrigation from Nyeri water and sewerage company. This implies that most community members have benefitted from the rural water projects implemented by Caritas Nyeri. In regard to varieties of crops planted in the irrigated areas, 64.7% of the respondents indicated that they had planted vegetables, 24.5% have planted cereals, 1% has planted flowers for exports, and 9.8% have planted other types of crops. This means that most community members do subsistence farming.

4.6 Commercial Fruit farming

In this section the researcher sought to establish how commercial fruit farming had influenced community livelihood. Their responses were as shown in Table 4.5.

Table 4.5: Commercial Fruit farming

Category	Frequency	Percentage (%)
Type of fruits grown		
Passion fruit	26	25.5
Apples	24	23.5
Tree Tomato	16	15.7
Strawberries	21	20.6
Others	15	14.7
Number of times that fruits are harvested in a year		
Once	59	57.8
Twice	38	37.3
Thrice	5	4.9
More than three	0	0
Amount earned (in Ksh.) from the sale of fruits in the last one year		
Below 5000	69	67.6
5001 to 10000	20	19.6
10001 to 15000	9	8.8
15001 to 20000	3	3
Above 20000	1	1

From the Table 4.5, on Commercial Fruit farming, 25.5% of the respondents indicated that they grew passion fruit, 23.5% grew apples 15.7% grew tree tomato, 20.6% grew, while 14.7% of the respondents indicated that they grew other types of fruits. This means that most of the respondent benefit on commercial fruit farming implemented by Caritas Nyeri. 57.8% of the respondents indicated that they harvested fruits once a year, 37.3% harvested twice a year, 4.9% harvested three times a year, while none of the respondents harvested fruits more than three times a year The number of harvests was attributed to

the fact that the project was new in the county. In regards to amount earned from the sale of fruits in the last one year, 67.6% of the respondents indicated that their earnings were below Ksh.5,000, 19.6% earned between Ksh.5,001 to Ksh. 10,000, 8.8% earned between Ksh.10,001 to 15,000, 3% earned between Ksh.15,001 to Ksh.20,000, while only 1% earned above Ksh.20,000. The reason for few harvest which lead to low income was due to the fact that the project has been in existence for only one year, thus the farmers were still experimenting.

4.7 Savings and Lending Scheme

In this section the researcher sought to establish how savings and lending schemes for farmers had influenced community livelihood. Their responses were as shown in Table 4.6.

Table 4.6: Savings and Lending Schemes for Farmers

Category	Frequency	Percentage (%)
Membership of ‘chamas’		
Yes	95	93.1
No	7	6.9
Amount of savings since joining ‘chama’		
Below 10,000	22	21.6
10,001 to 20,000	42	41.2
20,001 to 20,000	41	40.2
30,001 to 40,000	8	7.8
Above 40,000	7	6.8
Borrowing from the saving scheme		
Yes	54	52.9
No	48	47.1
Amount borrowed from the saving scheme since one became a member		
Below 10,000	23	42.6
10,001 to 20,000	21	38.9
20,001 to 20,000	8	14.8
30,001 to 40,000	2	3.7
Above 40,000	0	0
How money borrowed from the saving and lending schemes was utilized		
Paying school fees	19	35.1
Paying hospital bills	10	18.5
Buying food	13	24.1
Paying rent	5	9.2
Others	7	12.9

From the Table 4.6, 93.1% of the respondents indicated that they are members of Chamas within the caritas saving and lending scheme and that they have been saving with the

scheme. 52.9 % of those who were members of the Chamas indicated that they have been taking loans from the saving and lending scheme. 35.1% of the respondents who were borrowing loans indicated that the money borrowed went to payment of fees, 18.5% indicated that the money borrowed went to paying for medical services and 24.1% of the respondents indicated that the borrowers used the money to buy food, 9.2% of the borrowers indicated that the money went to payment of house rent and the remaining 12.9% used the money borrowed was in buying new breeds seeds and farm implements. This implies that most of the money borrowed was to cater for basic needs of the households.

4.8 Capacity Building to Improve Community Resilience

In this section, the researcher sought to assess how capacity building helped to improve community resilience. Their responses in this area are highlighted in Table 4.7.

