

**INFLUENCE OF SOCIAL ASSISTANCE PROGRAMMES  
PRACTICES ON THE LIVELIHOOD OF BENEFICIARY  
FAMILIES: A CASE OF UNBOUND PROGRAMME IN  
NANYUKI LOCATION, LAIKIPIA COUNTY,  
KENYA.**

**BY**

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**A Research Project Report submitted in partial fulfillment of the requirements for the  
award of Master of Arts Degree in Project Planning and Management of the University of  
Nairobi.**

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**DECLARATION**

This research project report is my original work and has not been submitted for any examination in this University or any other institution of higher learning.

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## **DEDICATION**

This work is dedicated to my late mother Mactilda Auma Natala. May God rest her soul in eternal peace. It is also dedicated to my father John Mumia Natala, my nephew Liam James Mmbaka Natala and my beloved fiancée Margaret Karigu Wangui for their endless support, motivation, and encouragement in life.

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## ACRONYMS AND ABBREVIATIONS

CSG	Child Support Grant
DFID	Department for International Development
GOK	Government of Kenya
IADB	Inter-American Development Bank
LEAP	Livelihood Empowerment against Poverty
NGOs	Non – Governmental Organizations
OVC	Orphans and Vulnerable Children
PSNP	Productive Safety Net Programme
SAPP	Social Assistance Programme Practice
SAPPs	Social Assistance Programmes Practices
SDGs	Sustainable Development Goals
SMG	Support Mothers Group
SPSS	Statistical Package for Social Scientists
UNCRC	United Nations Convention on the Rights of the Child
UNDP	United Nations Development Programme
UNICEF	United Nations Children’s Fund
USAID	United States International Development.
WHO	World Health Organization

## ABSTRACT

Social assistance programmes practices for the poor, orphans and widows date back to the 16th and early 17<sup>th</sup>-century English Elizabethan laws for the poor. As soon as 1948, social assistance was specified in the Universal Declaration of Human Rights with the statement that proclaimed everyone's right to social security. In Africa, social assistance programmes practices were initially developed in the 1950s and 1960s as a safety net for white workers. Other than governments and institutions of the state, social assistance programmes practices are also being implemented by the private sector along with other Non-Governmental Organizations, and the latter may provide cash benefits as well as services. Unbound is one of these International Non-Governmental Organizations that has been offering social assistance programmes practices in Kenya for a while through the provision of sponsorship and scholarship support to children from low-income family backgrounds. This is how the needy families in Nanyuki Location have come to benefit from the delivery of these social assistance programmes practices by Unbound. The purpose of the study was to establish the influence of social assistance programmes practices on the livelihood of beneficiary families: A case of Unbound programme in Nanyuki Location, Laikipia County, Kenya. The study was guided by objectives that sought to determine the influence of sponsorship as a social assistance programmes practice, the influence of scholarship as a social assistance programmes practice, the influence of community participation as a social assistance programmes practice, and the influence of relationships formed between sponsors and beneficiaries as a social assistance programme practice on the livelihood of families. The study adopted a descriptive survey research design. The sample comprised of 122 social assistance programmes practices beneficiaries, 113 caregivers taking care of Unbound social assistance programmes practices beneficiaries and ten Unbound programme officers making up a total of 245 respondents. Data was collected using questionnaires and analyzed through Statistical Package for Social Scientists. Total response rate for the questionnaires was 94.7% with 232 out of the 245 questionnaires issued being returned. The findings revealed that the Unbound programme practices were indeed available and operational in Nanyuki Location with regard to meeting the educational and other needs of the supported families as indicated by 100.0% of the Unbound programme officers and Unbound programme caregivers taking care of Unbound programme beneficiaries. The findings also showed that 95.8% of the Unbound programme beneficiaries had been influenced by sponsorship to improve their school performance with 100.0% of the scholarship students also indicating that their school performance had indeed increased. The study also established that 91.5% of the caregivers, 71.2% of the beneficiaries and 100.0% of the Unbound programme officers believed that the community was involved in the running of Unbound SAPPs with 100.0% of the caregivers reporting being members of an Unbound Support Mothers Groups. The results indicated that 53.4% of the beneficiaries communicate with their sponsors between one and three times annually with 94.9% of the same beneficiaries establishing a relationship with their sponsor. The study concluded that the social assistance programme practices had an influence on the livelihood of beneficiary families in Nanyuki Location but recommended that the Unbound programme officers should think of, design and put mechanisms in place to ensure the sustainability of important programme practices like Support Mothers Groups and other activities that can supplement the income of families from the support they get with a view to such mechanisms strengthening these beneficiaries to support them in moving to the direction of being self-reliant, improving their quality of life and having sustainable livelihood without developing dependency on the NGO.

## CHAPTER ONE

### INTRODUCTION

#### 1.1 Background to the Study

Social assistance programmes practices (SAPPs) for the poor, orphans and widows date back to the 16th and early 17<sup>th</sup> century English Elizabethan laws for the poor. By 1948, social assistance was specified in the Universal Declaration of Human Rights with the statement proclaiming everyone's right to some form of social security. The rights of the less fortunate, especially children, to various aspects of social assistance programme practices are also included in the United Nations Convention on the Rights of the Child (UNCRC) adopted by the United Nations in November 1989 (Gatenio & Kamermnan, 2006). Social assistance programme practices in Africa were initially developed in the 1950s and 1960s as a safety net especially for white workers (UNICEF, 2010).

Extreme poverty is a global challenge that is witnessed in all parts of the world, including developed economies. It is estimated that half the world's children (or 1.1 billion) live in poverty (UNICEF, 2010). The poor find it hard to meet their daily livelihood needs, sometimes because they lack the means or capability of doing so. This at times leads to deprivation and/or destitution. To rescue people from or prevent them from deprivation and misery, public and private institutions implement SAPPs. A livelihood-based SAPP offers the means of bringing the vulnerable groups to the development process through protection, promotion and prevention to ensure their immediate and future livelihood (UNICEF, 2010). To add to this, World Vision International also advocates for the needs of the poor and recommends that strategies and plans of action supported by sufficient resources from national and international partners be developed (Casey, 2006).

Poverty also has an adverse impact on children as they are deprived of their basic needs to survival, protection, participation and development. In a situation where the primary caregivers and breadwinners are unable to work, the entire family's food security is increasingly threatened thus adversely affecting their nutrition status (National Plan of Action for OVC in Kenya, 2007-2010).

Latin America provides an excellent source of country illustrations of the implementation of SAPPs for the middle-income countries. Thirteen countries in the region have implemented conditional cash transfer programs, in most cases with support from the Inter-American Development Bank (IADB) (IADB, 2006). In a report of the study of the effectiveness of conditional cash transfers in poverty reduction, inequality and human capital development in both the developed and developing countries, Heinrich (2006) describes coverage of these programmes as extensive in some larger countries, like Plan Familias in Argentina, Oportunidades in Mexico and Bolsa Familia in Brazil, helping a total of almost 17 million families in extreme poverty. Further evaluations report positive effects on poverty as well as school enrollment and retention rates, immunization rates, consumption levels, nutrition and reductions in child labor.

Social assistance programmes practices are increasingly seen as being very instrumental in East and Southern Africa for combating the threat of chronic poverty and hunger. Several programs have developed in recent years across the region, such as the Productive Safety Nets Program in Ethiopia; social pensions in South Africa, Namibia and Lesotho; cash transfers in Zambia, Malawi, Mozambique and Kenya (National Gender and Equality Commission, 2014).

The Government of Ethiopia's Productive Safety Net Programme (PSNP) started in 2005 has been heralded across Africa as an example of how SAPPs are both affordable and practical. The intention of PSNP initiative was to support the vulnerable, food-insecure households. PSNP aimed at being a SAPP with a focus on food security that helps individuals, families, and communities. It has been credited with providing millions of Ethiopians with the support needed to, directly and indirectly, build household and community assets to move out of the cycle of poverty. The PSNP reached 5 million people in 2005, 7 million in 2006 and 2007/8 reaches some 8.3 million (Devereux, Sabates-Wheeler, Tefera, and Taye, 2006).

The Livelihood Empowerment against Poverty (LEAP) Programme is a SAPP in Ghana that provides cash and health insurance to low-income families across Ghana to address short-term poverty and encourage long-term human capital development. In March 2008 LEAP started a trial phase and then began expanding gradually in the year 2009 and 2010. As at July 2013, the program had reached over 70,000 households across Ghana with an annual expenditure of approximately USD20m. Funding of the program is from general revenues of the Government of Ghana to the tune of 50 percent, donations from DFID and a loan from the World Bank.

