

**Influence of Community Based Organizations' Activities on
Sustainable Livelihoods in "Selected" Urban Poor Settlements in
Nairobi County, Kenya**

By

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DECLARATION

I declare that this Research Project Report is my original work and has not been presented for a degree in any other university.

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DEDICATION

This research Project Report is dedicated to my dear husband Daniel Mwendwa Musilu, and my loving daughter Favour Ruth Ndanu, My Mother Mary Folingi, brothers, sisters and in-laws who have been very supportive and stood with me during my difficult times in the process of writing of the report.

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ABBREVIATIONS AND ACRONYMS

AWSB	Athi Water Services Board
CBOs	Community Based Organizations
CDF	Constituency Development Fund
CfBT	Centre for British Teachers
COTP	Community Organization Training Programmer
DFID	Department for International Development
GDP	Gross Domestic Product
GOK	Government of Kenya
IDS	Institute of development studies
IGA	Income Generating Activity
IIED	International Institute of Environmental Development
IISD	International Institute of Sustainable Development
IRD	Integrated Rural Development
ISD	Institute of Social development
KDHS	Kenya Demographic and Health Survey
KENSUP	Kenya Slums Upgrading Programme
KEPSA	Kenya Private Sector Association
KIHBS	Kenya Integrated Household Budget Survey
MDG	Millennium Development Goal
NACHU	National Cooperative Housing Union
NCWSC	Nairobi City Water & Sewerage Company
NGO	Non Governmental Organisation
OXFAM-GB	Oxfam Great Britain
PRA	Participatory Rural Appraisal
SIDA	Swedish International Development Agency
UNDP	United Nations Development Programme
UN-HABITAT	United Nations Human Settlements Programme
UNICEF	United Nations Children Education Fund
USAID	United States of America International Development
WSP	Water & Sanitation Programme-Africa
WSUP	Water & Sanitation for the Urban Poor

ABSTRACT

This research project was to investigate the influence of Community Based Organizations' activities on sustainable livelihoods in "selected" urban poor settlements in Nairobi County. It explores the livelihood theories and concepts employed in social development in both rural and urban set up in the world over and their implication to the situation of the urban poor. Development agencies have fronted community based organization (CBO) as an effective tool for development. CBOs which bring about community ownership of the process and structures of social change in urban poor settlements have been in the forefront championing their own development thus influencing their livelihood situation. This study sought to establish the relationship between the dependent variable sustainable livelihoods in selected urban poor settlements in Nairobi County and the independent variables CBO activities. The objectives were to investigate the influence of CBO activities: Resource mobilization, Service delivery, popular participation, and Socio-economic activities on sustainable livelihoods in selected urban poor settlements in Nairobi County. The research used descriptive survey design with a mixed approach that explores the independent variables. The study targeted 24 CBOs in 7 urban poor settlements with a target population of 1744 members where community organization has been practiced. A sample of 174 respondents was picked using stratified random sampling method. Data collection instruments used was questionnaires. Review of literature revealed that studies done in the past described to some extent the independent variables CBOs but did not go further to show the relationship between the independent variable CBO activities and the dependent variable sustainable livelihoods. Literature review did not reveal any study that has been carried out in Nairobi County. Data analysis was by descriptive statistics such as mean, percentages and standard deviation while the inferential analysis was by use of correlation and regression analysis in order to predict the influence of each variable to the sustainable livelihoods using SPSS 22.0. The findings revealed that the four independent variables have a positively skewed distribution and a positive slope meaning one unit increase in one variable leads to increase in the others and a linear positive correlation with each other and with the dependent variable sustainable livelihoods. The regression analysis found that the four independent variables contribution to the model of fit was significant with resource mobilization, service delivery, popular participation and socioeconomic activities contributing 0.128, 0.313, 0.171 and 0.330 respectively per unit change to the sustainable livelihoods model and explained almost 95% of the sustainable livelihoods of the urban poor. Controlling the four variables at 0, sustainable livelihood will be 0.195. Service delivery contributes more to the model and is cross cutting and improvement in CBO service delivery combined with socioeconomic activities; sustainable livelihoods will increase by 0.838. The researcher recommendation is for governments and development agencies to engage CBOs as a resource and a tool for change to realize vision 2030 and the sustainable development goals. There is also need for further research in the influence of CBO activities in sustainable livelihoods in other areas.

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Globally social- economic factors such as poverty, urbanization and ineffective urban planning and housing policies are a major cause of informal settlements or slums according to the United Nations Economic Commission for Europe (UNECE) (Baker, 2008). It is estimated that approximately 1 billion people or one in six people live in informal settlements or slums worldwide (Lucci & Lynch, 2006). Governments and development agencies in third world countries and particularly Sub-Sahara Africa are grappling with reducing urban poverty. In developing countries, 30% of the urban population dwells in informal settlements and 90% of new city housing in sub-Saharan Africa is improvised and typically constructed in high-risk sites that are also exposed to climate change impact (MUELLER, 2010).

Between a third and half of the Kenyan urban population are poor, and given the pace of urbanization, urban poverty will represent almost half of the total poverty in Kenya by 2020 (Oxfam-GB, 2009). Over 1.5 million of the total Nairobi County population lives in the slums and around 60% live below the poverty line (Baker, 2008). Informal settlements are a major threat to the achievement of global and National development goals which include poverty reduction and sustainable livelihoods while global economic crisis threatens to destabilize any meaningful progress.

Urban population is estimated to grow to 6.3 billion by 2050; governments need to build safer and more sustainable cities in order to achieve sustained and broad-based economic growth, which creates opportunities for the people to lift themselves, their families, and their societies out of poverty (USAID, 2013). Although urbanization is seen in the negative sense as a contributor to urban poverty, but in a positive view, urbanization in the developing world offers greater opportunity regarding extreme poverty eradication, to enable innovation as well as creativity, thus more citizens are included in growth and prosperity than before (Moser, Gatehouse, & Garcia, 1996)

According to Robert Chambers and Gordon Conways (1992), the concept of sustainable livelihoods is based normatively on the ideas of capacity, equity, and sustainability and requires analysis for it to be used in policy and planning. The SLA strategy remained a vague

idea amongst development practitioners and researchers in the late 1990s but a central concept of development in UK's Department for International Development (DFID). The 1997 white paper on sustainable livelihoods refocused development on the elimination of poverty and advocated for economic growth which benefits the poor through the support of international sustainable development for poor people, promotion of human development and conservation of environment (Farrington & Carney, Working Paper 2174, 1999).

Scoones (1998) knotted that poverty is not just a problem of low income but takes into consideration other dimensions which include health status, illiteracy levels, poor social services among others. Important links exist between different dimensions of poverty such that improvements in one have positive effects on another, for instance; increasing educational level of people may impact positively on their state of health, consequently improving their capacity to produce and reducing poor people's vulnerability in terms of exposure to risk may also affect their assets.

1.1.1 Overview of Community Organization in Kenya

According to COTP (1993), Community organization is a social development approach which employs the concept of adult learning and community development to bring about social transformation and empowerment of the poor. It is both a means and an end to development as it provides the methodology or process to bring about social change and the output of the process is the formalized and legalized established structures and systems referred to as Community Based Organization with the mandate to represent the people. It advocates for use of integrated and holistic bottom-up participatory approaches which seek to build people power and participation in their own development.

According to Marta Chechetto-Selles and Yvette Geyer (2006), Community-based organizations (CBOs) play an important and relevant role in providing services at the local level. CBOs employ self-help approach and work in a variety of different fields, such as education, health, the rights of the disabled, gender issues and many others. Community Organization Training has influenced to a greater extent the formation of CBOs in Kenya, were most CBOs were formed between 1995 and 2000. For instance, in a survey of 827 women's groups in Nyeri and Suba District, 60 % of them were formed between 1996 and 2000 (CfBT, undated).

Community organization training has influenced development sector with over 400 trained Community Organizers (COs) working in different sectors of the economy such as government institutions and Nongovernmental organizations leading to an influx of CBOs and non-profit sector all over the country since 1993. COT programme working areas include Korogocho, Kibera, Mukuru, Huruma/Mathare, Kariobangi, Kiambiu, Kawangware and Kangemi where over 100 CBOs have come up with clear developmental agendas to address the issues facing them. (Chitere, 2012)

The recently adopted Sustainable Development Goals (SDGs) focuses mainly on sustainable initiatives to transform the lives of the poor and several actors in this field are now working with CBOs and therefore need to establish the influence of these community based organizations' (CBO) activities on their sustainable livelihoods and help identify best practices in order to harmonize and utilize this social resource to achieve development goals which include the sustainable development goals (SDGs) formally MDGs and Kenya vision 2030 (Baker, 2008).

1.2 Statement of the Problem

The problem of poverty and sustainable livelihoods in the urban poor situation has resulted in adoption of different development models and approaches. Past development initiatives have been concentrated in the rural settlements and majority have their focus on the rural livelihoods with the assumption that urban areas are sources of livelihoods (Tsenkova, Badyina, & Potsi, 2008). Recent researchers have revealed that, due to the social evils of urbanization associated with increased population growth and limited services, governments have given priority to the demand of the rich and middle-class urban dwellers at the expense of the urban poor settlements. The informal settlements which house over 60 % of urban population and provide the largest labour market have been left to suffer lack of social amenities, infrastructural development and other basic services like education, health facilities, water, housing and the like, which are key to their sustainable livelihoods (USAID, 2013).

(Baker, 2008) Lack of social planning, absolute dependence on the government, exclusion of the poor in the development planning and poor execution of development projects has resulted in the poor getting organized into Community Based Organization (CBOs) to spearhead their own development. (UN-HABITAT, 2008) Governments have pursued anti-

urbanization policies such as eviction, razing of houses, and sending dwellers back to the countryside; affecting sustainable livelihoods that ensure social stability, security and prosperity. Community-based organizations (CBOs) have been in the forefront to initiate activities to counter poverty in urban poor settlements which houses over 60% (where at least 75% are women and 45% youth below 45 years) of the urban population (USAID, 2013). Scanty information exists on the influence of CBOs activities on sustainable livelihoods in urban poor settlements.

1.3 Purpose of the Study

The purpose of this research study was to investigate the influence of the community based organizations' activities on sustainable livelihoods in selected urban poor settlements in Nairobi County, Kenya.

1.4 Objectives of the Study

The specific objectives of the study were:

1. To establish the influence of CBOs' resource mobilization activities on sustainable livelihoods in selected urban poor settlements in Nairobi County.
2. To determine the influence of CBOs' service delivery activities on the sustainable livelihoods selected urban poor settlements in Nairobi County.
3. To identify the influence of CBOs' popular participation on the sustainable livelihoods of selected urban poor settlements in Nairobi County.
4. To evaluate the influence of CBOs' social economic activities on the sustainable livelihoods selected urban poor settlements in Nairobi County.

1.5 Research Questions

The research study sought to answer the following questions:

1. In what ways do CBOs' resource mobilization activities influence the levels of sustainable livelihoods of the urban poor in Nairobi County?
2. How do CBOs' services delivery activities influence the sustainable livelihoods of the urban poor in Nairobi County?

3. What is the contribution of CBOs' popular participation activities in the sustainable livelihoods of the urban poor in Nairobi County?
4. How does the CBOs' involvement in social economic activities influence the sustainable livelihoods of the urban poor in Nairobi County?

1.6 Significance of the Study

Livelihood is an important ingredient to the survival of any community or individual. For one to exist there is a need for a sustainable source of livelihood which can be depended on by future generations. CBOs are synonymous with urban poor settlements for the kind of work they do and services they provide to the community. It was therefore, important to carry out the study to identify the influence of these activities on the livelihoods of the people. The findings are useful to governments and development agencies working with urban poor to inform the development of programmes and strategies for the urban poor poverty reduction. The information is of great importance to the CBOs who may use the information to enhance their efforts to improve their own livelihoods. Development agencies working in urban poor areas may use the recommendations to improve the strategies used to address poverty reduction in urban poor areas. The information may be useful to policy makers in developing appropriate laws and regulations for sustainable livelihoods programmes in urban poor settlements.

The research may help other researchers who will use the findings for further research in the impact of activities of CBOs in urban areas. Therefore the study forms a basis for further research studies.

1.7 Delimitation of the Study

This study focused on CBOs within 7 selected urban poor settlements in Nairobi County where Community Organization has been practiced. The target population studied were active community based organizations in Kibera, Korogocho, Mukuru, Kariobangi, Kiambiu and Kawangware which have been involvement in livelihood activities. The study was limited to the following variables: CBO resource mobilization, CBO service delivery, CBO popular participation and lastly their CBO socio-economic initiatives. Activities that may have influenced sustainable livelihoods but not included were government projects and program, NGO projects and program and Government policies. Also other factors which

inhibited the dependent variables but not studied include political influence, weather conditions, inflation, corruption, internal conflicts and tribalism.

1.8 Limitations of the Study

Two major limiting factors were duration of time the study was expected to take place given the diversity of the target population which is 7 urban poor settlements scattered in Nairobi County and the time set for data collection was not adequately enough. This was overcome by engaging research assistants in the 7 areas. The other limiting factor was financial resources for data collection, development of materials and data analysis. This was handled by using volunteer services and peer support including my workmates who assisted entering the data to SPSS software for analysis.

1.9 Assumptions of the Study

This study assumed that the sampled CBOs and respondents will be a true representation of the population, the respondents will be available and willing to create time to fill the questionnaires in accuracy and honesty manner, the time allocated and resources available will be adequate for data collection to take place and the data collection tools (questionnaires) will provide validity and reliability of the measurement needed.

1.10 Definitions of Significant Terms

The following table gives the conceptual definition of terms used in this research.

Community Based Organization	Urban Poor Organizations formed through community organization approach which facilitates formation of people organizations through action reflection and experiential learning to overcome fear and passivity and become actively involved in matters affecting them in Kibera, Mukuru, Korogocho, Kawangware, Kiambiu, Huruma and Kariobangi
Popular participation:	Activities which build capacity, develop leadership, empower members and create space for gender inclusion, tribal integration, civic engagement and involvement of marginalized groups in development.
Resource mobilization:	The process that maps and mobilizes all available community inputs/assets with a capacity to resolve community issues and problems.