Table 4.7: Capacity Building to Improve Community Resilience

Category	Frequency	Percentage (%)
Respondents' participation in workshop organized by Caritas Nyeri		
Yes	92	90.2
No	10	9.8
Number of workshop attended organized by Caritas		
None	10	9.8
2 to 3	12	11.8
4 to 5	49	48.0
More than 5	31	30.4
Areas trained on by Caritas Nyeri		
Diet and nutrition	13	14.3
Family planning	44	47.8
Entrepreneurship	23	25
Organic farming	15	16.3

From the Table 4.7, 90.2% of the respondents indicated that indeed they had attended workshops organized by Caritas Nyeri while 9.8 % of the respondents indicated they had not attended any workshops organized by Caritas Nyeri. 11.8% of the respondents had attended the training courses once, 48.0 % of the respondents had attended the workshops twice, and 78.4 % of the respondents had attended the training courses more than thrice. 14.3% of the respondents indicated that they had attended training on diet and nutrition. 47.8% of the respondents had attended training on family planning, 25% of the respondents had attended training on entrepreneurship while 16.3 % of the respondents

had attended training in organic farming. Almost all the respondents have attended workshops, this means that Caritas program in Nyeri has been taken seriously and of importance by the community. Family planning workshops being given the priority by the community.

4.9 Rating on influence of poverty alleviation program implemented by Caritas on community livelihood.

On influence of community livelihood, the respondents were asked to indicate their level of agreement using a five point Likert scale (i.e. 5 = strongly agree, 4 = agree, 3 = uncertain, 2 = disagree, and 1 = strongly disagree) to specify their perceptions on the influence of the projects implemented by Caritas, Nyeri on access to food, access to health, access to shelter and access to education.

Table 4.8: Responses on influence of poverty alleviation projects implemented by Caritas on community livelihood.

Community livelihood	SA %	A %	U %	D%	SD %
Access to food	5.41	51.35	29.73	8.11	8.11
Access to health	8.11	28.11	21.65	28.62	10.81
Access to education	7.21	38.95	20.51	17.95	15.38
Access to shelter	21.62	37.84	21.62	13.5	10.81

Source: Research Data, 2015

From table 4.8, the respondents showed agreement on access to food at 59.46% , access to health at 56.90%, access to shelter at 55.16% and access to education at 56.76%.

This implies that Caritas International Nyeri has positively influenced poverty alleviation on community livelihood in Nyeri county.

CHAPTER FIVE

SUMMARY OF FINDINGS, DISCUSSION, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter presents the summary of findings, discussion, conclusions drawn from the findings and recommendations made. The conclusions and recommendations drawn were focused on addressing the purpose of the study which was to establish the influence of poverty alleviation programs implemented by caritas Nyeri on community livelihood.

5.2 Summary of the Findings

The findings showed that a majority of the respondents were male, with over half of the respondents being aged between 31 years and 50 years. Most of the respondents indicated that they had primary and/or secondary education. Only a minor percentage of 3.9% did not have any formal education. Over 80% of the respondents got their livelihood from subsistence farming and doing casual work with the remaining group of respondents getting their livelihood from petty business and contractual employment.

To address the first objective that sought to find out how livestock enhancement project influenced community livelihood, the findings from the study showed that a relatively high percent of the respondents indicated that indeed livestock enhancement program had a major contribution to the community livelihood. Almost the entire respondent indicated that they kept livestock with more than half having more than one kind of livestock.

Almost three quarters of the respondents indicated that they benefited from the sale of animal produce with around a quarter of them benefiting from the sale of young ones and manure.

Introduction of new breeds and breed improvement through Artificial Insemination were indicated as the major support areas by Caritas Nyeri. It was also noted that pest control and animal vaccination were other areas in livestock enhancement project that the respondents benefited from Caritas Nyeri.

The second objective sought to establish how Horticultural production through Drip kit irrigation project influenced community livelihood. Findings from the study showed that a majority of the respondents indicated that they were using drip kit irrigation for horticulture production. Most of respondents indicated that they use drip kit irrigation for small scale irrigation with more than half utilizing less than a hectare of land. Most of the water used for irrigation came from Caritas water project. More than half of those who use drip kit irrigation grow vegetable and a quarter of the respondents used drip kit irrigation to grow cereals.

The third objective sought to assess how commercial fruit farming influenced community livelihood. The findings showed that passion fruits and apples were grown by a quarter of the respondents each. Strawberries and tree tomato were also fruits grown in the area. Most of the fruits grown were harvested once a year. Only a small percentage of fruits were harvested thrice in a year and the rest were harvested twice in a year. When it came

to earning from the sale of fruits, majority made less Ksh. 5000 in the last one year only slightly above a quarter of respondents made over Ksh. 5000.