South Africa is one of the few countries that offer benefits specifically for the support of all poor children. The old age pension is the largest program and has marginally reduced the number of people living below the poverty line. However, it has demonstrated more significant positive impacts on children's health and nutrition (Barrientos *et al.* 2003). There is evidence that this unconditional child benefit boosts the nutrition of low-income families' children (Aguero, Carter, and Woolard, 2006).

In South Africa, the South African Child Support Grant (CSG) was a SAPP introduced in April 1998 to replace the Child Maintenance Grant, which provided racially motivated assistance during apartheid. The transition to the CSG resulted in an outlay of a higher number of smaller grants. Accessibility to the subsidy increased significantly since its introduction after the age of eligibility of reception was expanded. When first introduced, the grant was limited to children aged below six years; as of April 2005, minors up to 14 years of age were deemed to be eligible. This grant accounts for 31 percent of SAPP expenditures and is the second largest grant support in the country (Seekings, 2008). The grant is a non-conditional means-tested cash transfer that gives R250 (31.93 USD) per month for every child to the household head and is eligible to single caregivers with a monthly income threshold of below R2500 (319.26 USD) and up to R5000 (638.50 USD) for married caregivers. As of February 2010, the number of beneficiaries for the Child Support Grant reached 9,474,281 (Van Der Berg & Siebrits, 2010). The massive expansion of this grant caused concern amongst skeptics of the social welfare system who feared that widening the eligibility demographic of the CSG would heighten the risk of dependency and increase the opportunity for mismanagement within households.

In Kenya, SAPPs have been implemented for years in various forms that include non-contributory and contributory schemes. These projects were given impetus by the African Union meeting of 2006 in Livingstone, Zambia. Following the meeting, the Government of Kenya initiated a broad consultative process to formulate a national social protection framework. Through this process, the Government identified several key social protection actions in the areas of social assistance, social security, and health insurance (Kenya National Social Protection Policy, June 2011). Article 43 of the Kenyan Constitution guarantees all Kenyans economic, social, and cultural (ESC) rights which include basic rights to health, education, food, and decent livelihood. It asserts the right "of every person... to social security" and holds the State accountable in Article 43(3) to "provide appropriate social security to individuals who are unable

to support themselves and their dependents." (Kenya National Social Protection Policy, June 2011).

Social assistance programmes practices are therefore avenues or mechanisms of strengthening people to support them in moving in the direction of being self-reliant, improving their quality of life and eventually having sustainable livelihood. Other than governments and institutions of the state, SAPPs are also being implemented by the private sector along with other Non-Governmental Organizations (NGOs), and the latter may provide cash benefits as well as services. Unbound is one of these International NGOs that has been offering SAPPs in Kenya for a while through the provision of sponsorship and scholarship support to children from low-income family backgrounds. This is how the needy families in Nanyuki Location have come to benefit from the delivery of these SAPPs by Unbound programme (Unbound Sponsorship Manual, 2016).

## **1.2 Statement of the Problem**

It is estimated by The Sustainable Development Goals Report (UN SDGR, 2016) that the global population proportion that lives below extreme poverty line dropped by half between 2012 and 2002. This decrease was from twenty-six to thirteen percent which translates to 1 in 8 people worldwide living in extreme poverty in the year 2012. In sub-Saharan Africa poverty remains widespread, where it is estimated that more than 40 percent of the people lived on less than 1.90 US dollars a day in the year 2012. It was also noted that about 1 in 5 people received some social protection benefits or social assistance in the low-income countries compared with 2 in 3 people in upper middle income countries.

In 2013, Unbound initiated a global evaluation with the purpose of better understanding the ways in which caregivers of Unbound sponsored children participate in their communities and feel empowered to make change for their families. The study found that Ninety percent of mothers of sponsored children believe they have the power to change their family's situation while 63 percent are active in solving problems in their communities (Velazquez and Spachek, 2013). Ngatia (2015) studied the practice of social assistance programmes (SAPs) in the improvement of the welfare of Orphans and Vulnerable Children (OVCs), in Nyeri Central District and found that the mode of the dispensation of SAPs influences the improvement of the well-being of OVCs. This is because identification criteria, payment points, amount and frequency of support determines how the programmes meet the needs of beneficiaries. She, however, recommended that local implementers of the social assistance programmes should mobilize other organizations who are interested in this area to come up with similar programmes aimed at reaching the needy OVCs who have not been reached with the government support to help improve their welfare.

Given the above and global evaluation undertaken by Unbound, it is clear that different approaches have been put in place to try and enhance the livelihood of families. Unbound is one of the NGOs that have SAPPs that aim at trying to enhance the livelihood of families and help achieve the Sustainable Development Goals (SDGs). Therefore, despite the fact that Unbound has been offering SAPPs to families in Kenya for years now, it is of importance to carry out a study to establish the influence of social assistance programmes practices on the livelihood of beneficiary families: A case of Unbound programme in Nanyuki Location, Laikipia County, Kenya.



### **1.3 Purpose of the Study**

The purpose of this study was to investigate the influence of social assistance programmes practices on the livelihood of beneficiary families: A case of Unbound programme in Nanyuki Location, Laikipia County, Kenya.

### **1.4 Objectives of the Study**

The study was guided by the following objectives;

1. To determine the influence of sponsorship practice on the livelihood of families in Nanyuki Location, Laikipia County, Kenya.
2. To determine the influence of scholarship practice on the livelihood of families in Nanyuki Location, Laikipia County, Kenya.
3. To assess the influence of community participation practice on the livelihood of families in Nanyuki Location, Laikipia County, Kenya.
4. To find out the influence of relationships between sponsors and beneficiaries practice on the livelihood of families in Nanyuki Location, Laikipia County, Kenya.

### **1.5 Research Questions**

The study was guided by the following research questions;

1. To what extent does sponsorship practice influence the livelihood of families in Nanyuki Location, Laikipia County, Kenya?
2. To what extent does scholarship practice influence the livelihood of families in Nanyuki Location, Laikipia County, Kenya?
3. In what ways does community participation practice influence the livelihood of families in Nanyuki Location, Laikipia County, Kenya?
4. How do relationships between sponsors and beneficiaries practice influence the livelihood of families in Nanyuki Location, Laikipia County, Kenya?

### **1.6 Significance of the Study**

The study's results will provide documented evidence on the milestones made by the existing SAPPs on the livelihood of beneficiary families in Nanyuki Location. The study therefore sought to provide an opportunity for Unbound, other development partners, other NGOs, and government to design policies and SAPPs that will positively influence the livelihood of families. The study's findings will also be useful to the project officers, caregivers, and families

whom these SAPPs have been designed to benefit in informing them of their role in ensuring their success due to their importance. Finally, the study findings will hopefully contribute to the body of knowledge that would provide a basis for future studies on the influence of SAPPs on the livelihood of families.

### **1.7 Delimitation of the Study**

The study was conducted in Nanyuki Location which is in Laikipia County, Kenya. Nanyuki is a Location that lies northwest of Mt. Kenya and situated just North of the Equator bordering Naro Moru town to the South and Timau town on its North. The study delimited itself by concentrating on the influence of social assistance programmes practices on the livelihood of beneficiary families supported by Unbound Nanyuki Subproject office. Unbound Nanyuki Subproject office was chosen since it is one among the oldest Unbound offices in Kenya and has been offering SAPPs to Nanyuki Location families for quite a long time now.

### **1.8 Limitations of the Study**

The study was hindered by rough terrain, poor road networks and rains in some of the target areas. This was addressed by making use of well-trained research assistants from the local areas that were conversant with the terrain to reach inaccessible respondents and scheduling visits in consideration to the prevailing weather conditions. There was the likelihood that some of the interviewees would provide socially acceptable responses to please the researcher and these would have misled the research findings. Respondents were requested to be honest and not to deviate from the issues under study.

### **1.9 Basic Assumptions of the Study**

In conducting the study, it was assumed that SAPPs influence the livelihood of beneficiary families. It was assumed that SAPPs cover a broad range of outcome areas that the study intended to investigate across all the sampled households. It was also assumed that the targeted respondents from the sampled households would be willing to provide all the information sought by offering an honest opinion on the SAPPs and their related influence and that they would be available in their homes and places of work during the time of data collection. It was also assumed that the views of the respondents from the sample size selected for the study was credible and representative of the entire population making a generalization of the findings possible.