Services delivery:	It is the act of engaging in activities which improve and enhance accessibility, availability and adequacy of basic community services needed by the community for sustainable livelihoods.
Socio-economic activities:	Act of engaging in activities purely for the purpose of income generating undertaken by groups or community members for the benefit of the community either individually or communally.
Sustainable livelihoods:	Aspect of being in a position to meet their immediate basic needs with an economic, environmental and social balance that does not undermine the fulfilment of needs of their future generations.
Urban-poor settlements:	Urban poor settlements or “slums” denote seven urban poor settlements located either in; Squatter settlements on public or private land, Illegal commercial suburban land subdivisions on private or customary land or Occupation of overcrowded, dilapidated buildings in city centres or densely urbanized areas.

1.11 Organization of the Study

This study is organized into five chapters. Chapter 1 gives the introduction which includes the background of the study, statement of the problem, the purpose of the study, objectives of the study, research questions, research hypotheses, significance of the study, delimitations of the study, limitations of the study, basic assumptions and the definition of significant terms.

Chapter 2 presents the literature review which looked at the various aspects of CBOs activities on sustainable livelihoods and what other researchers have done in relation to the research topic. The conceptual framework and theoretical frameworks are presented and a summary of knowledge gaps in the literature review.

Chapter 3 outlines the research design, the target population, methods of data collection, validity and reliability, data collection procedures, ethical consideration, the operational definition of variables and the data presentation techniques.

Chapter 4 contains the response rate of the study, demographic presentation of the population and data presentation around the themes of CBO resource mobilization, service delivery, popular participation and social economic activities.

Chapter 5 presents a summary of the findings and discussions around the themes of CBO resource mobilization, service delivery, popular participation and socio-economic activities. It also includes researcher's recommendations on the findings to development agencies and suggestions for further study and conclusion.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

This literature review is concerned with the influence of CBO activities on sustainable livelihoods in selected urban poor settlements in Nairobi County. It is organized thematically according to major themes of the study; it starts by exploring sustainable livelihoods strategies utilized by different development agencies, globally, regionally and locally in rural areas and urban areas; It goes further to look at what others have said on the independent variables and their role to influence sustainable livelihoods in other parts of the world; it also looks in to theoretical framework, conceptual frame work, knowledge gaps in literature review and a summary of the literature review.

2.2 Strategies for sustainable livelihoods in urban poor settlements

According to Chambers (1992), the need for people centred approaches to poverty reduction and sustainable developments have legitimized the use of livelihood definitions, models and frameworks. Scoones (2009), advocated for tailored approaches to development which address the livelihood aspirations of the poor. Poverty is multi-faceted and the poor have diverse and changing livelihood portfolios constructed within the context of their elusive vulnerability, trends and asset base which reflect their potential resources and depends on strategies which are shaped by the policies, institutions and processes (PIPs) which they interact with in their day today lives (Farrington, Ramasut, & Walker, 2002) (Krantz, 2001).

According to DFID definition a livelihood, *“It comprises the assets, the capabilities,(this includes both social and material resources), and those activities required to earn a living and it is sustainable if it is able to cope with as well as recover from social economic and natural stresses and shocks and is able to maintain or be enhance those capabilities and assets and not be depleted of its natural resource both now and in the future”* (Chambers & Conways, 1992) (Sneddon, 2000).

DFID, OXFAM, CARE and UNDP have adopted the Chambers & Conway’s definition of livelihoods (Oxfam-GB, 2009). Urban areas are prone to vulnerability or lack of ability to cope with the exposure to risk and stress due to both political and natural causes as a result of exposure to risk and stress (Chambers, Edited 2006) (Harinarayan & Webbs, 1999). Different

developmental organizations employ a customised model of Sustainable livelihood (SL) approach developed by IDS as a strategy for poverty alleviation as it provides a useful tool for understanding the underlying problems and their causes (Krantz, 2001)

DFID, UNDP and IFAD employs an asset-based approach which emphasizes promotion of people's "access" and "sustainable use" of assets central to both poverty reduction and programming framework. CARE's uses the household livelihood security (HLS) model which emphasizes a capacity building approach to development. Rapid and Participatory Livelihood Security Assessments (RLSA or PLA) has been used for the collection and analysis of information at the community level to disaggregate it to gender and generation (Krantz, 2001)

Farrington has cautioned that Sustainable livelihood approach (SLA) when applied to urban areas has to be analyzed using the Urban rural continuum and should be applied with a lot of care due to the blurred distinction and pervasive linkages between urban and rural areas, and the diversity of conditions found within urban areas. SL Approach is more appropriate for programme implementation. It cannot be used independently as it lacks the potential to build the capacities of the poor and it may not address pertinent issues addressed by other approaches such as Social Analysis and Participatory Research Appraisal methodologies (PRA) (DFID, 1999)

Chambers' argued that while economic growth may be essential to poverty reduction for sustainable livelihoods, there may not exist an automatic link between poverty reduction and economic growth because it all depends on the ability of the poor to utilise the opportunity to take advantage of the available increasing economic opportunities. What precisely prevents or constrains the poor from improving their livelihoods in a given situation need to be examined for better designing of support activities. Negative experiences with conventional approaches to poverty reduction in recent findings as a result of the changing nature and understanding of poverty have lead to adoption of new approaches. (Krantz, 2001)

Developing sustainable livelihoods strategies for the poor has faced mayhem of challenges; it should take in to consideration their livelihoods, their identities, their institutions, and their space in globalization as a result of continued economic and ecological crises. Traditional approaches that promote high rates of economic growth have not led to sustained or evenly distributed development benefits and therefore need for a moral, attitude and behaviour

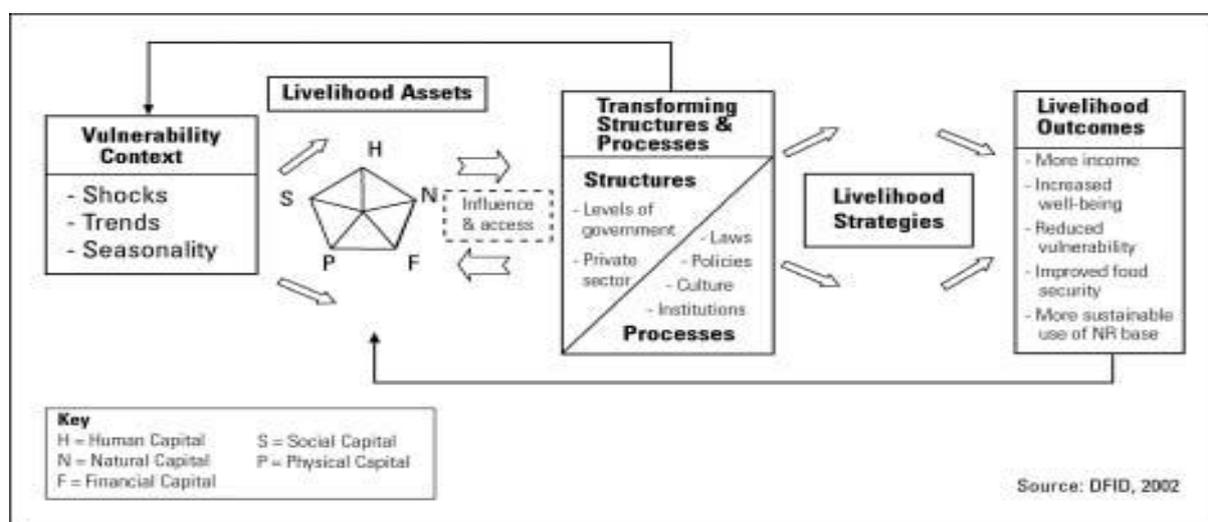
change in citizens, governments institutions and corporations in order to achieve sustainable future and therefore create a in depth understanding of community processes that positively influence sustainable livelihoods especially in developing countries like Kenya (DFID, 2001).

Complexity of livelihood structures which should take in to consideration their income, diverse skills, as well as all individual family members contributions for a living in order to reduce the risk of lack of a livelihood cannot be overlooked and this cuts across diverse income sources not just a secure employment in a capitalistic society. Achieving sustainable livelihoods requires the integration of available knowledge and people strengths with appropriate training and education, knowledge, contemporary science, current technology, enabling environment and policies, responsive and transparent leadership and governance structures, and loan, credit and investment facilities (DFID, 2001).

Understanding what constitutes poverty poses a challenge due to its unique, subjective and multi-dimensional phenomenon as it cannot simply be reduced to be put into practice. (Chambers, 1992). Each poverty situation in context makes sustainable livelihood strategies easy to study than implement. Social relations which deal with issues of power and inequality that maintain poverty at the local level need to be analyzed together with the essentials of that strategy and should involve the local people to let their knowledge, perceptions, and interests to be taken in to consideration. The structures and processes that have the capacity to ‘transform’ livelihoods and provide better opportunities for the poor to be transformed although invisible informal social and power dominance structures within communities influence access to needed resources and livelihood opportunities by the people (DFID, 1999).

Poverty analysis tools have come under criticism, for example; use of informal settlements or slums which are presumed to be a preserve of the poor faces the challenge that poverty cannot be geographically presumed because communities are not homogenous or uniformly distributed; Use of poverty line (less than a dollar per day) faces the challenge of analyzing the basket of goods and the real material and financial incomes and expenses of each individual although it allows a more selective identification of the poor; wealth ranking is influenced by community criteria and definition of the poor, their perceptions and experience; social analysis is agued to be most appropriate for it takes in to consideration participatory poverty assessments, gender analysis, stakeholder analysis, institutional analysis but due to the work load involved it is rarely employed (Scoones, 1998).

Critics of SLA approach argue that it does not adequately addressing gender issues which are core in addressing sustainable livelihoods where women play a major role but may not be actively involved in the decision making processes (DFID, 2001). Scoones (1998) argues that there is need to give more consideration to gender aspects in sustainable livelihoods as a major factor because intra-household inequalities such as household economic control, social interests, economic opportunities, and power to make decision, often have gender as a basis. He knotted women participate in community programmes when they are heads of households and not as vulnerable; socially and economically subordinate members of prosperous households (Scoones, 1998).



Source: DFID livelihood framework, 2002

There is need to analyse community assets, their adaptive strategies with the technologies contributing to livelihood systems and their associated cross-sectoral policies together with their investment requirements to enhance livelihoods (IISD, 2013). In a SLA model community strength and adaptive strategies are entry point and communities are both subjects and objects of change as they can analyse their strength and knowledge about their reality. Sustainability in economics, environmental and social well-being of people, governance and policy as well as their linkages need questioning. Use of empowerment rather than welfare as a livelihood strategy, improvement of existing livelihood systems, creation of new opportunities sustainably and allowing for development of indicators to measure improvements in livelihood systems and their sustainability also need questioning (Scoones, 1998).

It is argued that SLA is more appropriate for evaluating socio-economic impact of projects or programmes with poverty alleviation as one of their overall objectives as it provides a more tailored framework for looking into effects caused by the project and also the outcome effects which are indirect realistic people living standards than using a one-dimensional criteria such as productivity or people income. Household livelihood security is useful if there is adequate and sustainable access to income and resources to meet basic needs (Farrington, Ramasut, & Walker, 2000).

SARAR approach is best suited for Community educational/trainings programmes for people in different levels to engage their creative capacities in planning, problem solving and evaluation; it works well in all levels of what it describes as the “Resistance to Change” Continuum, although seen to work better in areas where resistance to change is prominent by involving and motivating people in to choose more sustainable options. It is said to be one of the oldest approaches designed by Lyra Srinivasan with organizations such as Save the Children and World Education in the early 1970s and adapted for use in water and sanitation by the PROWESS/UNDP programme in the mid 1980s in East and West Africa, Philippines, Indonesia, Nepal, India (ACDIL), Mexico (SaraTransformación), Guatemala and Bolivia. (Water Aid, 2003).

Participatory Hygiene and Sanitation Transformation (PHAST), an adaptation of SARAR (Srinivasan, 1990) is best suited as a methodology for hygiene promotion for organizations working with communities to create awareness of their water, sanitation and hygiene situation through the participatory processes; they will become empowered and develop plans and carry out activities to improve their own situation. (UNDP,WB,WHO, 1997). Advocates of the PHAST approach believe that it can be adapted to any culture and can be applicable to school children in classrooms situation, in non-formal education centres and in community meetings but needs training, supervision and support from institutions and requires the involvement of trained and paid artists during the intensive phase of materials development (Water for Life, Undated).

Social change programmes make use of Participatory Action Research (PAR) which is an adaptation of traditional programmes such as Participatory and integrated programmes(PID), Participatory Rural Appraisal(PRA) or Participatory Urban Appraisal(PUA), and employ participatory methodologies designed not only to achieve social change but also to document and learn from that process through research and use participants as key evaluators, program

designers and researchers as they identify problems and implement solutions to the obstacles to achieving full participation in their community. PRA offers multiple opportunities that develop and build on lessons learned throughout the process of implementation therefore enhanced service quality (Rome & Palmyra, 2003)

Self-Help approach associated with Community Organization (CO) helps in building local institutions and community capacities and is most appropriate if the community is not well organized and lacks well defined local institutions, that is, leadership, organizational capacity and active citizen engagement. Economic growth and development initiatives presume social institutions are well in place and functioning (Deller, 2013). Without this grass root organizations, community economic development initiatives are at stake as they are in dire need of “community development”. Self-help is said to be important and necessary development approach in building local institutions and community capacities which include; leadership and voluntary development programs, working with local small businesses enterprises to create pro-active business associations, and lastly assist county governments to better understand their roles and responsibilities in economic development of the community (Deller, 2013).

2.2.1 Influence of CBO Activities on sustainable livelihoods in urban poor settlements

(MUELLER, 2010) IFS found that, in 2007 at least 10 million people were residing in urban zones and megacities in search of sustainable livelihoods leading to dramatic social and economic disruption outside of any formal planning and administrative processes (USAID, 2013). Community based organization is a key element for the successful implementation of development project, especially in urban poor settlements and helps in promoting suitably adapted strategies for resource mobilization in informal settlements (GUD, 2006).

Urban poor situation differs from that of the rural poor in that; the urban economy is primarily cash-based creating vulnerability, price spikes, high cost of living, limited access to formal employment, increased vulnerability to urban environmental hazards, and often lack a social support system (Moser, Gatehouse, & Garcia, 1996). The multidimensional nature of urban poverty means that deprivations along one dimension sustain and reinforce deprivations along other dimensions Slum dwellers live in overcrowded and unsanitary conditions; they lack security of tenure, experience poor urban neighbourhoods, and inadequate basic services such as public lighting and policing, high levels of insecurity

through exposure to organized and petty crime. (David, 2002) (Muggah, *Researching the Urban Dilemma: Urbanization, Poverty and violence*, 2012).