The fourth objective sought to find out how saving and lending schemes influenced the community livelihood. Over 90% of the respondents were members of various “chamas” with the saving and lending schemes operated by Caritas Nyeri. Majority of the respondents preferred saving in the scheme more than borrowing loans. According to the respondents only slightly more than a half of the respondents have ever borrowed from the “chamas” within caritas saving and lending schemes. Majority of the borrowers used the money to pay for education with only a quarter using the money borrowed to buy food.

The last objective sought to determine how capacity building to improve community resilience influenced the community livelihood. Over 90% of the respondents indicated having attended capacity building workshops organized by Caritas Nyeri. Majority of the respondents indicated attending more than one workshop. Family planning workshop was ranked as the most attended by the respondents, most of them being women. Entrepreneurship workshop was also another with high number of attendants with a quarter of the respondents indicating they participated in it.

5.3 Discussion of findings

To answer to the first research question that looked at how livestock enhancement project influenced community livelihood, it was noted that almost all households kept livestock. The contributions of livestock to the community livelihood include meat, milk, and skins and other contribution on socio-economic relevance include income generation and

security. It was noted that livestock are a key element of rural household's livelihoods especially where precipitation rates are low and rain fed crop production is irregular. Households are frequently able to use the income streams from the sale of livestock products to develop pathways out of poverty. Livestock can also play a key role in helping households cope with the negative effects of drought as experienced in the area under study. It is important for communities to adopt modern high yield breeds other than the traditional breeds some kept. Unfortunately it was noted that most of those who kept livestock didn't give it a commercial approach. It was also noted that due to the small size of land, small animals like chicken and rabbits were more appropriate than the cattle kept by majority of the respondents.

On how horticultural production through Drip kit irrigation project influenced community livelihood it was noted that unreliable rainfall causes periodic droughts in Kenya. This unpredictability, coupled with the lack of local capacity to deal with the situation, creates a persistent threat of household food insecurity in the region. Low-head drip irrigation technologies were introduced to combat this problem and alleviate food insecurity for thousands of people. The findings agree with Winrock, (2000) who argues that Low head drip irrigation technologies promise improved food security and increased incomes at the household level, ultimately culminating in a healthy community. However, in the area under study, it was noted that indeed most farmers were using irrigation on a small scale and hence the produce was not enough for consumption within the family and leave enough for the market. It was also noted that the project would have a greater impact on community livelihood if more water was available for irrigation to allow large scale

irrigation. There is need to increase water harvesting during the rainy season to be used during the dry season.

On how commercial fruit farming influenced community livelihood, fruits in addition to economic benefits provide a number of services. Many of the species have traditionally been grown in mixed cropping systems where they enhance biodiversity and strengthen resilience against the effects of adverse weather conditions, poor soils and pests. In regions where climate variability is commonplace and adverse impacts of climate change are expected, fruit trees may play an important role in buffering against production risks and providing a continuous supply of environmental services. Other benefits of fruit farming is ensure a nutritional boost to the community hence reduce diseases. However, it was noted that indeed most farmers were starting on the venture with most of them awaiting their second harvest. This explains the low income from the project in the last one year.

On the influence of saving and lending schemes on community livelihood, it was observed that the main objective of microfinance is to reduce poverty. In doing this microfinance provides the opportunity for clients to create wealth. Most 'chamas' were noted to target women in the society who constitute the majority of the poor, microfinance helps them to reduce poverty by creating wealth which leads to an increase in the levels of incomes of the vulnerable. The findings agree with a World Bank research (2004) looking at cross-cutting evidence substantiates that countries with better-developed financial intermediaries experience faster declines in measures of both poverty and income inequality. Savings services leads to capital accumulation for investment in

the short and long terms. With high levels of income women are empowered. Most of the 'Chamas' were using the model of table banking; however, most of members of 'chamas' shied away from borrowing but only preferred to save with the scheme. As a result, there is need for other services in this respect. Microfinance programmes will be more effective with the provision of non-financial services such as education and training to enable clients on the need and use of loans productively. All in all various studies on microfinance and poverty reduction have recorded increases in income and assets, and decreases in vulnerability of microfinance clients.

In regards to capacity building to improve community resilience on community livelihood it was noted that efforts were made towards training of the community on diet and nutrition, family planning entrepreneurship and organic farming. Unfortunately the duration of training was short to allow the participants cover all pertinent issues which could lead to improving community livelihood. It was noted that capacity building uses a country's human, scientific, technological, organizational, and institutional and resource capabilities. The goal of capacity building is to tackle problems related to policy and methods of development, while considering the potential, limits and needs of the people of the area concerned. Community capacity-building at the individual level requires the development of conditions that allow individual participants to build and enhance knowledge and skills. It also calls for the establishment of conditions that will allow individuals to engage in the process of learning and adapting to change.