## **1.10 Definitions of Significant Terms Used in The Study**

The following terms assumed the stated meanings in the context of the study.

**Caregiver** – a parent or guardian who is charged with the responsibility for an Unbound sponsored child's welfare.

**Community Participation** – This includes all the activities that the Unbound social assistance programmes practices caregivers are involved in by the Unbound programme. This includes being members of an Unbound Support Mothers Group (SMG), attending monthly SMG meetings with Unbound programme officers, making monthly financial contributions through their SMGs, saving and getting loans from groups, and participating in the vetting of prospective Unbound sponsorship beneficiaries.

**Relationship** – This is a relationship where the sponsored does not feel inferior to the sponsor and vice versa and is established out of mutual respect between and among the parties involved through Unbound.

**Food security** – This is having reliable access to sufficient and nutritious food by the Unbound beneficiaries.

**Frequency of dispensation of funds** – This is how often the needy families receive social assistance programme practices benefits from Unbound.

**Management of social assistance programme practices** – these are the people charged with the responsibility of implementing and supervising the Unbound social assistance programme practices.

**Mode of dispensation of social assistance programme practices funds** – includes identification and selection of families by Unbound for social assistance programmes practices and where these families collect their benefits.

**Social Assistance Programmes Practices** – Avenues through which assistance is provided to needy families and it includes financial aid and any other social services offered by Unbound.

**Subproject office** – The Unbound field/branch office that is structurally below and answerable to the Unbound Project Office/National Headquarter

**Unbound Programme** – A Non-Governmental Organization that runs social assistance programmes practices to help people living in poverty and also to help form real friendships between these people from different cultures and economic circumstances.

**Scholarship Practice** – A scholarship model that provides educational scholarships to deserving students pursuing secondary, post-secondary and vocational school training. These scholarships

are strictly used for purposes of tuition, transportation, school supplies and books. The scholarship is conditional and only benefits the Unbound programme scholarship beneficiary.

**Sponsorship Practice** – A sponsorship model of direct support which aims to help families that live in extreme poverty by connecting them with sponsors in the U.S. The sponsors pledge a \$36 monthly commitment that contributes to fund necessities and, in many instances, livelihood programs to help families become self-sustaining. The sponsorship funds take care of pre-secondary school education enrollment and other required fees, healthcare, food & nutritional support, clothing, and housing repairs with some of these benefits covering indirect beneficiaries in the same household as the Unbound programme sponsored beneficiary.

### **1.11 Organization of the Study**

This research project report contains five chapters, references and appendices sections. Chapter One includes the background of the study, statement of the problem, the purpose of the study, objectives of the study and the research questions. It also describes the significance of the study, delimitation of the study, limitations of the study, basic assumptions of the study and the definition of significant terms.

Chapter Two consists of the literature review with information from other articles that are relevant to the research. It is based on a discussion of the objectives of the study. A conceptual framework is used to show the relationship between the variables of the study and a summary concludes the chapter.

Chapter Three includes the methodology that was used in the research. It entails the research design, the target population, the sample size and the sampling technique, the data collection method and procedure, the validity and reliability of research instruments, the data analysis, and the ethical considerations.

Chapter Four of the research project report includes data analysis, presentation and interpretation while Chapter Five gives a summary of findings based on the objectives of the study, discussions, conclusions, recommendations and suggestions for further research.

## CHAPTER TWO

### LITERATURE REVIEW

#### 2.1 Introduction

General and empirical literature related to the study was reviewed in this chapter. This literature included the following; An overview of SAPPs, the concept of sponsorship as a SAPP, the concept of scholarship as a SAPP, the concept of community participation as a SAPP, the concept of relationships formed between sponsors and beneficiaries, and how the above variables influence the livelihood of families in terms of access to education and other requirements like uniforms and books, enrolment and retention of children in school, food secure households, community participation in the management of SAPPs, creation of relationships with sponsors, and then a summary of the chapter.

#### 2.2 An Overview of Social Assistance Programme Practices

Social welfare protection, especially in the form of insurance and assistance programme practices, emerged in Europe as early as the 1800s to provide citizens with an economic safety net during periods of economic hardship, illness, and other shocks (Palacios & Sluchynsky, 2006). Today, nearly every country has some form of social protection developed to provide economic support in times of need.

Social assistance programme practices (SAPPs) help to build a protective environment for families by reducing the socioeconomic barriers to family protection through policies that ensure access to essential social services and contribute to economic security, preventing violence and exploitation (UNICEF, 2011). SAPPs have gained greater recognition and importance in public expenditure than was the case in the 1980s and 1990s (Ikiara, 2009). SAPP measures are demonstrated by a significant number of special protection programmes that exist today. Social protection has broadly been defined as being all private and public initiatives that provide consumption transfers or income to poor families, enhance the social status and rights of the marginalized, and protect the vulnerable against livelihood risks, with an objective of reducing social and economic vulnerability of the poor, marginalized and vulnerable groups (Norton, A., *et al*, 2001). As Norton observes, the overall rationale for social protection is “to promote dynamic, cohesive and stable societies through increased equity and security.”

It is important to note that International human rights instruments have also long recognized SAPPs as a fundamental human right with rights for all citizens enshrined in Articles 22 and 25 of the United Nations Universal Declaration of Human Rights (1948): "Everyone as a member of society, has a right to social security, and to a standard of living adequate for the well-being and health of himself and his family, including food, clothing, housing, medical care and necessary social services."

In the words of Holzmann and Jorgensen (2000), they define social protection as public interventions meant to assist communities, households, and individuals to be able to manage risk better; and provide support to the critically poor. SAPPs can be categorized as protective, transformative, promotive and preventive (Devereux *et al.*, 2006). Protective SAPPs are to provide relief from deprivation and include those that targeted resource transfers like disability benefits, allowances for single parents, and social pensions for the elderly. These are financed publicly out of the tax base, through donor support, and through various NGO projects and social services which are specially meant for the poor and other groups that need special care, to extend essential services to the destitute.

The preventive SAPPs seek to avert deprivation by directly dealing with alleviation of poverty which includes social insurance for the vulnerable economically – people who might fall into or have fallen into poverty and may need support to assist them in managing livelihood shocks. The promotive SAPPs aim to enhance real capabilities and incomes, and this is reached through a range of programmes enhancing livelihoods that target individuals and households, for instance micro-finance. The transformative SAPPs address the concerns of exclusion and social equity, such as the action for the workers' rights, or human rights upholding for the minority ethnic groups. Some appropriate interventions include the regulatory framework changes to protect the socially vulnerable groups such as women and people with disabilities against abuse and discrimination, as well as leading sensitization campaigns (e.g. HIV/AIDs anti-stigma campaigns) to transform public behavior and attitudes and enhance social equity (Omiti and Nyanamba, 2007).

A wide range of SAPPs are being implemented in collaboration with a broad spectrum of stakeholders that include government and non-government institutions, the private sector and development partners. SAPPs have been advocated for and adopted by various bodies both governmental and non-governmental; thus it is vital to note how they influence society.

Social Assistance Programme Practice interventions can also be classified into these three categories depending on their primary function in impacting people's livelihood (Devereux *et al.*, 2006). They are; welfare instruments which provide relief and sometimes recovery from deprivation; risk insurance instruments that seek to avert deprivation by establishing robust and accessible recovery mechanisms, and; resilience- building instruments that aim to enhance real incomes and capabilities, build assets and promote resistance.

Kenya's draft Social Protection Strategy 2009-2012 argues that there is a growing consensus about social protection not having to be implemented at the expense of growth. It continues to state that indeed social protection can enhance the long-term growth trajectory of the country and it is indeed an economically feasible and sustainable undertaking. Data that was collected during the 2005/06 Kenya Integrated Household and Budget Survey showed that hard-core poverty is more concentrated in Kenya's rural areas and that the levels of poverty significantly differ among regions, provinces or districts with Coast and North-Eastern Provinces exhibiting higher levels of poverty (Pfleiderer and Kantai, 2010).

To reverse the legacy of exploitation, colonialism, and abject poverty in the 1960s, African Governments, Kenya included, drew up development plans and programmes intended to improve the cumulative process of under development. In 1963, at the time of our independence, poverty, disease, and ignorance were identified as the critical challenges facing the new Kenyan nation. Even though an appreciable degree of success has been achieved in the area of education, progress in reducing poverty and providing healthcare has yet to be reached. Fifty-four years after independence, vulnerability and poverty remain significant challenges. It is noted that almost one in every two Kenyans are trapped in a long-term, chronic and intergenerational cycle of poverty (Kenya National Social Protection Policy, June 2011). Poverty was therefore considered a development issue that the Government had to deal with. This was encapsulated in the country's Sessional Paper Number 10 of 1965, popularly referred to as African Socialism. The Sessional Paper was to serve from 1965 to 1970, and it sought to address and achieve political equality, human dignity, social justice, freedom from want, disease, exploitation, equal opportunities, high and growing per capita income distributed equally. It has severally been said that while the objective of the paper was noble, it failed to meet them as it did not deal with the elimination of exploitation, equal distribution of wealth and provision of basic needs.