CBOs are membership non-profit organization whose activities are based primarily on volunteer efforts and depend heavily on voluntary contributions for labour, material and financial support (Chechetto-selles & Geyer, 2006). To understand livelihoods of the poor, analysis of different aspects of livelihood resources and strategies, which include processes within the institution and the organization's structures linking various elements together, is paramount. CBOs whether formal or informal have some form of power that directly or indirectly mediate access to livelihood resources which in turn affect livelihood strategy options which influence the scope for sustainable livelihood outcomes. (Scoones, 1998).

Community Based Organization as a development term was institutionalized among development agents in the early 1990 as a shopping basket for alternative institutions through which development programs could be carried out. Historically, CBOs have evolved around key sectors, particularly the management and development of community resources such as water, grazing land and sacred forests. Because of the hard economic times and the changing social patterns; CBOs have attempted to respond appropriately and their structures have evolved and scope widened to include other objectives such as provision of goods and services, participation in national development, governance and human rights, small enterprise, health and HIV/AIDS, education, agriculture, shelter and sanitation and so on. In Kenya, most CBOs were formed between 1995 and 2000. For instance, in a survey of 827 women's groups in Nyeri and Suba District, 60 % of them were formed between 1996 and 2000 (CfBT, undated).

2.3 Influence of CBO resource mobilization on sustainable livelihoods

According to Ogoro (1995), three factors should be met for successful mobilization. They include; socio-economic satisfaction in terms of food, employment, understanding, and basic education; government support where the community's efforts are inadequate or are even not forthcoming; and legitimization of the plan for community improvement process. It takes the involvement and active participation of all community, be it traditional, religious, political and social including clubs and societies, co-operatives, labour unions, student and other gender based groups for community resource mobilization to succeed.

Community resource mobilization cuts across many activities such as; leadership and governance, social cultural activities, advocacy and campaign, income distribution and wealth creation, conflict management and peace building. It involves mobilizing human resource, capital resources, community resources, national resources and any other thing which can act as input to change the current situation for the better (Oduaran, 1994).

Kretzmann & McKnight (2005) grouped community assets for resource mobilization into five categories; local community skills, experiences, passion, capacities and willingness to contribute; local voluntary associations like clubs, networks, faith based and football clubs; local institutions such as public schools, libraries, local businesses and non profits; physical assets such as land and buildings; and economic assets including what people produce and consume, businesses informal businesses and barter relationships.

(McCarthy and Zald, 2002) Resource mobilization is a powerful tool as it is the means by which community members gain access to scarce resources. Different social mappings have identified different types and concepts of resources in a social grouping which for many decades have been ignored until much recently when different concepts of resource types and forms were developed. Five forms of resources identified include; moral, cultural, social-organizational, human, and material resources. (McCarthy & Edwards, 1997)

According to Cress & Snow (1996) moral resources include; legitimacy, solidarity support, sympathetic support, and celebrity. Legitimacy gives small organization more acceptances by the bigger organizations and serves as a link between the institutions, Moral resources originate outside the organization where they get resources from and are less accessible than cultural resources. Because externally bestowed moral resources can be retracted, they are both less accessible and more proprietary than the cultural resources.

Cultural resources such as cultural products, artefacts, conceptual tools and specialized knowledge have become widely, though not necessarily universally, known; community tacit, knowledge about how to accomplish specific tasks and production technology such as herbal medicines. Cultural resources are widely available, less proprietary, and accessible for use independent of favourable judgments from those outside a movement unlike moral resources which are proprietary. (Oliver & Marwell, 1992)

Social organizational resources are either intentional when created for the purpose of the social community goals and appropriate or social organization if created for non community

purposes or individual goals although movement actors use it to access other types of resources through it. Social organizational resources include infrastructures resources, social networks resources, and organizations; they are non proprietary social-organizational resources and are equivalent of public goods like postal service, sanitation, or civil infrastructures like roads, sidewalks, and traffic lights that facilitate the smooth functioning of everyday life (McCarthy & Edwards, 1997).

Human resources such as labour, experience, skills and expertise are more tangible and easier to appreciate than the above three resources. Leadership inherent in individuals rather than in social-organizational structures or culture falls under this category; individuals typically have proprietary control over the use of their labour and human resources, except in extreme cases like forced labour or extortion. Human resources (which are value added such as experience, savvy, skills, or expertise) known also as human capital are different from cultural resources which are inherent or present in a given society. An expertise or celebrity contribution will bring more moral resources than just an unknown individual although the latter may be better than the former (Oliver & Marwell, 1992).

Material resources comprise both financial and physical capital; monetary resources, property, office space, equipment, and supplies in economic terms. Emphasis has been given to monetary capital since money is an underlying factor or a necessity in the economy and almost everything can be converted to money. Material resources are said to be generally tangible and more proprietary whereas in the case of money they are more fungible than other material resource types (McCarthy & Edwards, 1997).

2.4 Influence of CBO Service delivery on sustainable livelihoods

CBOs in the informal settlements provide community services at the local level; Service delivery if visible to the public offers a promising entry-point to improvement in other areas of governance. Community service delivery include; provision of food services; the distribution chain services; transportation of goods and services; water and environmental sanitation; educational services; community health services; housing services/shelter and employment. Strengthening service delivery is a key strategy to achievement of the Millennium Development Goals (USAID, 2013).

Service delivery in urban areas face immense challenges due to high population growth and limited resources; poor planning, lack of policies, urbanization, population growth, and bad

leadership and governance systems have played a role in poor service delivery in urban areas (USAID, 2013). There is need for more investment and effective management of resources for service delivery to move towards financial viability. Programs that improve governance, encourage accountability, and bolster capacity to manage service delivery systems need more support. This calls for political good will to providing services, as well as the capacity to implement, operate and expand services. (IISD) (Satterthwaite & Tacoli, 2003).

According to USAID (2013) governments should adopt approaches that; Build good governance and effective management systems within service delivery programs to increase institutional capacity over the long term; Encourage innovative and cost-effective service delivery appropriate to local norms and resources so that local governments can adequately maintain and expand services; Support increases in investments in service delivery that will reduce current service gaps across sectors and prepare countries for future urban growth; and help countries and communities apply pro-poor service delivery models, especially those successfully applied to underserved areas and populations, such as women, the disabled, and youth. Compared with men, women in cities face unequal access to services, work, housing, health, education and representation in urban governance (USAID, 2013).

(Service, 2007) Services delivery should be within a minimum quality standard; terms such as access, utilization, availability and coverage are often used interchangeably to reflect on whether people are receiving the services needed. Indicators of service delivery are : Service availability; Service capacity in general; Service capacity in specific; Service utilization; Service quality, access, quality, safety, efficiency and equity of services (WHO, 2008).

Researchers advocate that organizations view service customers as “partial” employees and view service recipients as temporary members or participants. Customers are sources of inputs and equal to internal employees responsible for productivity both in quantity and quality Informal settlements are consumers of public services and customer participation in service production acts as a production resource as they can influence the quality and quantity of production. Some critics believe that service customers as part of input should be separated from service delivery system as much as possible as a way to reduce the uncertainty associated with customers in the process of production. In this view we reason that reducing the direct contact between the customer and the service production process, then the production system will operate at peak efficiency (Service, 2007).

Community members as service customers' contribute to their own satisfaction and the ultimate quality of the services they receive. Although they may not value their role in increased productivity of the organization through their participation, but they are mindful whether their needs are fulfilled. To them, participating in service delivery may be intrinsically attractive. CBOs as part of service customers have the choice of purchasing services in the marketplace or producing the service themselves; either fully or in part and becomes a competitor of the service organization which require motivation, skill and full participation. Services can be provided through self help or out sourced where great expertise is needed (Service, 2007).

Structural violence and conflict has been associated to political, economic and social factors which are closely linked to availability and accessibility to basic community services. Service delivery is an important response to conflict and can reduce conflict by bringing interventions to act as a tangible peace dividend in countries emerging from conflict. A number of service delivery interventions designed and implemented to reach down to the grassroots level help to stabilise situations in the immediate aftermath of conflict which are sometimes referred to as 'quick wins' or 'quick impact' projects (QIP) by organizations like DFID, USAID, the World Bank, EU, and UNHCR (USAID, 2013).

(UNCHS, 1996) Informal settlements fall under social exclusion and marginalized areas. CBOs in informal settlements provide a wide range of services such as waste management, garbage collection, housing, water and sanitation, markets, recycling, food provision, employment opportunities, education, infrastructure, health services, conflict mitigation and which are not provided by the government due to legal status of the areas. Odegi- Awoundo (1994), quoted by Peters(1998) observed that service provision in informal settlements was highly organized with distributors, middlemen and pickers of the raw materials which has improved the conditions of informal waste economy in Asian countries .

Syaggy (1992) quoted by Service O (2007) argued that the community sector is a vital ingredient for service provision due to the failure of the public sector and private sector to provide services to low income areas of the city. Service delivery can mitigate social exclusion (officially or unofficially enforced), particularly in marginalized areas such as slums and poorly communicated territories by the existence of mechanisms that reach down to community level and give the poor voice and the opportunity to participate politically.

There is need for active participation of the community sector or those who are in need of services to be involved as an effective way to increase accessibility of the poor to urban services such as NGOs, welfare societies, village committees, self help groups and security committees in the community (Service O, 2007). Kim Peters (1998) noted that most of community environmental income generating projects did not bring in much returns although significant improvement in environmental sanitation, water services, health and education had been achieved and have helped to balance rural urban imbalance in resources flow (Peters, 1998).

Service delivery interventions provides an entry point and trigger for longer-term pro-poor social, political and economic change in difficult environments in which poor people are not empowered to demand their rights (services, livelihood opportunities and social protection) and the state is responsive to the voices of the poor. The provision of basic services has the potential to break the inter-generational cycle of poverty and increase economic opportunity to bring about short term and long term change. Long term social, political and economic factors are the underlying causes of violent conflict. Group exclusion along social, economic, and/or political lines is a source of differentiation and is one of the potential triggers of conflict. Exclusion from services, in particular education, has been highlighted as a factor in conflict in countries as diverse as Burundi, Sri Lanka, Nepal and Kosovo (Lucci & Lynch, 2006).

Education can be crucial in addressing the underlying causes of conflict in terms of its structures and systems and curriculum content. School curriculum can conversely be used as a vehicle to incite ethnic and racial hatred. There is some evidence, for example, that the Rwandan genocide was partly fuelled by the messages conveyed through the education system. The reformulation of the Rwandan curriculum has been a key element in the reconstruction effort. In the long term, provision of free universal education is perhaps the most effective policy for reducing the educational inequality that contributes to unequal employment and livelihood opportunities (Lucci & Lynch, 2006).

Education as a service when provided is a powerful tool for intergenerational change as a method of exposure to create a greater understanding of issues, confidence in participation in developmental debates, policy formulation and implementation. Healthier and better-educated individuals are more likely to be able to build their livelihood opportunities,

contribute to long-term economic growth, and protect themselves from economic shocks (USAID, 2013).

(Kenya Vision 2030, 2007) Service delivery is key to achievement of vision 2030 and the MDGs which have been revised recently to sustainable development goals (SDGs). Service provision or delivery is an immediate output of the inputs and increased inputs should lead to improved service delivery and enhanced access to service and also ensure availability and access services. The constitution of Kenya vests the responsibility of monitoring of service on the citizens (GOK, 2010). Monitoring service delivery should not be about coverage of interventions in terms of the proportion of people who receive a specific intervention or service among those who need it but should demonstrate quality and the utilization of the service by the target population (Tanahashi, 1978) (Tatiana, 2010).

Physical access and availability of services that meet a minimum standard and specification in terms of the elements of service delivery and data on the population distribution is essential. Ability of the client to pay for the services and the extent to which the service is affordable depending on the clients' ability to pay. Socio-psychological dimensions measurable through household surveys with data on those who stay away from the facility because of socio-cultural barriers are important although difficult to get (WHO, Edited 2003).

2.5 Influence of popular participation on sustainable livelihoods

(Nakpodia & Ifakachukwu, 2012)The concept of popular participation is mostly used synonymously with “people’s participation”, “community participation” as well “citizen’s participation”, to imply the masses getting involved in their locality in activities designed to promote and enhance both their community socio-economic situation and political development. There has been a tendency to narrow the concept although in modern development arena, the use of this concept (popular participation) transcends beyond this narrow thought were everyone aspires to contribute to a meaningful change in the society to which they belong. Oduaran (1994) observes that participation should be “popular participation” in any community development initiative but this faces several constrains which is embedded in the people themselves such as: ignorance, illiteracy, poverty, inadequate mobilization and apathy or indifference on the part of the people.

According to Arigbede (1990) popular participation recognizes the centrality of the human capacities such as, culture, knowledge, experiences and aspirations of a people for the collective utilization of their limited resources for their own development and that of their society. It gives emphasis for every individual community members irrespective of their gender, sex or age as a must to be involved in the process of development, also referred to as empowerment of the people (African Chatter, 1990). It requires effective involvement by creating structures and designing policies and programmes that serve not only the interest of the people but making them become part and parcel of the decision-making processes at all levels; articulating goals of recovery and development, allocating resources, formulating policies and programmes, executing projects, utilizing projects and monitoring projects performance; sharing equitably the benefits of recovery, development, enhancement of the effective accountability of the leadership and their actions (Adedeji, 1990); (Oduaran, 1994).

Popular participation is a collective continuous effort which involves organizing everybody in the locality to participate and allows everyone in the group to be a teacher and a learner where everybody is active; no one is passive or an observer (Omokemi, 1997). It means purposefully realizing the collective and personal creativity of the people for a rapid and genuine development and can be conceived as the democratic, ultimate, and massive involvement of the people in activities designed to bring about improvement in their own well-being (Oduaran, 1994).

Arigbede (1990) argues that popular participation is not a luxury of choice for a nation, but a precondition for real development of the people, the guiding spirit behind the full involvement of the people in contributing ideas, energies, and resources to the development of their society. It should be premised in the idea that the greatest need of any individual or nation is self-actualization or self-fulfilment and self-reliance. It means community engages in a process of self assessment to identify challenges and possible course of action by coming up with a framework and strategy of implementation were by the outcome is evaluated interactively to develop intervention measures (Nakapodia & Ifakachukwu, 2012).