5.4 Conclusions

The study investigated the influence of poverty alleviation programs on community livelihood: A case of Caritas Nyeri, Kenya. The study findings showed that the programs implemented by Caritas Nyeri were of major influence to the community livelihood. The study also unearthed that most of the participants in the projects were doing them on a small scale hence the income from the projects were limited. Advocacy initiatives and community mobilization was missing and this consequently affected the performance of programs implemented Caritas Nyeri.

5.5 Recommendations

The researcher makes the following recommendations to address some of the key findings of the study. Much as Caritas Nyeri as one of the dominant NGO in Nyeri County is doing a lot of poverty alleviation projects in Nyeri, the levels of poverty are still high in some parts of the county. Kieni east and Kieni west were noted to harbor most of the poor due to the fact that it is semi-arid.

1. The findings found a critical need of increasing the magnitude of the projects by the participants to reach a level of commercial ventures. There is also need of market research for the projects products as although the participants were encouraged to improve their levels of production the market remain a challenge. There is need for more capacity building programs in other aspect that affect poverty alleviation like HIV/AIDS.

2. Saving and lending schemes should relax requirement to borrow from these schemes. Most the “chamas” have stringent rules, time consuming and strenuous borrowing requirements. There is need to identify simpler and friendlier requirements.
3. There is need for the NGOs to involve all the stakeholders in the design of the poverty alleviation projects. The beneficiaries should not be passive recipients of the services the organizations are offering.

5.6 Suggestions for Further Research

The research study was limited to assessing the influence of poverty alleviation programs on community livelihood implemented by Caritas Nyeri.

1. Further research would be required to determine empirically the actual impact on the poverty alleviation projects. There is also need for a comprehensive study on how each project influenced community livelihood.
2. Further research should try investigating the project design and planning practices. Study on design and implementation of these projects should be carried to help improve on the success level of the poverty alleviation programmes.

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APPENDICES

Appendix I: Transmittal Letter

Stephen Wang'ombe Ndung'u,
P.O Box 427,
Nyeri.
26th October 2015.

Dear Respondent,

RE: DATA COLLECTION

I am a student at the University of Nairobi. I am currently doing a research study to fulfill the requirements of the Award of Master of Project Planning and Management on **THE INFLUENCE OF POVERTY ALLEVIATION PROGRAMMES ON COMMUNITY LIVELIHOOD: - A CASE OF CARITAS IN NYERI COUNTY.**

You have been selected to participate in this study and I would highly appreciate if you assisted me by responding to all questions in the attached questionnaire as completely, correctly, and honestly as possible. Your response will be treated with utmost confidentiality and will be used only for research purposes of this study only.

Thank you in advance for your co-operation.

Yours faithfully,

Stephen Wang'ombe Ndung'u

Appendix II: Structured Questionnaire

Instructions

Please place a tick mark (√) in the box provided next to the answer of your choice or write in the space provided as the case might be.

Confidentiality: The responses you provide will be strictly confidential. No reference will be made to any individual(s) in the report of the study.

Date _____

A BACKGROUND INFORMATION

1. Select your age bracket?

Less than 30 years

31 – 40 years

41 – 50 years

More than 50 years

2. State your gender?

Male

Female

3. State your highest level of Education

1	Never gone to school	
2	Primary	
3	Secondary	
4	Tertiary	
5	Other(Specify)	

4. State your main source of livelihood?

1.	Subsistence farming	
2	Petty business (buying and selling)	
3	Casual worker	
4	Other (Specify).....	

(B) Information on poverty Alleviation Programmes

(I) Livestock enhancement project

5. What livestock do you keep in your homestead?

1	More than one livestock	
2	Cows only	
3	Goats and sheep only	
4	Rabbit only	
5	Chicken only	
6	Others (specify)	

6. What benefit do you get from the livestock keeping (you can tick more than ones)?

1.	Milk	
2	Meat	
3	Young ones	
4	Manure	
5	Eggs	
6	Other (Specify).....	

7. What assistance have you received from Caritas Nyeri in the livestock enhancement project?

1.	Introduction of new breeds	
2	Breed improvement through Artificial insemination	
3	Pest control	
4	Vaccination	
5	Other (Specify).....	