### **2.3 Sponsorship Practice and Livelihood of Beneficiary Families**

Sponsorship as a SAPP is one among many of the social protection programmes that are increasing in popularity as a recognized means of addressing issues of vulnerability and food insecurity, and as alternatives to commodity transfers (Ikiara, 2009). Sponsorships are also known to have the potential for empowering receiving beneficiaries through the strengthening of their livelihood and in contributing to the growth of their local economies. In the words of Ikiara (2009) sponsorships are increasingly seen as a vital tool in East and Southern Africa for fighting the triple threat of chronic poverty, hunger, and HIV/AIDS. As programme practices expand, some design and implementation issues begin to dominate the policy debate, and one issue, in particular, is targeting, which has emerged as a contentious issue in programme practice design in this region. The variety of approaches employed in the region range from universal old age pensions, to the means-tested child support grants, a variety of community-based poverty and targeted programme practices that include sponsorship (Ikiara, 2009).

Social Assistance Programmes Practices can have an impact on student education by addressing the underlying economic and social causes that prevent their access to school, and by improving the quality of the services provided to young students and their families (Sanfilippo, de Neubourg, and Martorano, 2012). School feeding, in particular, is one of the most frequently adopted interventions since such programme practices can address multiple objectives (Buttenheim *et al.*, 2011). Its overall effectiveness is however related to a range of factors which include the modality of provision, the targeting of beneficiaries and the costs (Bundy *et al.*, 2009).

Sanfilippo *et al.*, (2012) contend that receipt of sponsorship can improve enrollment by helping low-income families to overcome the cost barriers related to schooling (fees, uniforms, books, etc.). This also includes the provision of other essential needs like nutritional support, shelter, and clothing for the sponsored families. This effect can be seen both for support specifically focused on children and those that are not, for example, when pension recipients distribute a portion of income to the family. In Bangladesh, Ahmed (2004) reports a 15.2 percent difference between the enrolment rates of schools in control zones and those in rural feeding programme practice areas. In Burkina Faso, Kazianga *et al.* (2009) reported that Girls' enrolment in the countryside increased by five and six percent on site and take home ration, respectively following successful implementation of the WFP school feeding programme.



From Colombia, Attanasio *et al.* (2005) report that young children between the age of 10 and 13 in urban areas increased their school time by 4.5 hours per day. Urban children (14-17) and rural children (10-13) increased their time at school by 3.8 and 2.5 hours, respectively. In Brazil, Veras Soares *et al.* (2008) posit that for treated children (7-14 years) participation in the sponsorship programme reduces the probability of absenteeism (3.6 percent), dropping out of school (1.6 percent) and failing to advance in school (4 percent). In Namibia, the participation of 14 out of 16 students was solely due to their grandparents receiving a SAPP (Devereux, 2001). A large number of recipients of the core income grant used the money to pay school fees. As a consequence, a decrease of 42 percent in non-attendance due to financial reasons has been recorded, and drop-out rates have fallen from 40 percent before to almost 0 a year after the launch of the pilot programme practice (UNICEF, 2012).

As in the case of education, existing evidence shows a more conclusive nexus between SAPPs and outputs including access to and utilization of health services, this being especially true for preventive services for children (Department for International Development (DFID), 2011). Sponsorship as a SAPP can facilitate access to, and utilization of health services for the poor thus enhances prevention and health outcomes for the poor children and families (Sanfilippo *et al.*, 2012).

Reducing hunger, with its consequences on families' health and cognitive capacities, and promoting food security has long been an objective of SAPPs in the developing world. An instrument typically adopted for this aim is sponsorship, the original purpose of which was to protect children and families against food insecurity (Devereux *et al.*, 2006), though its impacts are mostly affected by the main features of the design. Results from the evaluation of a school feeding programme in Kenya show quite clearly that the contribution of school feeding accounted for about 30 to 90 percent of the recommended daily allowances in terms of energy and protein for the majority of the students (about 80 percent), while it accounted for almost the whole intake of vitamin A in more than 20 percent of cases (World Food Programme, 2010).

Social assistance programmes practices in the form of sponsorship in general also have a positive impact, given that recipient households tend to spend much of the transfer on food (Adato and Basset, 2009; ILO, 2010; DFID, 2011). The extent to which this can have an impact on child and family nutrition has been found to depend on the main design features including the duration of the SAPP, the age of recipient (0-24 months being the most critical), and the size of transfer

(Yablonski and O'Donnell, 2009). Other than increasing the volume of food available to families, sponsorship as a SAPP leads to an increased variety of food consumed. In Zambia, 12% more families consumed proteins every day while 35% consumed oil every day if they received a SAPP, compared with those households that didn't (MCDSS/GTZ, 2007). Besides, monthly sponsorship support is provided to indirect beneficiaries, based on the number of dependents in the household. UNICEF and Save the Children (2009) estimated the number of indirect beneficiaries, non-targeted individuals who live in the same household as the targeted individuals, to be around 200,000.

Unbound uses a sponsorship model of direct support and its Hope for a Family sponsorship program aims at helping families living in extreme poverty by connecting them with sponsors in the United States (U.S). The support requires a \$36 monthly commitment to help the funding of necessities and, in most instances, livelihood programs that help families become self-sustaining (Unbound Sponsorship Manual, 2016). Unbound connects people across economic, cultural, geographical and religious divides to live in solidarity and work toward a greater good. The sponsorship program connects an individual sponsor in the U.S. with a child or elderly person in another country. Sponsors, through their support, help provide essential benefits such as education, food, health care and livelihood opportunities for families. The caregivers choose the benefits that best fit their situations and meet the needs of their children. Taking on poverty alone is daunting (Unbound Sponsorship Manual, 2016).

Over the years, Unbound has served more than 800,000 children, students, and aging adults and currently works with more than 300,000 people who are supported by 260,000 sponsors. Families from around the world send contributions to Unbound. The sponsors, volunteers and the families they serve all bring their gifts, initiative and potential to bear on creating connections and lifting each other up in the face of life's challenges (Unbound website, [www.unbound.org](http://www.unbound.org)).

In Kenya, the Unbound Nanyuki Subproject office currently offers sponsorship to 920 children where each child gets Ksh.1, 800 monthly as income from their sponsor.

In summary, review of the literature above indicated that evaluations of the influence of the SAPPs focused on the influence of these programs on children, with no particular reference to their influence on livelihood of beneficiary families, given that these families feel the impacts of these SAPPs by being beneficiaries of the programme practices. This study, therefore,

investigated the influence of social assistance programmes practices on the livelihood of beneficiary families: A case of Unbound programme in Nanyuki Location, Laikipia County, Kenya.

## **2.4 Scholarship Practice and Livelihood of Beneficiary Families**

Education is very critical to the future of all children and especially to those who are vulnerable or orphaned. Education gives children hope for a bright future, life and work (UNICEF, 2009). Article 28 of the United Nations Convention on the Rights of the Child (UNCRC) ensures the access to education. Education is considered a vehicle through which societal and cultural values are passed on from one generation to another, therefore, a vital investment for the future of society. Education is also considered the great engine of personal development, and it is through education that the peasant's daughter can become a doctor, that the son of a mineworker become the head of the mine and the farm worker's child become a great nation's president (Nelson Mandela, 2004).

All children, therefore, have a right to an education and with regular attendance, it enables students to develop that sense of belonging to a peer group that assists in building valuable friendship and coping skills. These confident children are less likely to engage in anti-social behavior. As the number of orphans and vulnerable children grows, it becomes less and less capable for their communities to address all their basic needs, including their ability to go to school (UNICEF, 2009). The growing concern is that school-aged orphans are eventually forced to drop out of school or will never enroll because their guardians cannot afford the cost of schooling (as the child is also needed to generate income). The guardians also have less interest in the welfare of children who are not their own (World Bank, 2002).