United Nations linked popular participation and community participation to the discourse of community development (Midgley, Hall, Hardiman, & Narine, 1987). Where popular participation is concerned with broad issues of social development and creation of opportunities for the involvement of people in the political, economic and social life of a nation; community participation connotes the direct involvement of ordinary people in local

affairs. For instance 2005 election manifesto for the British Labour Party argued the need for communities to assume greater responsibility in terms of ownership and management of community resources and assets such as village halls, libraries and recreational facilities (Smith, 1996,2005,2014).

According to Oduaran (1994), popular participation involves four things: Total control by the people of their own affairs, be they economic, social or political; Capacity building or empowerment – by ensuring that the people are fully involved in the development process of entrepreneurship through the acquisition of enabling knowledge, skills and attitudes, using the medium of informal training or non-formal training; Utilization of the vibrant micro-organizations of the people themselves to create in their community's continuous drive to survive; Empowerment is development through the psychological instilling of self-confidence into a people who probably hitherto believe that the Almighty God had castigated them to an eternity of powerlessness, miseries, diseases, death, subjugation and degradation; Development to be properly harmonized with human self-fulfilment and crucial solidarity with other human beings.

For popular participation to happen, capacity building is essential. Capacity building was a household name in development circles in developing the ability of local groups and networks to function and to contribute to social and economic development in early 1990s, but often remained associated with a technocrats and economist viewpoint such as competencies or 'investing'. Capacity building should be about strengthening people's capacity to determine their values and priorities, and to act; as a basis of development approach rather than a set of discrete or pre-packaged interventions. It works best with organizations working for sustainable social justice to enhance certain basic capacities (social, economic, political and practical) on which development depends (Eade, 1997).

Eade (1997) argues that capacity building must not be seen in isolation; all have capacities that may not be obvious and if it is to be inclusive, interventions must take into account different and sometimes negative, ways in which the impacts will be experienced this means they have to be flexible although it must not cost the organization their direction with regard to organizational processes of social and economic transformation; capacity building should not be 'doing development' the cheap way or as a do or die activity but should be risk-free. Capacity building should not be located within a particular paradigm, or within a particular set of policy parameters. There has been some form of disposition to build capacity that

might as well oppose or fail to the ‘importance’ of state interests and priorities which has created problems (Eade 1997: 3).

Popular participation also requires leadership development. Urban and Cities Act, 2012 provides for public participation in governance and leadership through; municipal boards; town committees; cities boards, developmental committees dealing with different issues in the ward, constituency and county levels were Citizens must be represented in these management bodies through appointed representatives from professional bodies and resident associations. Most development initiatives is centred around people, and development scholars advocate for ways in which people may be mobilized for given programmes, or the resolution of problems that impinge on development (Oduaran, 1993).

It has been argued that development programmes do not succeed due to lack of people participation in assessments of their needs and resource as well as in project implementation process (United Nations, 1978). There is need to integrate citizen participation, community mobilization and leadership development for community development project to be successful and sustainable (Oduaran, 1994). Leaders should engage community effectively in needs assessment, resource allocation and project implementation. Community participation is essential for specific groups processes defined by geographical area to plan and implement their development initiatives and become beneficiaries (Beaty, Al-thawr, & Bagash, 2002).

(Oduaran, 1993) Empowerment goes far beyond simply widening access to decision making but enables local groups to take initiative and work actively in the interest of the community. It implies making people understand the situation their real situation, identify the factors that contribute to it and important take action to bring the desired outcome. Empowerment and Community participation provide community structures that plays a major role in addressing the structural causes of conflict which are long-term factors underlying violent horizontal conflict within urban settlements which stem from a range of social, political and economic factors. Community structure refers to those social organizational structures which are internal as well as their organized and structured relationships among community members (Oduaran, 1994).

Empowerment is giving more capability to the poor people to enable them to take over initiatives to improve, increase and secure their own livelihoods. While Personal empowerment focuses on enhancing the people’s confidence and skills (or human capital) to

overcome economic constraints to improve existing income-generating activities or identify and start-up more profitable new activities as well as integrating gender relations within both the household and community either by mutual support and interest groups or savings activities; Social empowerment focus on establishing and strengthening of existing, representative, Community Based Organizations build capacity for community members in planning and implementation of priority development activities emerging from participatory needs assessments, and structures of democratic representation and governance (Drinkwater & Rusinow, 1999)

According to UN-HABITAT (2008) One billion people worldwide live in areas designated as slums, and more than 90% of these are located in Low- and Middle-Income Countries (LMIC). By 2030s 60% of the world's population will be urban dwellers and this poses a challenge to living conditions in slums and associated public health considerations thus increasing concern for governments worldwide. Baker said that the impact of slum upgrading, its infrastructure and the associated poverty reduction programs and policies are some of the major areas which need substantial analysis and design review to maximise their impact and effectiveness in urban areas. (UN-HABITAT, 2008)

MDG Goal 7 seeks to significantly improve the lives of at least 100 million slum dwellers by the year 2020 (WHO, 2013). Slum upgrading, in its most basic form, involves improvements in the physical environment of the existing area with a purpose to improve the health and quality of life for residents of slums; this might include improving or installing basic infrastructure services such as water, sanitation, solid waste collection, electricity, storm water drainage, access roads, footpaths and street lighting. Interventions may also include home improvements and securing land tenure and also interventions related to services such as health and education and livelihoods (Cochrane Collaboration Activities, 2013).

According to (GOK, 2014) public participation involves open accountable process where individuals exchange ideas and influence decision making. Participation of the people of Kenya is one of the national values and principles of governance where citizens should be included in the process of policy making (Article 9(2) (a). The objects of devolution should enhance citizen participation where mechanisms for participation by residents should be included in the national legislation to urban areas and cities (GOK, 2010).

The constitution of Kenya provides for affirmative action on issues of gender participation in public offices where not more than 2/3rds should be of one gender. CBOs serve as a good platform for grass-root leadership and gender participation where gender participation is of chief concern. Community based organizations have women and youth departments which link with national government and county government to enhance gender participation (GOK, 2010).

2.6 Influence Socio-economic activities on sustainable livelihoods

According to a research done by the University of California (2009) Social economic activities are those initiatives community members engage in for the purpose of income generation to improve their wellbeing. Three major factors which encourage increased disease activity are; lower education level, lower income level, and poverty status. Depression symptoms were prevalent with people with lower education levels, low household income, or increased household poverty status. People with lower social economic status are more prone to mental illnesses. (University of California, 2009).

According to Tatiana (2010), people in urban poor settlement practice informal businesses which form part of entrepreneurship activities; this include garbage collection and recycling, water venting, beadwork, carpentry and masonry, roadside kiosks, cleaning services, dress making and tailoring; informal manufacturing of soaps, detergents, dairy products, hawking, informal casinos, water and sanitation services, charcoal “Jikos,” which are their own inventions that suit their environment and improve their living conditions. Peters (1998) found out that urban poor farmers in the informal settlements engage in several social economic activities such as livestock keeping which ranges from poultry, goats, swine, rabbits and cattle to subsistence farming also called sack gardening. These animals feed on food remains and urban waste and damp sites which raises a lot of health and hygiene concerns. (Tatiana, 2010)

Most researchers found that urban farmers faces a lot of challenges due to harassment from the city officials due to unclear legal status of urban farming, crop theft and waste disposal in the farming areas and grabbing of land (Peters, 1998) (UNCHS, 1989:45). USAID intends to use Agricultural strategy based in science and technology to approach the myriad issues faced by poor communities across the globe to eradicate extreme poverty by 2020. They will invent new seeds, new mobile technology and open new data centres to help farmers connect their

crop prices and understand weather variability and do something transformational against hunger (Rhodan & Dais, 2014) .

Urban poor lack access to capital for economic activities due to lack of collateral; cooperatives, savings and credit groups and micro credit have been recognised as effective tools for poverty alleviation and economic development in rural areas, only recently community based savings and credit systems and micro finance schemes have emerged as strategic ways of improving economic situations of the urban poor to enhance living conditions. There is increasing emphasis on self employment and economic empowerment drive to support small enterprises and self help activities by governments, microfinance institutions and non-government organisations dealing with development issues in slum and squatter communities (UNCHS, 1998).

Table banking is one of the strategies employed by the poor to create income and access credit, marry go rounds has assisted women groups to access capital for business investments. CBOs have invented various financial schemes targeting different investments depending on the areas they are operating such as; land, housing, assets, business, fees, medical, and marriage and burial which they arrangements (Joyful Women Organization).

(COTP, 2010) Community based projects also serve to generate income to the members. Projects which have community ownership are more sustainable than those without community ownership especially during times of conflict. During 2007/8 post election violence which saw informal settlements turned in to battle field, it was evident that only community owned projects survived the mayhem. These projects serve to unite the community and also as a source of income where they generate money from those projects. COTP reports indicate that CBOs have been able to buy land, build houses, and own public utilities like schools, clinics, dispensaries, businesses, water points, toilets, recycling projects, microfinance facilities and companies. (COTP, 2010)

According to Cristy (2011) “Harambee as Kenyan development slogan for traditional self-help events adopted from the colonial era during independence to refer to pulling together has been widely used since independence and serves to better the social economic lives of the members. Harambee activities include fundraising events, development initiatives, and community voluntary services activities. CBOs use social support to members during burials and difficult time, financial and moral support is given to the families affected. During the

period 1979 -1983, people's contributions to their own development averaged 7.25 million shillings per year; rising to 600 million in 1986; and was 1.13 billion shillings in 1987 amounting to about 10% of the total national budget. People also contributed free labour and materials including land for building of schools, health centres. This combined effort had a tremendous effect on improvement of people's lives in all fronts (Chitere, 2012).

2.7 Theoretical framework

a) Social development/ change theory

(Jacobs & Cleveland, 1999) Social development is a process where human energies are organized in higher levels in order to achieve greater results; it focuses on putting people first and stands for bottom up approaches. This approach involves two processes which are interactive; namely learning process and application of that learning to respond to the output of that interaction of human beings and their material world, social relations and intellectual environment. Due to external threats, pressure of physical and social conditions, mysteries of physical nature and complexities of human behaviour, humanity have been prompted to experiment, create, innovate and develop better ways to fulfil its aspirations and develop organizational mechanisms to express that knowledge to achieve its social and economic goals, a process of discovery which expands human consciousness and its application enhances social organization.

Jacob & Cleveland (1999) argue that absence of valid social development theory has lead to trial and error experimentation, with a high failure rate and very uneven progress. This is evident in the high preference of social challenges facing societies such as widening gap between the rich and the poor, environmental depletion, crime and violence, a fact that humanity is vigorously pursuing a process without the full knowledge needed to guide and govern it effectively (Jacobs & Cleveland, 1999)

Social development should be about promotion of inclusion, cohesion, resilience, citizen security and accountability as the operational principles that define socially sustainable development. It should include the poor and excluded in the development process and translates the complex relationships between societies, states and communities into operations. Pro-poor development approaches should be able to mainstreaming social sustainability by looking in to those issues touching on social aspects, risks associated, and the impacts caused to ensure social sustainability (WORLD BANK, 2014).

b) Community development theory

The notion of community development began to feature strongly in United Nations documents during the 1950s and drew extensively on the British literature and experiences in Africa and India. Community development was partly a way to grow nationalism and partly as an outcome of a process to increase economic and industrial development. (Midgley, Hall, Hardiman, & Narine, 1987). Community development has been used to describe those approaches that look to cultivate social justice, increase mutual aid, build local networks and improve communal coherence and as a paradigm in respect of practice. New changes to this notion of community development have been developed to constitute three other aspects such as welfare, community organization and social change (Gilchrist & Taylor, 2011).

According to Paulo Frère (1921-1997) empowered marginalized individuals or groups to develop critical awareness of their situation, make choices and transform those choices into desired actions and outcomes for their own good and self liberation which enable them to break through the culture of silence and apathy. From 1960s, the Community Development model become accepted as the strategy of addressing problems of poverty especially in the newly independent societies and departments of government covering all aspects of community life. For instance, the establishment of Community Development departments in all those countries under the British rule. Governments accepted the people themselves knew what they wanted and the role of governments was to help the people explore other alternatives and support them to acquire technology and capital intensive tools and machinery they needed to develop. (Chitere, 2012).

People support what they create (Lewis, 1952) and the success or failure of a community initiative is directly related to their level of involvement, inclusion and appreciation in the process. Authentic communities are present when the group go through Introduction, Interaction, Involvement, Influence, Investment, and Identity. There is need to understand the stages through which communities develop and the needs at each particular stage since they are not static and social development is dynamic (Smith, 1996, 2006,2013)