(II) Horticultural production through Drip kit irrigation

8. Do you use drip kit irrigation in your farm provided by Caritas?

1	Yes	
2	No	

If “Yes”, specify the number of hectares that are under this kind of irrigation currently

1	Less than 1	
2	Between 1 and 3	
3	More than 3	

9. From where do you get water for irrigation

1	River	
2	Dams	
3	Rain water	
4	Caritas water project	
5	Others (specify)	

10. What crops do you plant in the irrigated areas

1	Vegetables	
2	Cereals	
3	Flowers for exports	
5	Others (specify)	

(III) Commercial Fruit farming

11. What type of fruits do you grow in your farm?

1	Passion fruit	
2	Apples	
3	Tree Tomato	
4	Strawberries	
5	Others (specify)	

12. How many times do you harvest the fruits in a year?

1	Once	
2	Twice	
3	Thrice	
4	More than three	

13. How much (in Ksh.) did you earn from the sale of fruits in the last one year?

1	Below 5000	
2	5001 to 10000	
3	10001 to 15000	
4	15001 to 20000	
5	Above 20000	

(IV) Introduction of Savings and Lending Schemes for Farmers

14. Are you a member of a 'Chama' in your area in Caritas saving scheme?

1	Yes	
2	No	

15. How much (in Ksh.) have you saved since joining the scheme?

1	Below 10000	
2	10001 to 20000	

3	20001 to 30000	
4	30001 to 40000	
5	Above 40000	

16. Have you ever borrowed from the scheme since you became a member?

1	Yes	
2	No	

If “Yes” specify the amount (in Ksh.)

1	Below 10000	
2	10001 to 20000	
3	20001 to 30000	
4	30001 to 40000	
5	Above 40000	

17. What was the reason for borrowing?

1	Paying school fees	
2	Paying hospital bill	
3	Buying food	
4	Paying rent	
5	Other (Specify).....	

(V) Capacity Building to Improve Community Resilience

18. Have you attended a capacity building workshop organized by caritas?

1	Yes	
2	No	

If “Yes” specify the area you were trained in

.....

19. How many training organized by Caritas have you attended?

1	Only 1	
2	2 to 3	
3	4 to 5	
4	More than 5	

20. In what areas have been trained?

1	Diet and nutrition	
2	Family planning	
3	Entrepreneurship	
4	Organic farming	
5	Others (specify).....	

(V) Community Livelihood

21. Indicate the extent to which you agree or disagree that poverty alleviation programmes implemented by Caritas Nyeri has influenced community livelihood in the following areas?

KEY

1- Strongly Dis-Agree 2– Dis-agree 3 – uncertain 4 - Agree 5- Strongly Agree

S no.	Indicator		1	2	3	4	5
a)	Access to food	Enough food for use in the family					
		Balance diet for proper nutrition					
		Surplus food for storage					
b)	Access to health	Reduced infections					
		Afford quality health care					
		Enrollment to medical schemes					
c)	Access to education	Afford requirements for basic education					
		Ensure continuous attendance					
d)	Access to shelter	Construction of spacious decent houses					
		Afford and sustain power connection					

Thank you for sparing your time to complete this questionnaire!!

Appendix III: Research permit from University of Nairobi.



UNIVERSITY OF NAIROBI
COLLEGE OF EDUCATION AND EXTERNAL STUDIES
SCHOOL OF CONTINUING AND DISTANCE EDUCATION
DEPARTMENT OF EXTRA-MURAL STUDIES
NAIROBI EXTRA-MURAL CENTRE

Your Ref:

Our Ref:

Telephone: 318262 Ext. 120

Main Campus
Gandhi Wing, Ground Floor
P.O. Box 30197
N A I R O B I

4th November 2015

REF: UON/CEES//NEMC/22/431

TO WHOM IT MAY CONCERN

RE: STEPHEN WANG'OMBE NDUNG'U - REG. NO- L50/73397/2014

This is to confirm that the above named is a student at the University of Nairobi College of Education and External Studies, School of Continuing and Distance Education, Department of Extra- Mural Studies pursuing Master of Arts in Project Planning and Management.

He is proceeding for research entitled "**influence ofr poverty alleviation programmes on community livelihood**". A case of Caritas International Program in Nyeri County, Kenya.

Any assistance given to him will be highly appreciated.


CAREN AWILLY
CENTRE ORGANIZER
NAIROBI EXTRA MURAL CENTRE