Scholarship as a SAPP plays a significant role in access to education, not only by providing households with a means to pay school fees but also purchasing peripheral requirements associated with attending schools, such as uniforms, books, and stationery. Provision of cash increases enrollment rates: Zambia's Scholarship SAPP increased school enrollment rates by 3% to 79.2%, and 50% of youth who were not in school at the time of the baseline study were enrolled by the time of the evaluation (MCDSS/GTZ, 2007).

Recognizing the financial barriers to students' school attendance, numerous countries including Kenya proposed either fee exemptions, bursaries or any other support in-kind such as distributing

uniforms or textbooks or waiving the requirement to wear a uniform. In many cases, girls or countryside children are specifically targeted with these measures (Rwanda, Kenya, and Burkina Faso). Other groups that have lower attendance rates such as nomadic children, youth workers, slum dwellers or orphans are also targeted (Kenya). Where individual children are singled out for assistance on the basis of poverty, they may be stigmatized by others and even dissuaded from school attendance (Devereux *et al.*, 2006). Chapter 211 of The Education Act of Kenya requires that parents ensure that their children of compulsory school-going age are enrolled at and regularly attend school. The Cooperative Bank Foundation is the Co-operative Bank's vehicle for social responsibility while "Wings to Fly" is Equity Bank's idea to support deserving bright but needy students to access secondary education. These projects are an education scholarship scheme for the bright but less endowed Kenyan children who face difficulties in paying school fees to obtain high school education. The scholarship beneficiaries are selected every year from deserving Kenyans and enjoy a full 4-year secondary school scholarship. Other actors have also joined forces to ensure this good exercise meets the education needs of deserving students. Other NGOs including Unbound have found scholarship provision as a SAPP that goes a long way in meeting the education needs of students from low-income family backgrounds.

In Kenya, the other SAPP for OVCs is the Secondary School Education Bursary Fund (SEBF) which was established in 1993/4 under the Ministry of Education is another form of social assistance for OVCs. SEBF aimed at cushioning the country's poor and vulnerable groups against the high and increasing cost of secondary education, therefore reducing inequalities. It also sought to increase enrollment in (and completion of) high school. The fund targets orphans as well as vulnerable children from poor households and urban slums, who can achieve success. Now called the presidential Bursary scheme, it is implemented by the department of children's services from the year 2013. In the financial year 2013/14, the total budget *allocation* for the bursary per constituency was Ksh. 1,290,000, translating to Ksh. 374,100,000 countrywide (290 constituencies). In the financial 2014/15, the budget *allocation* was increased to Ksh. 1,311,667 per constituency translating to Ksh. 380,383,430 nationally. The Stipulated maximum allocation for OVCs in boarding schools is Ksh. 30,000 per year and Ksh. 15,000 for OVCs in day schools (Ministry of Labour circular, 2015). SAPPs can have an impact on education by helping address the underlying economic and social causes that prevent access to school and by improving the quality of services provided to the young students and their families. Receipt of cash transfer can

improve enrollment by helping poor households overcome the cost barriers to schooling regarding fees, books and uniform (Sanfilipo *et al.*, 2012).

The Unbound Scholarship programme practice provides educational scholarships to those students pursuing secondary, post-secondary and vocational school. The scholarship funds are used for tuition, transportation, school supplies, and books. Unbound project offices select the recipients based on economic need, commitment to completing their education, a demonstrated leadership potential and an interest in serving the community. The recipients perform service projects as a requirement of the programme. Scholarships are intended as a supplemental assistance, and families contribute what they can toward the student's education (Unbound Scholarship Manual, 2016).

## **2.5 Community Participation Practice and Livelihood of Beneficiary Families**

Sub-Saharan Africa is among areas where poverty is concentrated geographically and is so intense that many policies in place concerned with alleviation of poverty have to practically include most of the development plans (Collier & Gunning, 1999). Ziderman (2003) stated that small-scale and informal sector enterprises presented huge opportunities in Sub-Saharan Africa for creation of employment. The development of skills through the targeted programme practices is key to improving livelihood of disadvantaged groups that include women and that training enables women to function well in informal sectors (Ziderman, 2003).

Some communities in Kenya already have demonstrated competence through the use of their own "informal networks" commonly known as "community self-help groups." This also complements efforts of various agencies and organizations to reduce poverty (Snow & Buss, 2001) and improve the lives of the people in the countryside. Community self-help groups are popular institutions in Kenya's countryside which assist to provide services which the government and other organizations often fail to deliver. The groups take the form of women's groups, burial groups, church mission groups, or youth groups (Freeman *et al.*, 2004). The local self-help development efforts in Kenya are predicated on the spirit of Harambee which is a Swahili word that refers to community efforts for achieving a common goal (Thomas, 1988). The current self-help groups' objectives now focus more on the income-generating projects rather than solely on welfare activities. They are of a multi-purpose nature and combine mutual

financial assistance in the form of rotating credit associations to providing the means to pursue social, educational, and economic activities (Mbugua, 1997).

These self-help groups open new opportunities that generate, save, and invest income and assist the rural people in actually responding to dynamic socio-economic changes as individuals, families, or as a community (Kiteme, 1992). Conversely, many international development aid agencies, including Unbound, are now embracing such informal institutions because of their role in economic development. They help complement the bottom-up community development and correct government failures where national policies may have stymied growth (Snow & Buss, 2001). It is, therefore, important to examine roles, functions, and the pertinent issues arising from these affiliations, particularly since they may be useful in promoting sustainable, local development (Thomas, 1988).

The involvement of the families directly or indirectly also hastens the rate of development. The provision of the socio-economic needs directly has an influence on the poverty level thus, leading to improved living standards. SAPPs in their various forms are known to enhance community participation and development by providing infrastructure and socio-economic services (Adedoyin, 2008). As Cooke-Davies (2000) noted, for SAPPs to perform well, there is a necessity for cooperation between the community and the NGOs who need to work towards the same goals and have same interests.

Unbound places emphasis on working with families and the community. Through families and communities, ownership of the NGO is achieved and trust established. The community is empowered to use the resources around them to meet those other needs not met by the NGO and even supplement the little support they receive from the organization which eliminates dependency on the NGO by the sponsored families. Unbound also builds communities by fostering relationships that are of mutual respect, understanding, and support. These relationships are culturally diverse, empowering and without religious or other prejudice (Unbound SMGs Manual, 2016).

In Kenya, this community participation is further strengthened by the organization ensuring that each mother/caregiver to a sponsored child is part of a Support Mothers Group (SMG)/ “chama” consisting of up to thirty mothers/caregivers whose children are sponsored by the organization. The mothers are encouraged to meet at least once every month and are required to contribute

monthly savings towards the group's registered account name and bank. After a while, the mothers gain access to loans from the group as a means to get capital for further development as individuals and as families so as not to entirely depend on the organization (Unbound SMGs Manual, 2016).

In Kenya, 85 percent of those taking small loans from these mothers' groups developed or boosted a small enterprise that supports their families all or partly because of the investment. In 2013, Unbound initiated a global evaluation with the purpose of better understanding the ways in which caregivers of Unbound sponsored children participate in their communities and feel empowered to make change for their families. Six hundred ninety-seven randomly selected sponsored caregivers, principally mothers, participated in the anonymous questionnaire, placing the confidence interval at 3.7 with a confidence level of 95 percent. Across all of Unbound programme practice regions, the key findings and conclusions paint a picture of women who care for sponsored children, on a path out of the poverty of isolation and marginalization. They are connected to one another in the community, feeling empowered to change their families' lives, and exercise leadership (Velazquez and Spachek, 2013).

Ninety-one percent of mothers indicated they know at least three other women in the organization that they can seek help from when they encounter difficult times. The Unbound community is not marked by the isolation of poverty, but rather an interdependent community. Families have others walking alongside them, sponsors, staff, and their peers. This final group represents connections that could last beyond their time in the organization. Ninety percent of mothers of sponsored children believe they have the power to change their family's situation while 63 percent are active in solving problems in their communities (Velazquez and Spachek, 2013). If what Velazquez and Spachek (2013) conclude is anything to go by, mothers are often the primary caregivers that know what their families need most to succeed. The organization's programme practices are therefore designed in genuine partnership with the caregivers, encouraging them to participate in defining benefits and services for their children.