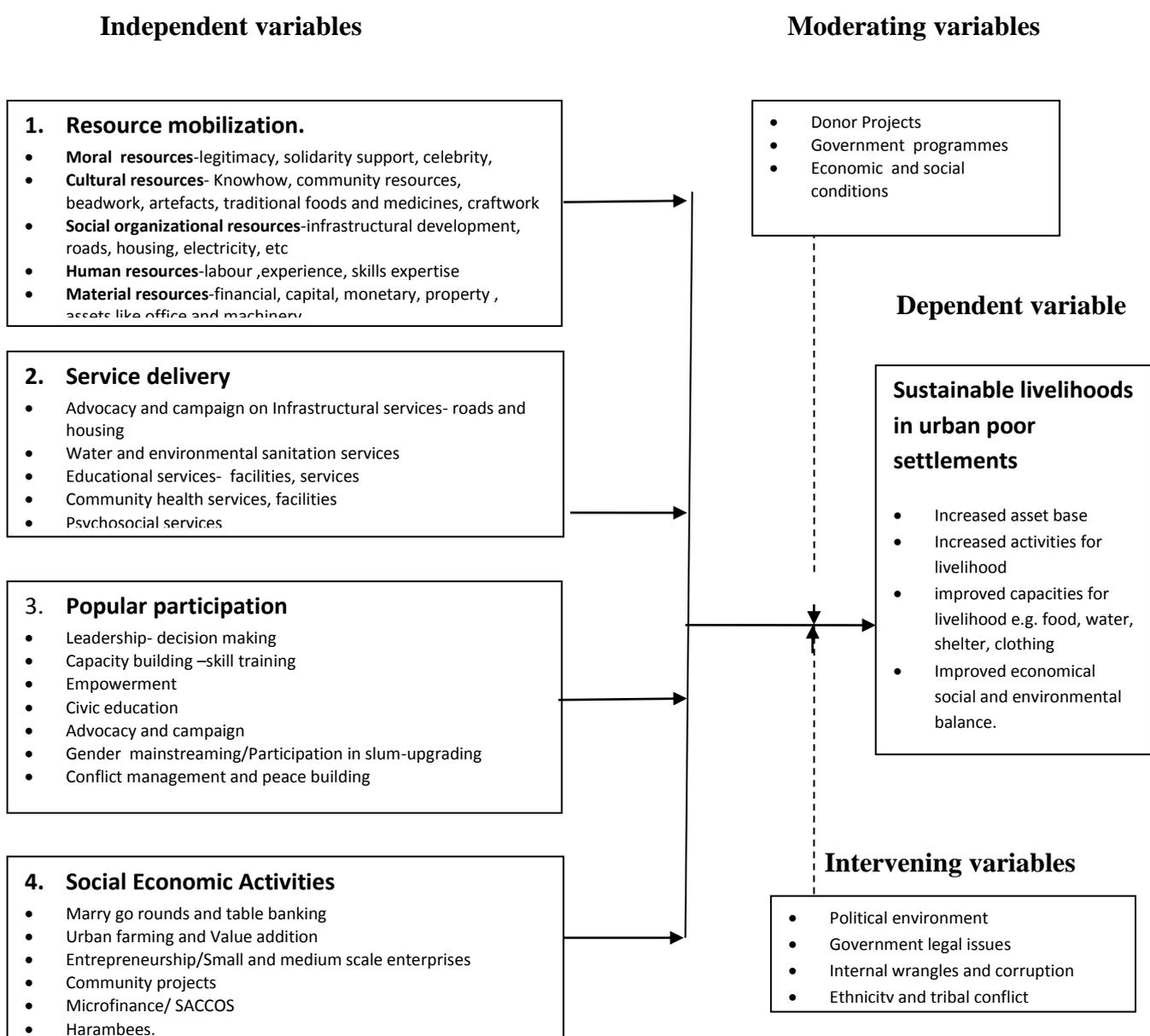
2.8 Conceptual Framework

This conceptual framework assumes that influence of Community based organizations activities differ from one village or settlement to another depending on the independent

variables which are; resource mobilization, service delivery, popular participation and socio-economic activities of the community.

It shows the relationship between the dependent variable(sustainable livelihoods in selected urban poor settlements) and the independent variables CBO activities which influence sustainable livelihoods which are; resource mobilization, service provision, popular participation and socio economic activities.

Figure 1: Conceptual framework for the influence of CBO sustainable livelihoods in selected urban poor settlements in Nairobi County, Kenya



2.9 Knowledge Gaps:

The following table gives information on the knowledge gaps in the literature review which the research project will contribute to.

Variable	Source of literature	Findings	Knowledge gap
Community resource mobilization	McCarthy& Edward (1997)	CBOs resource mobilization includes; moral, human, capital and social resource resources. Resource mobilization helps to map all available resources for community use.	Existing literature has dwelt with specific aspects of community mobilization such as community resource mobilization, but has not looked into the influence of these activities to their sustainable livelihoods.
Services delivery	USAID(2013) Service.O (2007).	Service delivery is a major activity of CBOs for their peaceful co-existence as the customers who know the quality, quantity and timeliness of services.	Existing literature analyses services provided by CBOs but does not consider whether they contribute to the sustainable livelihoods of the poor.
Popular participation	Oduaran (1994)	Components of popular participation by CBOs; Empowerment, capacity building, civic engagement helps give the community a say in decision making tables.	Existing literature focuses on external influence on popular participation but not community influence on popular participation.
Socio economic initiatives	A Case Study (Peters, 1998)	CBOs engage in income generation and other related entrepreneurship activities to meet community needs and for the sake of income	Existing literature has dealt with monitory socio-economic activities but excludes non monitory activities which also contribute to their livelihood

2.10 Summary of the reviewed literature:

(DFID, 2001) It is apparent in the literature review that urban poor settlements face many challenges and most of the poverty reduction strategies aimed at sustainable livelihoods utilize the community groups as entry point. (Carney, 1999) Techniques widely applicable are focused on rural areas where most organizations have had their focus on agriculture as the main economy for rural set up. Those which focus on urban areas have their focus on emergency relief and mitigation measures during war or conflict and hence lack the potential to influence the sustainable livelihoods of the urban poor (USAID, 2003).

It is clear that community based organization in informal settlements have engaged in different forms of resource mobilization which have contributed to their asset and capital base (McCarthy & Edwards, 1997). Service delivery activities are indispensable because of the neglect by the government of the day due to legal status of those settlements (UNCHS, 1989:45). Popular participation has played a major role to build the capacity of the poor, empowering them to access resources and developing leadership skills, it provides avenues for civic engagement for citizens to actively engage duty bearers (Chechetto-selles & Geyer, 2006).

Most urban poor initiatives focus on social capital for social economic activities because the poor lack capital for business investments (Oxfam-GB, 2009). Most of sustainable livelihood initiatives are in rural areas and little attention has been given to urban poor settlements and thus a need to look at the urban poor areas where most of the population is housed and improving their livelihood has a major impact in the overall economic status of the county (GOK, 2007). Recent trends on development initiatives to curb poverty have been targeted on the sustainable livelihoods and empowerment of the poor through community based organizations as avenues of employment and wealth creation (Arigbede, 1990).

Development initiatives have been restructured to incorporate pro-poor strategies to reduce poverty and enhance sustainable livelihoods (African Chatter, 1990). Government have now started to refocus on the poor for their own sustainability in the wake of increased insecurity caused by terrorism, unemployment, poverty and climate change (GUD, 2006). This research tries to point out and identify the role of the community sector in the development gender in relation to the urban poor issues.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

This chapter discusses the research design and approach, nature of the target population, sampling framework and sample size used and, the research technique and instruments used, data collection methods and data analysis procedure, and finally the operational definition of the dependent and independent variables used in this research.

3.2 Research design

The research used descriptive survey design with a mixed research approach. This is because descriptive research design is more formalised with typically structured investigative questions addressing a variety of research objectives (Ngechu, 2004) and it is suitable where survey approach is involved and data is specifically for fact finding and the researcher has no control over the variables but needs to find out the state of affairs of a phenomenon (Kothari, 2000).

3.3 Target population

The research targeted 1744 members from 24 CBOs located in 7 urban poor settlements in Nairobi County with livelihood experience according to the current membership files of the CBOs, namely; Mukuru, Korogocho, Kibera, Kariobangi, Huruma/Mathare, Kawangware, and Kiambiu (Mugenda & Mugenda, 2003) .

Table 3.1 Population size.

Settlement	No. of CBOs	CBO membership
1. Kariobangi	2	92
2. Kibera	8	481
3. Korogocho	3	269
4. Mukuru	3	393
5. Kiambiu	2	128
6. Kawangware	2	148
7. Huruma	4	233
Total	24	1744

Source: CBO Registers 2015

Table 3.1 gives information on the number of CBOs in the settlement and their membership

3.4 Sampling Procedure and Sample Size

According to Cooper and Schindler (2006) a sampling frame is a list of elements from which the sample is actually drawn and is closely related to the population. In this case all the 24 CBOs in the selected 7 urban poor settlements were selected. When the population is small, there is no point of sampling if time and resources allow and this increases validity (Mugenda & Mugenda, 2003). One may use a sample size of between 10 per cent and 30 percent to calculate the sample size. A sample of 174 respondents representing a 10% of the population was drawn from the population using stratified random sampling (Mugenda & Mugenda, 2003).

Respondents were sampled using current CBO records; the population was stratified according to village. Gender whether men, women or youth was given considered where not more than 2/3rds where from one gender to capture social aspects of the respondents (Kothari, 2000). The names were written in papers and put in different 7 baskets per village and community members pick repeatedly according to required number and the persons identified were asked to provide information, this makes it easier to get adequate and accurate information necessary for the research (Ngechu, 2004).

This is because random sampling frequently minimizes the sampling error in the population (Kothari C. R., 2004). Kotler (2001), observe that if well chosen, samples of about 10% of the population often give a good for reliability, thus this research, a sample of 174 respondents provided good reliability.

Table 3.2 Sample size

Settlement	No. of CBOs	CBO population	Sample size 10% of the population size
Kariobangi	2	92	9.2
Kibera	8	481	48.1
Korogocho	3	269	26.9
Mukuru	3	393	39.3
Kiambiu	2	128	12.8
Kawangware	2	148	14.8
Huruma/Mathare	4	233	23.3
Total	24	1744	174.4

Source: CBO files 2015

Table 3.2 gives a summary of the sample size per settlement.

3.5 Research Instrument

The study made use of primary data collected using self-administered questionnaires to the respondents with the help of 7 trained research assistants. Secondary data from written sources was used for literature review and data analysis. The questionnaire consisted of 5 point Likert scale statements which measure people perceptions and attitudes to guide the respondent in a relatively short time and increase honesty due to confidentiality of the instrument (Likert, 1932).

3.6 Validity of the Research Instrument

According to Mugenda and Mugenda, (1999) validity indicates the degree to which the instrument measures the variables under investigation. Validity was ensured by discussing the instrument with an expert in the subject and with my supervisor. Content validity was provided through the structuring of the questionnaire to include both qualitative and quantitative data and different questions were asked in different ways with both open ended and closed questions to ensure all relevant information was obtained. The final questionnaire was printed and dispatched to the field and data collection was done with the help of trained research assistants and community representatives.

3.7 Reliability of the Research Instrument

According to Mugenda and Mugenda (1999) reliability is a measure of the degree to which a research instrument yields consistent results or data after repeated trials. In this study, reliability was ensured by training the research assistant so that; the questionnaire used in data collection was understood; identify and change any ambiguous, awkward and offensive questions and techniques to ensure the questions were framed correctly (Cooper & Schindler, 2006). Although reliability in research is usually affected by random errors, to ensure reliability of the research instrument in this study, pre-test was used in Kangemi to help identify the most likely source of errors which were acted upon before the actual study.

3.8 Methods of Data Analysis and Presentation

The research study employed a mixed method approach involving both quantitative and qualitative data. The information collected was checked for completeness and made ready for analysis. Data from the field was first coded according to the themes researched in the study.

The quantitative data was analyzed using descriptive statistics such as mean, standard deviation frequency distributions, and percentages. Inferential statistics such as Pearsons rank correlation was used to test the relationships and regression analysis was used to test the model of fit and make predictions. Data presentation was done by the use as descriptive statistics such percentages and frequency tables.

3.9 Ethical issues

These are concerns which involve the conduct or behaviour of both the researcher and the respondent to be considered during the data collection process and handling of the data after research. The study involved human participants who had their consent sought before any data was gathered and the information taken from them was strictly used for the purpose of this research. The community members who become respondents are direct beneficiaries of the research results and therefore the results were communicated to them in community forums.

3.10 Operational definition of Variables

The objectives of the research, dependent and independent variables, their indicators, their measurement, the scales used and data collection and analysis procedures were as shown in the following table.

Table 3.3 Operational definition of dependent and independent variables

Objective	Variable	Indicator(s)	Measurement	Scale	Data collecting method	Data Analysis
To establish the influence of CBO resource mobilization activities on sustainable livelihoods in the urban poor settlements in Nairobi county	<u>Independent variable</u> Resource mobilization	-Availability of different types and forms of resources in the community	-Moral -Socio-cultural Skill, talent, manpower -Material, Financial -Organizational -Human resource	Nominal Ordinal	Questionnaire	Descriptive statistics
To determine the influence of CBOs' service delivery	<u>Independent variable</u> Service	-Availability services -Types of	-Education -Health -Advocacy/infrast	Ordinal	Questionnaire	Descriptive statistics

activities on the sustainable livelihoods of the urban poor in the informal settlement	delivery	services available	structure -water and toilets -garbage management			
To identify the influence of CBO popular participation on the sustainable livelihoods of the urban poor in Nairobi county	<u>Independent variable</u> Popular Participation	-Community engagement in different forms of popular participation	-leadership -empowerment -capacity building -gender participation -Conflict management	Ordinal	Questionnaire	Descriptive statistics
How does the CBO involvement in social economic activities influence the sustainable livelihoods of the urban poor in Nairobi County	<u>Independent variable</u> Social economic activities	-Involvement in income generating activities -Types of social economic activities	-Community projects -Entrepreneurship -SMEs/IGA -Social support/ harambee/ table banking	Ordinal	Questionnaire	Descriptive statistics
Influence of CBO activities in sustainable livelihoods of urban poor settlements in Nairobi county	<u>Dependent variables</u> Sustainable livelihoods	-Employment opportunities -Different services being offered -Different livelihood activities	-Increased income levels -Improved asset base -Improved capacities -Improved living conditions	Ordinal	Questionnaire	Descriptive statistics

3.11 Chapter Summary

This chapter has looked in to research design, target population, sampling procedures, methods of data collection, validity and reliability of tools and instruments, methods of data analysis, operational definition of variables, and other ethical issues to be put in to consideration in the process of data collection.

CHAPTER FOUR

DATA ANALYSIS, PRESENTATION AND INTERPRETATION

4.1 Introduction

This chapter outlines issues emerging on thematic topics identified in the study. It presents the results of the data sampled, analyzed and interpreted in line with the study objectives. The findings are presented in the form of tables showing frequencies and percentages for demographic data and percentages, means and standard deviation on the study objective areas. Data interpretation is done using Pearson's' rank correlation matrix and regression line is used to estimate the relationship of the variables and test of hypothesis.

4.2 Demographic information

The demographic information captured in this research included, the sampled population response rate, the respondents' information according to gender, level of education, age levels, sources of income, involvement in livelihood activities and extend of knowledge of the CBO activities.

4.2.1 Response Rate

The table below represents the response rate according to the different villages

Table 4.1 Response Rate

Village	Frequency	Expected	Percentage
Kariobangi	6	9	66.66667
Kibera	32	48	66.66667
Korogocho	22	27	81.48148
Mukuru	32	39	82.05128
Kiambiu	15	13	115.3846
Kawangware	11	15	73.33333
Huruma	17	23	73.91304
Total	135	174	77.58621

Table 4.1 shows the response rate of the different settlements. It shows Kariobangi (66.7) Kibera (66.67), Korobgocho (81.5), Mukuru (82.1), Kiambiu (115.4), Kawangware (73.3), and Huruma (73.9)percentage response rate. The researcher deduced an average of 77.58621

percent of the total responses. Association for Public Opinion Research (AAPOR) agree 60% is good when publishing results where as Don A. Dilemma (1974, 2000) agreed 70% response rate as adequate for small population. This response rate is adequate to provide for validity and reliability of the findings.