## **2.6 Relationships Practice and Livelihood of Beneficiary Families**

Humans are an intrinsically social species which means our happiness and success largely depends on the kind of relationships we build with others. When we build relationships on a day-to-day basis, we only have two clear choices to make: we can choose to create the positive,

meaningful, healthy, and productive relationships with people we interact with. We can as well opt to build negative, empty, toxic, and destructive relationships with people we interact with. Knowing how to maximize these positive relationships and minimize the negative relationships is crucial to living a happy and satisfying life. Positive relationships ensure that you end up encouraging each other to grow, flourish, succeed and achieve their goals so most of the time good friends are willing to help in any way they can if it means seeing their buddy be happy and successful (Olds and Schwartz, 2010).

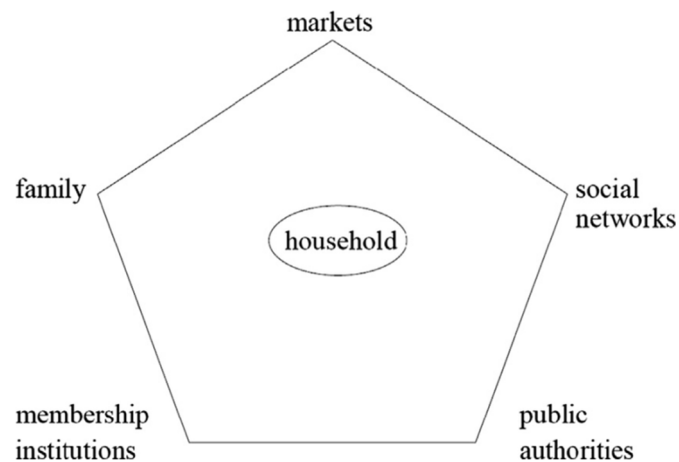
With the Unbound SAPPs, a relationship where the sponsored does not feel inferior to the sponsor and vice versa is established out of mutual respect between and among the parties involved. Recognizing the God-given dignity of each person is essential to genuine, lasting, and loving relationships is one of the core values of the organization that leads to these relationships (Velazquez and Spachek, 2013).

In the words of psychiatrists Olds and Schwartz (2010), social alienation is an inevitable result of contemporary society's preoccupation with being materialistic and being frantically "busy." Their decades of research support the idea that a lack of relationships can cause people multiple problems with their physical, spiritual, and emotional health. The research is clear and devastating: isolation is fatal.



## 2.7 Theoretical Framework

The key role of theories is they tell us why something occurred and they also help us organize the data from research into a meaningful whole. This study employed the Livelihood Portfolio Theory based on the Welfare Pentagon (Neubourg, 2009). The Neubourg welfare pentagon depicts five core institutions namely family, markets, social networks, membership institutions and public authorities, as shown in Figure 1



**Figure 1: The Welfare Pentagon**

*Source: Neubourg (2009)*

The theory assumes that individuals and households will maximize income under constraints. It also assumes that all households face becoming poor at a particular point in future. Household consumptions should therefore be smoothed to prevent this risk, and that resources need to be saved to finance their future consumption. A major factor for well-being is the ability to smoothen consumption. It is each individual's capacity to satisfy basic needs in future despite the existence of risk and occurrence of shocks. Social protection therefore becomes a consumption smoothing strategy. Households are therefore forced to use these to satisfy their immediate and even future needs in any given society, although their relevance may be different by culture and over time. Each institution has a function to be used as a livelihood strategy for income generation intending to smooth consumption.

Individuals within society also need access to the relevant agencies of this welfare pentagon. To obtain social security benefits, people need access to public authorities which control the social benefit, just like getting help from family needs one to have access to a family. For example,

public authorities can insure households against certain risk through paying of social insurance contributions or a citizen just relying on family or social networks to generate income to compensate their after-shocks (Neubourg, 2009).

For individuals within the society to better access the institutions of the welfare pentagon, they need to have availability of capital. Individuals and families differ in their possibilities to invest in social, financial, and political capital and this makes it necessary for the state and other organizations to assist in promoting SAPPs through various social policy instruments and through providing services and goods at low cost or for free. Regardless of their functions, the institutions of this welfare pentagon channels are a substitute for one another. This means that public authorities can step in to provide social protection just as the family or local self-initiatives can. It also means that if public authorities are to withdraw or lower their inputs in providing this social protection, other channels of this welfare pentagon have to make a greater effort in assisting the household in meeting their needs. However, if the state does not assist in providing this social protection, the burden is then shifted towards people with higher risks, and the burden becomes more difficult for individuals and households with fewer resources (Neubourg, 2009).

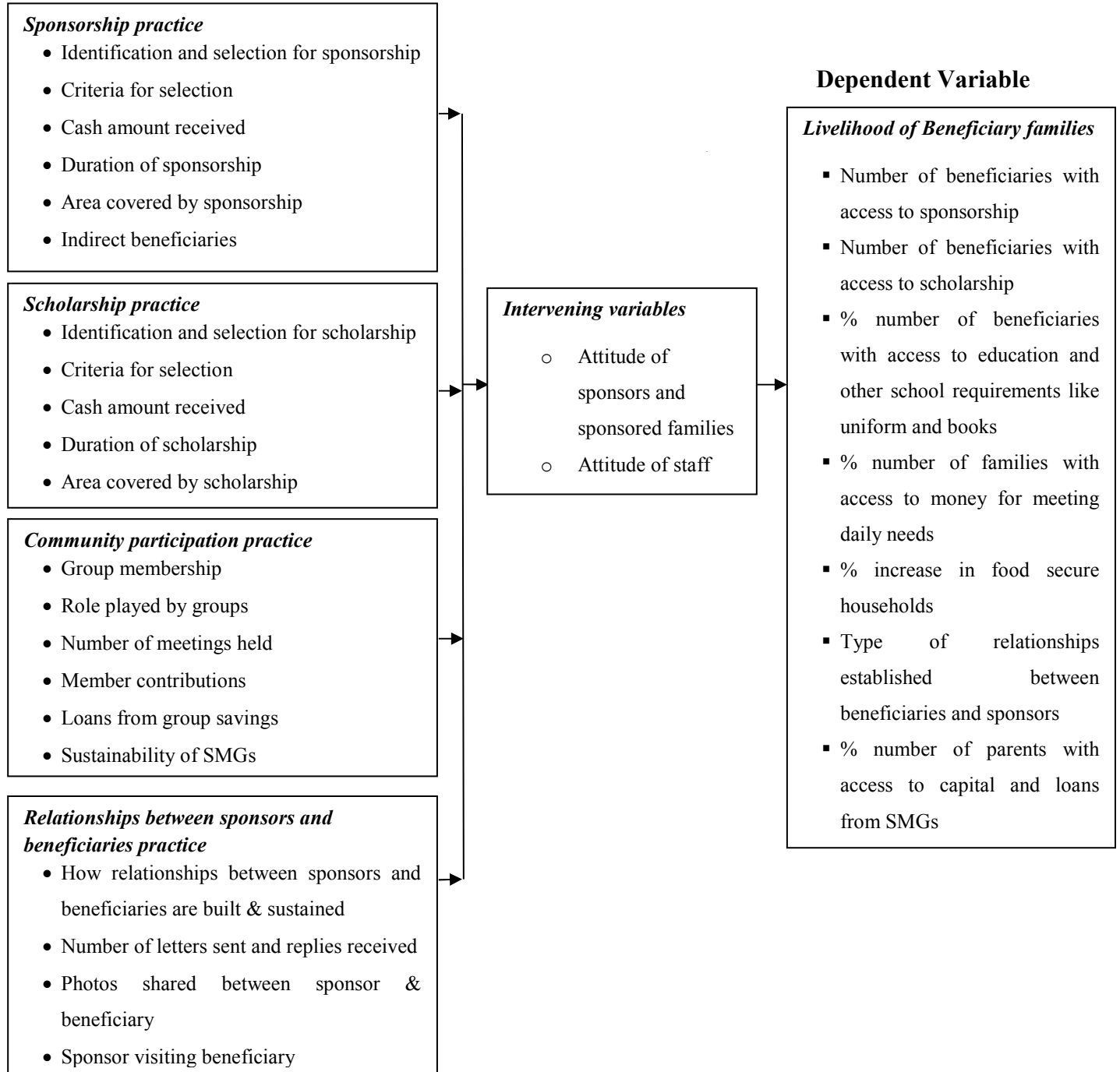
The strength of Neubourg's theory is that it highlights the important role the various institutions of the welfare pentagon play. Societal institutions need to collaborate with one another and to promote individuals well-being enhancing economic growth to achieve equity. It is, therefore, important that each society makes efficient use of existing institutions. The weakness of Neubourg's theory is that it assumes the new social protection discourse that recognizes that in the absence of effective collective risk managements, households and individuals, particularly the most vulnerable must be engaged in micro level informal risk management strategies that have very high costs (Neubourg, 2009).