4.2.2 Gender response

The data according to gender was as follows;

Table 4.2 Response by Gender

Gender	Frequency	Percentage
Male	83	61.5
Female	52	38.5
Total	135	100%

Table 4.2 shows that we have 83 males (61.5 percent) and 52 females (38.5 percent) in the sample, giving a total of 135 respondents. This implies that the male population is more compared to the female population. The 2/3 gender rule has been achieved in this research although their contribution is less than that of men.

4.2.3 Age of the respondents

The response according to age was captured as shown in the table below.

Table 4.3 Age of the respondents

Age	Frequency	Percentage
Below 35 years	65	48.1
36 – 45 years	50	37.0
46 – 50 years	15	11.1
Above 50years	5	3.7
Total	135	100

From table 4.3, Below 35 years was the highest number of respondents, that is, 48.1 percent of the total responses. Those between 36-45 years of age were 37.0 percent, Those between

46-50 years of age were 11.1 percent and those above 50 years of age were the lowest respondents, that is, 3.7 percent. This shows the contribution of the various groups in the society activities starting from the youths (35 years) to the aged (above 50 years).

4.2.4 Level of education

The information on levels of education was as shown in this table.

Table 4.4 Level of education

Education level	Frequency	Percentage
None	3	2.2
Primary level	19	14.1
Secondary level	78	57.8
Post primary level	35	25.9
Total	135	100

Table 4.4 shows the level of education of the respondents. From the table, the researcher deduced that those who have not gone to school were 2.2 percent of the responses, those who went up to primary were 14.1 percent, secondary level were 57.8 percent and post secondary were 25.9 percent of the respondents. Majority of CBO members have some form of education demonstrated.

4.2.5 Source of livelihood of the respondents

The responses on sources of livelihood were captured as shown in the table below;

Table 4.5 Individual Source of livelihood

Sources of livelihood	Frequency	Percentage
Employed	14	10.4
Self employed	56	41.5
Casual labour	29	21.5
Community activities	36	26.7
Total	135	100

Table 4.5 shows the individual source of livelihood of the respondents. From the table, it is clear that community activities make the highest percentage, that is, 26.7 percent of the individual source of livelihood while the employed make the least percentage, that is, 10.4 percent. The self-employed and the casual labour make 41.5 and 21.5 percent of the total respondents. This implies that the greatest number of the population engage in community activities for their survival which should not be the case.

4.2.6 CBO engagement Livelihood activities

The data on CBO engagement on livelihood activities was represented in the table below.

Table 4. 6 CBO engagement in livelihood activities

CBO engagement in Livelihood activities	Frequency	Percentage
Resource mobilization	73	54.1
Service delivery	23	17.0
Popular participation	26	19.3
Socio-economic activities	13	9.6
Total	135	100

Table 4.6 shows CBO engagement in livelihood activities. From the table, the researcher deduced that resource mobilization, service delivery, population participation and socio-economic activities are the livelihood activities that CBO engage in. They give a contribution of 54.1, 17.0, 19.3 and 9.6 respectively. It is clear that the CBO engage greatly in resource mobilization and have least engagement in socio-economic activities.

4.2.7 Extend of understanding of CBO sustainable livelihood activities

The summaries of the responses for understanding of CBO activities on sustainable livelihoods were as follows;

Table 4.7 Extend of understanding of sustainable livelihood

Response	Not at all	Very Small	Not Sure	Some Extent	Large extent	Mean	Std-dev,
Respondents	0	12	2	93	67	4.237	0.7842
Percentage	0	6.7	1.5	53.3	38.5		

Table 4.7 shows the extent to which the community has an understanding of the sustainable livelihood activities in percentage form. From the table, those who have some understanding of the activities contribute the greatest percentage (53.3 per cent) with those not at all and not sure recording the lowest percentage (0, 1.5 per cent) respectively. It also shows the mean response and the standard deviation which are 4.234 and 0.7842 respectively.

4.2.8 CBO livelihood activities

The information on CBO livelihood activities was analysed as shown in the following table.

4.2.8.1 Response on CBO Activities on sustainable livelihoods

To what extent do you agree the following are the CBOs activities that influence sustainable livelihoods in urban poor settlements?; (SD Strongly disagree, D- disagree, NAND- Neither agree nor disagree, A-agree, SA-strongly agree, where the1 is the lowest and 5 being the highest priority).

Table 4. 8 Response on CBO Activities on sustainable livelihoods

	SD	D	NAND	A	S A	M	Std
Resource Mobilization	3.70	15.56	8.89	36.30	35.56	3.8444	1.17731
Services Delivery	2.22	10.37	6.67	56.30	24.44	3.0937	0.96099
Popular Participation	0.00	5.19	9.63	51.11	34.07	4.1407	0.79328
Socio-economic Act.	2.22	8.15	6.67	49.63	33.33	4.0370	0.96512
% of the respondents	1.58046	7.614943	6.178161	37.5	24.71264		

Table 4.8 shows the extent to which the respondents think that the listed CBO activities are the ones which influence sustainable livelihoods in urban poor settlements. From the totals of the extents to which the respondents agree or strongly agree, we can deduce that, at least over 62% of the sampled population agrees that the mentioned CBO activities have influence on the matter in discussion. Popular participation and social economic with means 4.1 and 4.0 respectively seems to be most felt activities for sustainable livelihood compared to resource mobilization and service delivery with means 3.8 and 3.0 respectively which are mostly community intervention activities due to failure of public institutions for public resources.

4.3 Influence of CBO Resource Mobilization

To what extent do you think the following are CBO resource mobilization activities that influence sustainable livelihoods in urban poor settlements? Please tick where appropriate. (SD Strongly disagree, D- disagree, NAND- Neither agree nor disagree, A-agree, SA-strongly agree, where the 1 is to lowest and 5 being the highest priority).

4.3.1 Response on Resource mobilization activities

The table below provides data on the analysis of the responses on resource mobilization.

Table 4.9 Response on Resource mobilization

	SD	D	NAND	A	S A	Mean	Std.
Moral resources	1.48	8.15	16.30	54.07	20.00	3.8296	0.89393
Material resources	1.48	12.59	5.19	47.41	32.59	3.9776	1.01468
Human resources	0.74	9.63	7.41	41.48	40.74	4.1185	0.96237
Social						4.2593	0.83722
organizational							
resources	0.74	4.44	7.41	42.96	44.44		
Cultural resources	2.22	5.93	17.04	41.48	33.33	3.9778	0.97327
% respondents	1.33	8.19	10.7	45.5	34.2		

Table 4.9 shows the extent to which the respondents think the above mentioned CBO resource mobilization activities influence sustainable livelihoods in urban poor settlements. It

also shows the means and standard deviations of extends per resource. From the table we can also deduce that a 79 percent of respondents agree and strongly agree with the statement.

4.4 Influence of CBO service delivery

To what extent do you agree the following are CBO service delivery activities that influence sustainable livelihoods in urban poor settlements? Please tick where appropriate; (SD Strongly disagree, D- disagree, NAND- Neither agree nor disagree, A-agree, SA-strongly agree, where the 1 is the lowest and 5 being the highest priority).

4.4.1 Response to Influence on CBO service delivery

The response on extend of service delivery activities were as follows:

Table 4. 10 Service Delivery

	S D	D	NAND	A	SA	Mean	Std
Infrastructure-						3.94	0.87
Advocacy and campaigns	2.22	11.11	8.15	47.41	31.11		
Garbage management	2.96	5.19	2.22	39.26	50.37	4.29	1.13
Water and sanitation	1.48	4.44	2.22	43.70	48.15	4.33	1.13
Education	0.74	4.44	4.44	61.48	28.89	4.13	1.09
Health services	2.96	5.93	8.15	47.41	35.56	4.07	0.94
Conflict management	2.96	7.41	9.63	43.70	36.30	4.03	0.90
Gender integration	3.70	4.44	3.70	39.26	48.89	4.25	1.10
Social capital	2.22	3.70	17.04	45.93	31.11	4.00	0.85
% Responses	1.02	5.83	6.94	46.02	38.80		

Table 4.10 show 88% of the respondents agree with the statement that the listed CBO services delivered influence sustainable livelihoods in urban poor settlements in our sample survey. Most of the respondents agree that: provision of food services; the distribution chain services; transportation of goods and services; water and environmental sanitation; educational services; community health services; housing services/shelter and employment

influences the sustainable livelihoods of urban poor with a mean above 4.00. Other CBO services include: waste management, garbage collection, housing, water and sanitation, markets, recycling, food provision, employment opportunities, education, infrastructure, health services, conflict mitigation. CBO advocacy and campaigns on infrastructure activities gets the least response with a mean of 3.9.

4.5 Influence of CBO popular participation

Given the question to what extent do you think the following are CBO popular participation activities that influence sustainable livelihoods in urban poor settlements with options; SD Strongly disagree, D- disagree, NAND- Neither agree nor disagree, A-agree, SA-strongly agree, (where 1 is the lowest and 5 being the highest priority).

4.5.1 Types of popular participation activities

The response of the above was as follows;

Table 4. 11 Response to CBO Popular participation activities

	S D	D	NAND	A	S A	Mean	Std
Leadership	1.48	10.37	2.96	42.96	41.48	4.1343	0.99466
Empowerment	0.74	9.63	4.44	48.15	37.04	4.1111	0.92774
Capacity building	0.00	2.96	2.96	48.89	44.44	4.3582	0.68719
Gender integration and Civic engagement	1.48	5.93	8.15	51.85	1.48	4.0815	0.88142
Conflict management	1.48	16.30	11.85	41.48	1.48	3.8000	1.07759
Slum-upgrading	2.96	10.37	10.37	34.07	2.96	3.9481	1.06728
% respondents	1.35	9.25	6.79	44.56	36.54		

Table 4.11 show the extent to which the above listed CBO popular participation activities affect the sustainable livelihoods in urban poor settlements as responded by the selected sample of the population. It also shows the means and standard deviations of the activities from the levels of agreement per activity. From the overall response of 44.6% of those agree

and 36.5% of those strongly agree with the statement, we can strongly deduce that 81.1% of the sampled population agree with the statement that the above popular participation activities listed above influences sustainable livelihoods in urban poor settlements. Conflict resolution and slum upgrading activities seems not to be contributing much to the livelihoods of the poor as compared to leadership, capacity building, empowerment and gender integration.

4.6 Influence of CBO socio-economic initiatives

To what extent do you think the following are CBO social economic activities (SEAs) that influence sustainable livelihoods in urban poor settlements? Please tick where appropriate; (SD Strongly disagree, D- disagree, NAND- Neither agree nor disagree, A-agree, SA-strongly agree, with ranks 1, 2, 3, 4, and 5 respectively).

4.6.1 Types of Social Economic Activities

Table 4. 12 Response to CBO socio-economic activities

	SD	D	NAND	A	SA	Mean	Std
Table banking	2.22	4.44	3.70	44.44	45.19	4.26	1.08
Social support/ harambees	3.70	7.41	5.19	47.41	36.30	4.05	0.96
Community projects	2.96	6.67	5.93	41.48	42.96	4.15	1.00
SMEs	3.70	7.41	11.11	51.85	25.93	3.89	0.88
Entrepreneurship	5.19	8.89	11.11	48.89	24.44	3.74	0.82
Micro finance institutions	2.22	4.44	3.70	44.44	45.19	4.03	0.95
% responses	3.33	6.67	7.41	46.79	35.19		

Table 4.12 shows the response on types of socio-economic activities. From the table we can deduce that 81.9% of the respondents agree or strongly agree that the above listed socio-economic activities affect their livelihoods. Microfinance, table banking and social support seems to be the most preferred contributor in livelihood sustainability while SMEs and entrepreneurship seem not to have played bigger role in the livelihoods of the people.

4.7 Sustainable livelihoods in urban poor settlements

The following are Likert scale statements that relate to influence of CBO activities in sustainable livelihoods. Using scale 1-5 where 5-strongly disagree and 1-strongly agree indicate the extent to which you agree or disagree with it. (Likert, 1932) (Dawis, 2008)

4.7.1 Influence sustainable livelihoods in urban poor settlements

Table 4.7.1-1 presents the responses to the Likert-scale questions given to the respondents

Table 4.13 Response on CBO sustainable livelihoods in urban poor settlements

Statements	Mean	Standard Deviation
Resources mobilization		
CBOs community resource mobilization has improved our living standard for sustainable livelihoods	4.3060	0.82469
Resource mobilization has contributed to increased basic goods and services	4.0149	1.06894
Resources mobilization has created employment, increased income generation and availability of services	4.1418	0.95895
Resource mobilization has improved people wellbeing in terms of accessibility	4.0672	0.99016
Service delivery		
Most CBOs engaged on services delivery for livelihood purposes	4.1654	0.97063
CBOs activities has provided basic needs and reduced conflicts	4.1940	0.93774
CBO service delivery provide affordable, accessible basic services	4.1852	0.93190
Advocacy and campaigns is major component of CBO activities	4.2148	0.96495
Service delivery has created employment & improved household income	3.9926	1.19387
Literacy levels have improved due to CBO service delivery	4.2148	0.93350
CBOs have improved living conditions and community health, and capital	4.0149	1.04763
Popular Participation		
CBOs are platforms for community participation and leadership development	4.1185	0.89819
Participation enhances our capacities (social, economic and political)	4.0444	0.87985
CBO Participation enhances community empowerment and reduced conflict	4.1926	0.89356

CBOs participation enhance inclusion of gender and marginalized groups	4.1852	0.84805
CBO activities have affected decision making and policy for better.	4.0444	1.16457
Socio economic activities		
Most CBO members engage in social economic activities	4.2593	0.91393
Most community projects are owned by CBOs for income generation	4.2074	1.0312
CBOs provide capital for small scale businesses and welfare purposes	3.9037	1.14523
Social economic activities have created employment and income	3.9407	1.12478
CBOs assist members to own assets, plots, houses, business, savings	3.7333	1.30556
CBOs use table banking, merry-go round and harambees for capital	4.0296	1.07856
CBOs encourage members to start social economic activities	4.1111	0.81650
Most of CBOs do table banking where we borrow money and do savings	4.0889	0.97327

The Table 4.13 shows the response on sustainable livelihoods in urban poor settlements. This is shown in terms of means and standard deviations.