## 2.8 Conceptual Framework

The study was based on the conceptual framework shown in Figure 2.

### Independent Variables

#### Social Assistance Programmes Practices



**Figure 2: Conceptual Framework illustrating of the relationship between variables influencing the livelihood of beneficiary families.**

## **2.9 Summary of Literature Review**

To understand the concept of social assistance programmes practices and their influence on the livelihood of beneficiary families, this chapter reviewed literature related to experiences from different countries including Kenya. Policymakers and NGOs increasingly see SAPPs as an essential means of reducing poverty and vulnerability in Kenya. When Ngatia (2015) studied the influence of social assistance programmes on OVCs, it was noted that little had been undertaken to follow up on the influence of SAPPs on the entire households/ families. This is a gap that this study attempted to fill. Devereux *et al.*, (2006) noted that where individual children are singled out for assistance on the basis of poverty, they may be stigmatized by others and even dissuaded from school attendance. This research project attempted to study and document findings as to whether the Unbound SAPPs beneficiaries feel treated differently compared to their unsupported siblings and friends both at home and at school. Literature has revealed that countries and other humanitarian organizations all over the world including Kenya are investing heavily in SAPPs and even factoring them in their annual budgets to tackle the problems of poverty, disease, and ignorance. However, if there is poor management and inefficient implementation of the programmes, including selection of beneficiaries, and the frequency of the support, these programmes may not achieve the intended objectives and little impact will be felt in terms of influencing the livelihood of beneficiary families which may also lead to most beneficiaries losing trust with such programmes in future.

## **CHAPTER THREE**

### **RESEARCH METHODOLOGY**

#### **3.1 Introduction**

The methodology used in conducting this study is presented and discussed in this chapter; it talks about the research design, target population, sample size and sampling procedure, methods of data collection, pilot survey, validity and reliability of data collection instruments, data collection procedure, methods of data analysis, ethical considerations, and operational definition of variables.

#### **3.2 Research Design**

This study used descriptive survey research design because surveys are appropriate and capable of obtaining information from large samples of the population. A survey involves studying a situation as it is in an attempt to explain why the situation is the way it is (Mugenda and Mugenda, 2003). Descriptive approach was preferred in this study since it was designed to obtain information that concerns the current phenomenon and wherever possible to draw valid conclusions from the facts discussed (Kombo and Tromp, 2006). Equally, surveys were preferred because they required minimal involvement to develop and administer and are quite easy for making generalizations. Therefore, the descriptive survey was ideal for this study because of its appropriateness in dealing with data which would easily be quantified. A limitation of this design was that it confined the researcher to studying what is currently being done by the Unbound programme, not what could be done or should be done.

#### **3.3 Target Population**

Mugenda and Mugenda (2003) define a target population as that population to which a researcher wishes to generalize the study's results. An ideal setting for a research study is one that directly satisfies the researcher's interest and should be accessible to the researcher (Mugenda and Mugenda, 2003). The target population for this study comprised of 920 Unbound programme beneficiaries, 844 Unbound caregivers taking care of the Unbound programme beneficiaries, and ten programme officers in charge of the program (Unbound Nanyuki Subproject Office records, 2017).

**Table 3.1 Population Survey Grid of Respondents**

<b>Category</b>	<b>Total Number</b>
Unbound Programme Beneficiaries	920
Unbound Programme Caregivers	844
Unbound Programme Officers	10
<b>Total</b>	<b>1774</b>

*Source: Unbound Nanyuki Subproject Office Records, 2017.*

From Table 3.1, the total target population was 1774. This comprised of Unbound programme officers, Unbound programme caregivers taking care of Unbound programme beneficiaries, and Unbound programme officers.

### **3.4 Sample Size and Sampling Procedure**

The sample size and the sampling procedures used in obtaining the study's sample of the population are described below.

#### **3.4.1 Sample Size**

The study used a sample of Unbound programme beneficiaries, Unbound caregivers taking care of the Unbound programme beneficiaries, and Unbound programme officers who were carefully selected to represent the whole population characteristics. The intent of sampling was to obtain information about a larger population according to Gay (2003). This sample size was calculated using a margin of error of +/-5%, confidence level of 90% and standard deviation of 0.5 using the formula in Appendix 1. From the calculations, a sample size of 245 respondents was used for this study.

#### **3.4.2 Sampling Procedure**

Stratified random sampling method was used where the population was divided into homogenous sub groups, and then taking a simple random sample in each group. The population was divided into three homogenous sub groups of Unbound programme beneficiaries, Unbound programme caregivers taking care of the Unbound programme beneficiaries, and Unbound programme officers. Therefore, the sample size of Unbound programme beneficiaries used in the study was 122 where a simple random sample was taken from the entire population of 920 Unbound programme beneficiaries to form this group. The sample size of Unbound programme caregivers

taking care of Unbound programme beneficiaries used in the study was 113 where a simple random sample was taken from the entire population of 844 Unbound caregivers taking care of Unbound programme beneficiaries to form this group. The organization’s data on Unbound programme beneficiaries and Unbound programme caregivers was used to select the sample randomly. The study also interviewed ten programme officers from the organization who were purposively sampled because they are well versed on the organization’s SAPPs.

**Table 3.2 Random Sample of Respondents targeted for Research**

<b>Category</b>	<b>Total Number</b>
Unbound Programme Beneficiaries	122
Unbound Programme Caregivers	113
Unbound Programme Officers	10
<b>Total</b>	<b>245</b>

From Table 3.2, the sample size targeted for research was 245 respondents who were drawn from the key people involved in the Unbound social assistance programme practices.

### **3.5 Data Collection Instruments**

Data was collected using Questionnaires for this study. There were different questionnaires for Parents/Guardians taking care of Unbound programme beneficiaries, Unbound programme officers, and the Unbound programme beneficiaries. The researcher preferred the use of questionnaires due to their simplicity in their administration, items scoring and analysis (Mugenda and Mugenda, 2003). Questionnaires were also used to collect data from a large number of people within a short time and were relatively cost effective. The questionnaires were divided into sections and developed based on the research objectives to capture relevant information. The questionnaires combined both close-ended and open-ended questions to allow respondents to have an opportunity to give more insight on the research problem.

#### **3.5.1 Pilot Survey**

After the instrument was developed, it was administered to a sample with similar characteristics as the one that was used for the study. The researcher managed to get twenty respondents to participate in the pilot test. The research instrument was administered to this pilot group and the responses were found to be varied. This helped the researcher ascertain that the instrument would be able to deliver the desired results. The purpose of the pilot study was also to pre-test the

research instrument that was developed by the researcher which found that the instrument was appropriate for the study.

### **3.5.2 Validity of Research Instruments**

Validity in relation to research is a judgment regarding the degree to which the components of the research reflect the theory, concept, or variable under study. The content-related validity which refers to the content and format of the research instrument was used in this study as a measure of the degree to which the data collected using the questionnaire represented the objectives of the study. The research instrument was verified by my University supervisor to assess what the instrument was intending to measure and her recommendations were considered in the final questionnaire.

### **3.5.3 Reliability of Research Instruments**

Reliability is the measure of the degree to which consistent results or data are obtained by a particular measuring procedure after a repeated trial. It is concerned with the estimates of the degree to which a research instrument yields consistent results after repeated trials. In this research, reliability was determined by a test-retest which involved administering the same questionnaire twice to twenty respondents not included in the sample within an interval of two weeks. A correlation coefficient was then calculated to indicate the relationship between the two sets of scores obtained. A correlation coefficient of between 0 and 1 would be expected. If the coefficient was below 0.5, the instrument would have been seen to be unreliable, and the researcher would have had to develop a new instrument. If the coefficient was above 0.5, the instrument would have been ruled to be reliable, and the actual data collection would start. The correlation coefficient obtained was 0.787 which was a positive correlation. According to George and Mallery (2003), a correlation coefficient greater than or equal to 0.7 would be accepted. This meant that there was a positive relationship between the two sets of responses indicating that the research instrument was reliable and the actual data collection would start.

### **3.6 Data Collection Procedure**

All the necessary government authorities were informed prior to the study to avoid suspicions and resistance from the community members. A letter of introduction was acquired from the University of Nairobi, which was used to obtain authorization from Unbound and a research permit from the National Commission for Science, Technology, and Innovation (NACOSTI).