4.8 Inferential statistics sustainable livelihoods in urban poor settlements

The following table gives the Pearson's product moment correlation of variables showing the relationship between each of the independent variables and the independent variable, the regression line and the test of null hypothesis for the study.

4.8.1 Correlation of variables

To test the relationship of the variables, the researcher carried out the Pearson moment correlation analysis to establish the strength of the relationship between the variables.

Table 4.14 gives the correlation matrix of the variables under investigation. The researcher went further to establish whether there is a relationship between the variables: sustainable livelihoods livelihood, CBO resource mobilization, CBO service delivery, CBO popular participation, CBO social economic activities.

Using two tailed test for the Pearson moment correlation at significance level 0.01, the results were as follows:

Correlations of variable

		types livelihoods	forms resources	types services	types participation	types socioeconomic
types livelihoods	Pearson Correlation	1	.800**	.863**	.781**	.849**
	Sig. (2-tailed)		.000	.000	.000	.000
	N	135	135	135	135	135
forms resources	Pearson Correlation	.800**	1	.696**	.624**	.617**
	Sig. (2-tailed)	.000		.000	.000	.000
	N	135	135	135	135	135
types services	Pearson Correlation	.863**	.696**	1	.660**	.591**
	Sig. (2-tailed)	.000	.000		.000	.000
	N	135	135	135	135	135
types participation	Pearson Correlation	.781**	.624**	.660**	1	.548**
	Sig. (2-tailed)	.000	.000	.000		.000
	N	135	135	135	135	135
types socioeconomic	Pearson Correlation	.849**	.617**	.591**	.548**	1
	Sig. (2-tailed)	.000	.000	.000	.000	
	N	135	135	135	135	135

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

Table 4.14: Pearson’s Correlation of variable

Source(Field data, 2015)

From the above table, it is clear that all variables have a relationship at a significant level of $p < 0.01$ since $N > 100$. The relationship between the variables was investigated using Pearson product-moment correlation coefficient where preliminary analyses were made to avoid the assumptions of normality, linearity and homoscedasticity. There were strong, positive correlations between the variables (Field data, 2015).

From the above correlation table, we can conclude that all the variables have a relationship with each other at $p < 0.01$ significance level. We can therefore derive that resource mobilization, service delivery, popular participation and social economic activities all have a

positive relationship with sustainable livelihoods of urban poor settlements in Nairobi County.

4.8.2 Analysis of variance (ANOVA)

The researcher also performed analysis of variance to determine the influence of each independent variable on the dependent variable as shown on the table 4.82 and 4.83, below.

Table 4. 15 One Way Analysis of Variance

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	57.881	4	14.470	828.505	.000 ^b
	Residual	2.271	130	.017		
	Total	60.152	134			

a. Dependent Variable: types sustainable livelihoods

b. Predictors: (Constant), types socioeconomics, types participation, forms resources, types services

According to the above Table 4.8.2, the big values of F shows that the regression line is a good fit and the significance level of < 0.05 shows that the model is significant and cannot be rejected. Most of the variations in y has been explained by x variables but cannot be by chance out of the random sampling.

4.8.3 Regression Analysis

Analysis of the model was carried using linear regression to determine the coefficients of the variables to develop the regression line.

Table 4. 16 Analysis of coefficients

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	.195	.070		2.803	.006
	forms resources	.128	.022	.151	5.799	.000
	types services	.313	.023	.368	13.878	.000
	types participation	.171	.019	.212	8.788	.000
	types socioeconomic	.330	.018	.422	18.391	.000

a. Dependent Variable: types livelihoods

This model reveals that all the stated factors (independent variables) contribute to the sustainable livelihoods of the urban poor with a significant level of < 0.05. It can be deduced that the change observed in the model is not by chance. With the higher values of the statistic ‘t’ greater than the critical value (t=1.6445, n >30, sig< 0.05) in the coefficient matrix model, it is a clear indicator that the model best explains the relationship and cannot be assumed.

4.8.4 Model summary

The findings of the model summary were as indicated in the table below.

Table 4.17 Model summary

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.981 ^a	.962	.961	.13216

a. Predictors: (Constant), types socioeconomics, types participation, forms resources, types services

The above Table 4.8.4 gives the value of R squared as 0.962 suggesting that most of the variations in the independent variables are not by chance but are explained by the model. At least 96% of the variations are contributed by the variables while the unexplained variations not studied contribute the remaining 4%.

Given the regression question;

$$Y = \beta_0 + \beta_1X_1 + \beta_2X_2 + \beta_3X_3 + \beta_4X_4 + \varepsilon$$

Where: **Y** - is the dependent variable (sustainable livelihoods)

X₁ – independent variable (Resource mobilization)

X₂ - independent variable (Service delivery)

X₃ - independent variable (Popular participation)

X₄ - Independent variable (Social economic activities)

β₀ - Constant

Interpreting the above findings in to the above model, we have;

$$Y = 0.195 + 0.218X_1 + 0.313X_2 + 0.171X_3 + 0.33X_4 + \varepsilon$$

From this analysis, it can be estimated that holding the other factors constant, sustainable livelihood will grow by 0.195 which shows that the factors are very important to the model. According to the above relationship, a unit increase in Social economic activities alone will cause livelihoods to grow by 0.525 which is the highest contribution to the model while a unit increase in resource mobilization will add 0.218 changes to the model in the lives of the people. Popular participation contributes the list to the model with a unit increase of 0.171 when the other factors are held constant.

Given the statistic $F= 828.505$ with a significance value of $p=0.000 < 0.05$ is greater than the critical value of $f (Df4, 130) = \text{critical } f =2.44135026$) at confidence interval of 95% for positive skewed data which suggests that there is a significant relationship between the sustainable livelihoods of the urban poor and the activities of the CBOs.

CHAPTER FIVE SUMMARY OF FINDINGS, DISCUSSIONS, CONCLUSIONS AND RECOMENDATIONS

5.1 Introduction

This chapter presents the summary of key findings of the research based on a sample of 135 respondents and then discusses these findings against literature review conducted. It is composed of five sections; that is summary of key findings, discussion of key findings compared to literature review, conclusion before giving recommendations and also offers suggestions on areas of further research.

5.2 Summary of Findings

The following sections present the summary of findings for each study objective. The four objective are: To establish the influence of CBO resource mobilization activities on sustainable livelihoods in selected urban poor settlements in Nairobi County; To determine the influence of CBOs' service delivery activities on sustainable livelihoods in selected urban poor settlements in Nairobi County; To identify the influence of CBOs' public participation activities on sustainable livelihoods in selected urban poor settlements in Nairobi County; To evaluate the influence of CBOs' social economic activities on sustainable livelihoods in selected urban poor settlements in Nairobi County.

5.2.1 Influence CBO Resource Mobilization

Over 62% of the 135 respondents agree that CBO activities play a great role in the livelihoods of the urban poor. It is clear from the findings that 79.7% of the respondents agree or strongly agree that resource mobilization contribute to sustainable livelihoods with a mean of 3.8. When rated against the other three, is one of the major activities although not much felt like the case of popular participation and social economic activities which have a mean of 4.1 and 4.0 respectively.

Human resources with 82.1% response and a mean of (4.1) and social organization resources with 87.4% and a mean of (4.2) are the biggest contributors of urban poor livelihood. At least 74.7% respondents and 79.9% respondents either agree or strongly agree that cultural resources and material resources contribute to the livelihoods of the urban poor with a mean of 3.98, 3.98r respectively. Moral resources with a response rate of 74.07% and a mean of 3.8

get the least responses a suggestion that the poor rarely give assistance to others due to poverty. 10.7% of the respondents neither agree nor disagree, 8.19% disagree and 1.33% strongly disagree with the statement that CBO resource mobilization activities contributes to the sustainable livelihoods of the urban poor.

5.2.2 Influence of CBO service delivery

According to this study, Service delivery as a CBO activity attracted agreement rate 80.7% with a mean of 3.09 and a standard deviation of 0.90 compared to the other three activities such as education and water and sanitation activities with over 91.3 % of the respondents agreeing that they influence sustainable livelihoods attracting a mean of 4.13 and 4.33 respectively. Garbage management follows with a percentage response of 89.5% and a mean of 4.29 with a standard deviation of 1.13. Gender integration had an agreement of 88.15% while advocacy and campaign on infrastructure attracted 78.52%, social capital received an agreement of 77.04% with a mean of 4.00 and a standard deviation of 0.85. A total of 82.82% agree with the statement that CBO service delivery activities influence the sustainable livelihoods of the urban poor in Nairobi County.

5.2.3 Influence of popular participation

This research revealed that popular participation is the most felt activity and plays a major role in sustainable livelihoods of the urban poor with a percentage agreement of 85.18% compared to service delivery (80.7%), resource mobilization (71.86%), social economic activities (82.96%), and means of 4.14, 3.09, 3.84, and 4.03 respectively. Capacity building followed by leadership attracted the highest responses with agreement response of 93.33% and 84.3% and a mean of 4.36 and 4.13 and a standard deviation of 0.069 and 0.99 respectively. Gender integration and civic education followed by empowerment attracted a mean of 4.08 and 4.11 respectively with an agreement response of 53.33% and 85.52% and a standard deviation of 1.08 and 0.92. Slum upgrading and conflict resolution activities seems to have the least influence on the livelihoods of the urban poor with agreement response rate of 37.03% and 42.96% and means of 3.95 and 3.80 and standard deviation of 1.07 and 1.08 respectively.

5.2.4 Influence of socio economic activities

The study also found that Social economic activities attracted 82.92% of those agreed or strongly agreed being the second most felt livelihood activity after popular participation.

44.44% agreed and 45.19% strongly agreed that table banking is one of the social economic activities influencing sustainable livelihoods with a mean of 4.26 and standard deviation of 1.08. Community projects had a response of 41.48% agree and 42.96 strongly agree with a mean of 4.15 while microfinance institutions and social support attracted responses of 44.44% agree, 45.51% strongly agree and 47.41% agree, 36.30% strongly agree and mean 4.03 and 4.05 with standard deviations 0.95 and 0.96 respectively. Entrepreneurship seems to have the least influence on livelihoods with responses of 48.89% agree and 24.44% strongly agree and the lowest mean of 3.89 and standard deviation of 0.88. In general over 81.9% of the respondents agreed that these social economic activities play a role in sustainable livelihoods of the urban poor.

5.3 Discussion of the findings

The findings in this research on the influence of CBO activities on sustainable livelihoods of the urban poor in relation to the literature review on the independent variables and their contribution to livelihoods have been discussed here in this section.

The SL model as used by IISD identified combination of resources which include physical, natural, social, human and capital and together with the activities carried out to make a living and facilitates an understanding of the linkages between people's livelihood strategies, their asset status, and their way of using available natural resources, therefore useful for understanding problem and underlying causes (Chambers, 1995). The model in this study has gone beyond the SL model and identified the different activities the poor engage in as a group and what CBOs in urban setup carry out for livelihood purposes. The research was a mixed model with both closed and open ended questions but no extra suggestion was given to add to the provided activities suggesting that the list was exhaustive.

Influence CBO Resource Mobilization

This research found out that resource mobilization in its different forms is one of the major activities CBOs carry out in the urban poor settlement for livelihood purposes. Social organizational resources and human resources are the major forms of resource mobilization within the CBOs. Cultural resources, material resources and moral resources in that order are the least forms of resource mobilization.

The literature review pointed out that community engages in different forms of resource mobilization. Community resource mobilization helps to mobilize resources, services, techniques, skills and anything of value to better the lives of the community and requires the support of all the groups in the community to be of success (Ongoro, 1995). Kretzmann & McKnight (2005) The poor already lack resources and their impact in internal resource mobilization is prohibitive although in the community view it is one of their biggest contributors with social organizational resources (4.2), and human resources (4.1) to their livelihood which supports the status quo since they lack the skills, capacities and abilities, needed for effective resource mobilization (Oduaran, 2004).

Cultural resources (Mean 3.97) which includes community heritage and traditional artefacts as asset to the community may not be of much value because they are not emphasized in the urban areas compared to the rural areas due to cosmopolitan state of the slums. Material resources (Mean, 3.97) in this research seem not to attract great support since the poor are not materially adorned unlike the rich. They can only mobilize their labour or human resource (4.1) or their “harambee style” of doing things and giving in kind not in monetary terms which is their social organizational resource (4.2). (Cress & Snow, 1996) Moral resources (legitimacy, solidarity support, sympathetic support, and celebrity) with a mean of 3.8 may not have been recognized by many because in urban set up people tend to fall to their clan or relatives back in the village in times of adversity but not CBO members.

Influence of CBO Service Delivery

CBO services delivery with 80.7% agreement rate is a major activity in informal settlements. Literature review supported the entry of community members in provision of services due to the failure of governments to provide services to the urban poor coupled with lack of legal existence of those settlements in the informal settlements (USAID, 2013). Water and sanitation services seem to attract the highest number of agreements of 91.3% and mean of 4.33. Most of the water services in the slums are privately owned with exorbitant prices which have moved NGOs and CBOs to partner together in water projects in the urban poor settlements which offer controlled prices contributing to the low cost of water and therefore increasing their livelihoods (Mary, Bitner, Faranda, Hubber, & Zeithaml, 1996, 1997).

Poor garbage disposal poses a major threat to the health of the urban poor settlements despite it being a major issue in every city in the world (Peter, 2008). Due to the existence of illegal settlements this areas are marginalised in terms of service provision and the urban poor end

up disposing the waste to the rivers which have affected the quality of water bodies we have. (Service O, 2007). Majority of the respondents agreed that garbage management influences their sustainable livelihoods with percentage response of 89.5% and a mean of 4.29 with a standard deviation of 1.13. This is due to the fact that CBOs provide the services of garbage collection which have provided employment to the Youth and also created clean environment (Peter, 2008). Odegi- Awoundo (1994), quoted by Peters (1998) observed that service provision in informal settlements was highly organized with distributors, middlemen and pickers of the raw materials which has improved the conditions of informal waste economy in Asian countries (UNCHC, 1993)

Education as a service attracted an agreement rate of 91.2% and a mean of 4.13 and very few people disagreeing at 0.74%. This reveals that CBO engagement in education activities has influence the lives of the people. Education plays a major role in the society as it determines the career path of the individual as well as giving knowledge and skills to the community. Most of the schools in the informal settlements are informal schools owned by individuals or CBOs due to lack of public schools in the urban poor settlements were most of the children do not go to formal school or drop out of formal school due to lack of resources to pay for the service (COTP, 2010).

Syaggy (1992) argued that the community sector is a vital ingredient for service provision due to the failure of the public sector and private sector to provide services to low income areas of the city. Service delivery can mitigate social exclusion (officially or unofficially enforced), particularly in marginalized areas such as slums and poorly communicated territories by the existence of mechanisms that reach down to community level and give the poor voice and the opportunity to participate politically.

Infrastructure development lags behind with a mean of 3.14 and an agreement rate of 78.5% in CBO activities, this is due to the fact that it is capital intensive and requires skill and professionalism to be achieved which the community lacks. Governments do very little to address the challenges of the urban poor settlements as knotted by UN-HABITAT (2006). This has lead to poor or absence of drainage systems and road network with no accessibility in times of emergencies such as fire outbreaks and disasters thus affecting sustainable livelihoods of the poor.

Influence of Popular Participation

Popular participation with a percentage of 82.96% and a mean of 4.13 provides the only channel for the community to take leadership and influence decision making and policy. The Constitution of Kenya (2010) provided for public participation in all levels of leadership and this have help to create awareness on the importance of public participation. Capacity building attracted the highest agreement response rate of 93.33% and a mean of 4.36. This may be due to the fact that most of the public participation is done by NGOs through capacity building workshops and training as quoted in the literature review where every individual community members irrespective of their gender, sex or age must be involved in the process of development, also referred to as empowerment of the people (African Chatter, 1990).

Participation enables effective involvement of the people by creating structures and designing policies and programmes that serve not only the interest of the people but making them become part and parcel of the decision-making processes at all levels. The members are able to articulate goals of recovery and development, allocate resources, formulate policies and programmes, execute projects, utilize projects and monitor projects performance. CBO participation activities enhance equitable sharing of resources, development and promote effective accountability of the leaders as well as involvement of the masses in their actions. (Adedeji, 1990); (Oduaran, 1994).

Leadership with agreement response of 84.3% and a mean of 4.13 shows how CBO participation in leadership has affected their livelihoods. CBOs provide a platform for community members to decide on their destiny and influence change. This has the least standard deviations of 0.069 and 0.99 respectively less than one were most of them agree to its importance in their livelihood decisions (Adedeji, 1990).

Gender integration and civic education followed by empowerment attracted a mean of 4.08 and 4.11 respectively with an agreement response of 53.33% and 85.52% and a standard deviation of 1.08 and 0.92. The constitution of Kenya (2010) provides that in any institution there should be gender parity were 2/3rds should not be of one gender, CBOs are not excluded from the provision of law (GOK, 2010). CBOs creates a platform for women and youth by making sure there are youth and women departments chaired by their own to make sure they are actively involved (COTP, 2010).

Slum upgrading and conflict resolution activities seems to have the least influence on the livelihoods of urban poor with agreement response rate of 37.03% and 42.96% and means of 3.95 and 3.80 and standard deviation of 1.07 and 1.08 respectively. The impact of slum upgrading on the lives of urban poor is worth noting here and also the participation of the urban poor on the upgrading decisions. Most of the upgrading have not met the expectations of the urban poor and the feeling that they were not well consulted since the development are above their reach and end up abandoning them to the middle class and resign to the fate of slum live again hence not affecting their livelihoods to the better (UN-HABITAT, 2008). The MDG recently revised to include sustainable development goals have one of their goals to significant improve the lives of at least 100 million people who live in slums by the year 2020 requires commitment and consultative efforts by all development agents and sectors to be achieved (WHO, 2013).

Influence of Socio-Economic Activities

Social economic activities attracted an agreement response rate of 82.92%. Unlike in the urban areas most of the livelihood initiatives sphere headed by NGOs in the rural areas prioritizes socio-economic activities for livelihood sustainability (UNCHS, 1989:45). The only most common social economic initiative for the urban poor referred to as table banking gets the highest support were 44.44% agreed and 45.19% strongly agreed that table banking is one of the social economic activities influencing sustainable livelihoods with a mean of 4.26 and standard deviation of 1.08. This is because community groups have been empowered to access capital through group investments and savings (Joyful Women Organization).

(Peters, 1998) Community projects have a positive contribution to the individual members as owners of the projects and the proceeds of the project are shared by the members (Peters, 1998). This project come to bridge the gap created by marginalization of slum areas and therefore they serve a major role in the lives of the community at large apart from creating employment and being a source of income for the people were 41.48% agreed and 42.96 strongly agreed with a mean of 4.15. Microfinance institutions and social support attracted the higher responses were it is the individual members who benefit although CBOs help to provide collateral for the members attracting a response of over 90% agreements and standard deviations of less than 1. Social economic initiatives seem to contribute directly to the lives of the individuals' livelihoods for they either access income for business or own an asset which increases their income (Chitere p.118).

Entrepreneurship seems to have the least influence on livelihoods with responses of 48.89% agree and 24.44% strongly agree and the lowest mean of 3.89 and standard deviation of 0.88. This means that although the community have access to some resources they do not translate it in to investment or they lack relevant skill to do entrepreneurial activities (Peter, 1998). In general over 81.9% of the respondents agreed that these social economic activities play a role in sustainable livelihoods of the urban poor since they influence their health conditions because lack of social economic activity affects the well being of a person. (University of California, 2009).

5.4 Conclusions

It is clear from the above findings that CBOs play a major role in uplifting the living standards of the urban poor. Their sustainable livelihoods are directly linked to their activities given by the strong positive nature of relationships in their correlation. The CBO activities although they are geared towards meeting a need in the community also serve to create employment and generate income for the participants. The contribution these CBOs make to the livelihoods of the slum dwellers cannot be ignored according to the above findings.

Activities which seem to affect the livelihood of the individual such as Social economic activities and popular participation tend to get more support than those which generate benefits for whole community which include resource mobilization activities and service delivery activities since they are done on volunteer basis. County governments should motivate them and make provisions to assimilate the role of CBOs as partners in development and service delivery in the informal settlements and offer support by paying them for the services they provide to the community or offering them consultancy services. There is need for the government and development agencies to build the capacities of the poor to engage effectively in their development for they have the zeal but lack resources and power to make them deliver.

5.5 Recommendations

CBO are a resource for the development sector and if utilized well they have the capacity to influence growth and development in country. Development agencies should go beyond provision of capital resources to the poor but also build their capacities in skills and knowledge in order for the poor to utilize their resources effectively as they lack entrepreneur skills. The researcher recommends that:

1. Development agencies working in the urban poor settlement to mobilize the resources available in the urban poor settlements and help harness these resources for development.
2. Leaders to encourage popular participation of the poor by carrying out analysis of the skills and knowledge of the poor in order to bridge the gap through capacity building and empowerment programmes.
3. Governments recognize CBOs and work with the CBOs on consultancy basis to improve service delivery in urban poor settlements. This enhances CBO service delivery activities to improve service delivery in informal settlements such as garbage collection.
4. Development sector work with social CBOs in urban poor settlements to initiate social economic activities for sustainable livelihoods.
5. Further research in sustainable livelihood activities of CBOs in other urban areas. This is due to the uniqueness of informal settlements and their characteristics which may not be found in other areas and some of the activities done in this area may not be applicable in other areas.

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APPENDICES

Appendix I: Introduction Letter

To whom it may concern

Dear Sir/Madam,

Re: Request for participation in a research study

My name is Luciah Mwendwa, a Master of Arts in Project Planning and Management student at the Nairobi of University. I am currently undertaking a research on **“Influence of Community Based Organizations’ activities on sustainable livelihoods in selected urban poor settlements in Nairobi County Kenya”**

I kindly request your active participation and I would appreciate if you could spare some time from your busy schedule and participate in providing the required information. All the information provided will be used purely for academic purposes only and will be treated with utmost confidentiality. Kindly contact me in case of any queries or clarification on any of the questions.

Thank you for your cooperation.

Yours faithfully,

LuciahMwendwa

Appendix 11

Questionnaire

INFLUENCE OF COMMUNITY BASED ORGANIZATIONS ACTIVITIES ON SUSTAINABLE LIVELIHOODS IN SELECTED URBAN POOR SETTLEMENTS IN NAIROBI COUNTY

This research is meant for academic purpose. You're kindly requested to provide answers to these questions honestly and precisely as possible. Responses will be treated with utmost confidentiality. Please tick [√] appropriate or fill in the required information on the spaces provided.

SECTION A: DEMOGRAPHIC INFORMATION

1. Name of your settlement/village.....
2. Name of your CBO.....
3. What is your role in the group.....?
4. Gender of the respondent
 Male Female
5. Age in years of respondent
 below 35 36-45 46-50 Above 50
6. Highest level of education
 Non primary secondary post secondary
7. What is your source of livelihood?
 Employed Self employed Casual community activities
8. What activities do you engage in your CBO
 resource mobilization service delivery popular participation social economic activities

SECTION B: INFLUENCE OF CBOS ACTIVITIES ON SUSTAINABLE LIVELIHOODS IN URBAN POOR SETTLEMENTS

To what extent do you understand influence of CBOs activities on sustainable livelihoods in urban poor settlements? Please tick one (5 being the highest).

Not at all	Very Small Extent	Not Sure	Some Extent	Large extent
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

SECTION C: CBO ACTIVITIES

To what extent do you agree the following are the CBOs activities that influence sustainable livelihoods in urban poor settlements? Please tick where appropriate (5 being the highest priority)

	Strongly disagree 1	Disagree 2	Neither agree nor disagree 3	Agree 4	Strongly Agree 5
Resource Mobilization	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Services Delivery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Popular Participation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Socio-economic Activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

In your opinion what other influence would you add to the above?

.....

.....

SECTION E: RESOURCE MOBILIZATION

To what extent do you think the following are CBO resource mobilization activities that influence sustainable livelihoods in urban poor settlements? Please tick where appropriate. (5 being the highest priority)

	Strongly Disagree 1	Disagree 2	Neither agree nor disagree 3	Agree 4	Strongly Agree 5
Moral resources (legitimacy, solidarity, support)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Material resources -(Financial, capital, goods, property , assets, office, machinery)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Human resources -(labour ,experience, skills expertise)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social organizational resources (marry-go-rounds, saving and credit /microfinance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cultural resources - Knowhow, community resources, beadwork, artifacts, traditional foods and medicines, craftwork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

In your opinion what other activities would you add to the above?

.....

.....

SECTION D: SERVICE DELIVERY

To what extent do you agree the following are CBO service delivery activities that influence sustainable livelihoods in urban poor settlements? Please tick where appropriate (5 being the highest priority)

	Strongly Disagree 1	Disagree 2	Neither agree nor disagree 3	Agree 4	Strongly Agree 5
Advocacy and campaigns- housing,, roads, lighting, security, child abuse, human rights	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Garbage management- collection, clean-ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water and sanitation- (toilets, water tanks)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Education – facilities and services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
health services- clinics, health workers,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conflict management- tribal integration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gender participation –youth, women, men people with disability)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Microfinance services- savings and loans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

In your opinion what other activities would you add to the above?

1.....2.....

.....

SECTION E: POPULAR PARTICIPATION

To what extent do you think the following are CBO popular participation activities that influence sustainable livelihoods in urban poor settlements? Please tick where appropriate (5 being the highest priority)

	Strongly Disagree 1	Disagree 2	Neither Agree or Disagree	Agree 4	Strongly Agree 5
Leadership- decision making	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Empowerment- access to resources/information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Capacity building-Involvement in community activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social inclusion of marginalized groups and Gender integration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Membership in developmental committees	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participation in politics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slum-upgrading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SECTION F: SOCIAL ECONOMIC ACTIVITIES

To what extent do you think the following are CBO social economic activities (SEAs) that influence sustainable livelihoods in urban poor settlements? Please tick where appropriate (5 being the highest priority)

	Strongly Disagree 1	Disagree 2	Neither agree nor disagree 3	Agree 4	Strongly Agree 5
Micro finance (Merry-go round and table banking)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social support/ Harambeec- fundraising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Community projects- clinics, water, toilets, schools	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Small and medium scale enterprises(SMEs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Entrepreneurship (Urban farming / value addition)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Value addition and artefacts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Savings and credit facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

In your opinion what other activities would you add to the above?

1.....2.....
.....3.....

SECTION G: SUSTAINABLE LIVELIHOODS

The following are likert scale statements that relate to influence of CBO activities in sustainable livelihoods. Using scale 1-5 where 5- strongly disagree and 1- strongly agree indicate the extent to which you agree or disagree with it. (Likert, 1932) (Dawis, 2008)

ID – Indifferent SD – Strongly disagree D – Disagree A – agree SA – Strongly agree

Resource mobilization	SD	D	ID	A	SA
CBOs community resource mobilization has improved our living standard for sustainable livelihoods					
Resource mobilization has contributed to accessibility, affordability and availability of basic goods and services					
Resources mobilization has created employment, increased income generation, availability of services to the people and social support for the people.					
Resource mobilization has improved people wellbeing in terms of access to education, healthcare, financial services, water and sanitation					

services, clean environment etc.					
Service delivery	SD	D	ID	A	SA
Most CBOs engaged on services delivery for livelihood purposes					
CBOs activities has provided basic needs and reduced conflicts					
CBO service delivery provide affordable, accessible basic services					
Advocacy and campaigns is major component of CBO activities					
Service delivery has created employment & improved household income					
Literacy levels have improved due to CBO service delivery					
CBOs have improved living conditions and community health, and capital					
Popular Participation	SD	D	ID	A	SA
CBOs are platforms for community participation and leadership development					
Participation enhances our capacities (social, economic and political)					
CBO Participation enhances community empowerment and reduced conflict					
CBOs participation enhance inclusion of gender and marginalized groups					
CBO activities have affected decision making and policy for better.					
Socio economic activities	SD	D	ID	A	SA
Most CBO members engage in social economic activities					
Most community projects are owned by CBOs for income generation					
CBOs provide capital for small scale businesses and welfare purposes					
Social economic activities have created employment and income					
CBOs assist members to own assets, plots, houses, business, savings					
CBOs use table banking, merry-go round and harambees for capital					
CBOs encourage members to start social economic activities					
Most of CBOs do table banking where we borrow money and do savings					

In your opinion what other activities would you add to the above?

1.....2.....
.....3.....