After developing the instrument and carrying out the pilot survey, the researcher then administered questionnaires to the respondents. The researcher with the help of the research assistants booked appointments with the sampled households and other respondents before the visit to avoid inconveniences and then visited them and administered the questionnaires after seeking the respondents' consent. After the respondents filled the questionnaires, they returned them at the Unbound Nanyuki Subproject Office for ease of collection where the researcher collected them.

### **3.7 Data Analysis Technique**

After data collection, all the returned questionnaires were numbered and the data coded. Preliminary editing was done where the raw data was keenly scrutinized, checked and cleaned for completeness, consistency, and comprehensibility. Incomplete questionnaires and any other inconsistencies were eliminated. The useful data was then coded by assigning values to the responses. The data was then entered into a computer for analysis using the Statistical Package for Social Scientists (SPSS) computer software, all the necessary calculations done and then findings presented using tables. The process of interpretation of data into a meaningful form followed and then the researcher drew the necessary conclusions.

### **3.8 Ethical Considerations**

All the necessary government authorities were informed prior to the study to avoid suspicions and resistance from the community members. A letter of introduction was acquired from the University of Nairobi, which was used to obtain authorization from Unbound and a research permit from the National Commission for Science, Technology, and Innovation (NACOSTI). Consent was sought from the respondents through reading and signing a consent form. The respondents were informed that participation in the study was voluntary and that the information they provided would be treated with utmost confidentiality. Privacy and dignity of the respondents was considered during the research by not exposing names of the respondents and using codes instead. The respondents were also assured that a feedback session would be organized to disseminate the research findings to Unbound.

### 3.9 Operational Definition of Variables

**Table 3.3 Operational Definition of Variables**

Research objectives	Type of variable	Indicators	Level of scale	Data collection method	Level of analysis
To assess the influence of Social Assistance Programmes Practices on the livelihood of beneficiary families.	<b>Dependent</b> Livelihood of beneficiary families	<ul style="list-style-type: none"> <li>▪ Number of beneficiaries with access to sponsorship</li> <li>▪ Number of beneficiaries with access to scholarship</li> <li>▪ % number of beneficiaries with access to education and other school requirements like uniform and books</li> <li>▪ % number of families with access to money for meeting daily needs</li> <li>▪ % increase in food secure households</li> <li>▪ Type of relationships established between beneficiaries and sponsors</li> <li>▪ % number of parents with access to capital and loans from SMGs</li> </ul>	Ordinal Ratio	Questionnaire	Descriptive analysis
To determine the influence of sponsorship practice on the livelihood of beneficiary families in Nanyuki Location, Laikipia County, Kenya.	<b>Independent</b> Sponsorship practice	<ul style="list-style-type: none"> <li>• Identification and selection for sponsorship</li> <li>• Criteria for selection</li> <li>• Cash amount received</li> <li>• Duration of sponsorship</li> <li>• Area covered by sponsorship</li> <li>• Indirect beneficiaries</li> </ul>	Ordinal	Questionnaire	Descriptive analysis
To determine the influence of scholarship practice on the livelihood of beneficiary families	<b>Independent</b> Scholarship practice	<ul style="list-style-type: none"> <li>• Identification and selection for scholarship</li> <li>• Criteria for selection</li> <li>• Cash amount received</li> <li>• Duration of scholarship</li> </ul>	Ordinal	Questionnaire	Descriptive analysis

in Nanyuki Location, Laikipia County, Kenya.		<ul style="list-style-type: none"> <li>• Area covered by scholarship</li> </ul>			
To assess the influence of community participation practice on the livelihood of beneficiary families in Nanyuki Location, Laikipia County, Kenya.	<b>Independent</b> Community participation practice	<ul style="list-style-type: none"> <li>• Group membership</li> <li>• Role played by groups</li> <li>• Number of meetings held</li> <li>• Member contributions</li> <li>• Loans from group savings</li> <li>• Sustainability of SMGs</li> </ul>	Ordinal	Questionnaire	Descriptive analysis
To find out the influence of relationships between sponsors and beneficiaries practice on the livelihood of beneficiary families in Nanyuki Location, Laikipia County, Kenya.	<b>Independent</b> Relationships practice	<ul style="list-style-type: none"> <li>• How relationships between sponsors and beneficiaries are built &amp; sustained</li> <li>• Number of letters sent and replies received</li> <li>• Photos shared between sponsor &amp; beneficiary</li> <li>• Sponsor visiting beneficiary</li> </ul>	Ordinal	Questionnaire	Descriptive analysis

**CHAPTER FOUR**  
**DATA ANALYSIS, PRESENTATION, INTERPRETATION AND DISCUSSION**

**4.1 Introduction**

This chapter focused on data analysis, interpretation, presentation and discussion of findings which were guided by the research objectives. This chapter presents data in the following sections; general information on gender, age, level of education, marital status, school enrolment, and the influence of different Unbound programme social assistance programme practices on the livelihood of beneficiary families.

**4.2 Response Rate**

The response rate of the various categories of respondents is presented in Table 4.1

**Table 4.1 Response Rate**

The following was the response rate for the questionnaires as per the various respondents.

<b>Category</b>	<b>Sample Size</b>	<b>Response</b>	<b>Percentage</b>
Unbound Programme Beneficiaries	122	118	96.7
Unbound Programme Caregivers	113	106	93.8
Unbound Programme Officers	10	8	80.0
<b>Total</b>	<b>245</b>	<b>232</b>	<b>94.7</b>

Table 4.1 illustrates the response rate of the respondents who were sampled for the research. Total response rate for the questionnaires was 94.7%. Out of the 245 questionnaires issued, 232 were returned fully filled with the rest having some missing information. The high response rate was attributed to the fact that the researcher administered and collected the questionnaires himself to the respondents. The use of research assistants from the local areas who understood the terrain and easily approached the respondents also made the high return rate possible. The total response rate was considered representative enough to give results at the set confidence level as according to Nachmias and Nachmias (2005); a 75% response return rate is enough for the study to continue.

### 4.3 Background Information of the Respondents

The study sought to establish the gender, age, educational level, and marital status of the respondents. Other than confirming that the respondents were representative of the target population, these personal and socio-demographic variables had a bearing on the respondent's ability to provide valid information that enabled the study to reach its conclusions.

#### 4.3.1 Gender of the Respondents

The study sought to establish the gender distribution of the respondents and the responses are shown in Table 4.2.

**Table 4.2 Gender of Respondents**

The respondents indicated their gender as follows;

<b>Category</b>	<b>Frequency</b>	<b>Percentage</b>
Male	74	31.9
Female	158	68.1
<b>Total</b>	<b>232</b>	<b>100.0</b>

From Table 4.2, a total of 158 (68.1%) respondents were female while 74 (31.9%) of the respondents were males. This implied that there was a gender disparity between the responses of males and females. This can be explained by the fact that most caregivers who opt to take care of the welfare of Unbound programme's sponsored beneficiaries are female even where these caregivers are in a married relationship.

#### 4.3.2 Age Distribution of Respondents

The respondents were asked to indicate their ages and the responses are shown in Tables 4.3 and 4.4. Table 4.3 shows the ages of Unbound Caregivers and Unbound Programme Officers, while Table 4.4 shows the ages of Unbound Programme Beneficiaries. The tables were separated due to the different age brackets of the two categories of respondents.

**Table 4.3 Ages of Unbound Programme Caregivers and Unbound Programme Officers**

This category of respondents indicated their ages as follows;

<b>Category</b>	<b>Frequency</b>	<b>Percentage</b>
10-17 years	2	1.8
18-30 years	21	18.4
31-40 years	35	30.7
41-50 years	36	31.6
51-60 years	14	12.3
61-70 years	5	4.4
Over 70 years	1	.8
<b>Total</b>	<b>114</b>	<b>100.0</b>

Table 4.3 shows that majority of the respondents were between the ages of 41 and 50 years (31.6%). This was closely followed by the ages between 31 to 40 years who were 30.7%. From table 4.3 above, the 2 (1.8%) respondents were parents below 18 years old while 1 (0.8%) respondent over 70 years old was a caregiver to a beneficiary.

**Table 4.4 Ages of Unbound Programme Beneficiaries**

The following was the response of Unbound Programme Beneficiaries regarding their ages.

<b>Category</b>	<b>Frequency</b>	<b>Percentage</b>
Below 9 years	11	9.3
10-13 years	32	27.1
14-18 years	53	45.0
Above 18 years	22	18.6
<b>Total</b>	<b>118</b>	<b>100.0</b>

Table 4.4 shows that majority of the respondents who participated in the study were between the ages of 14 and 18 years (45.0%), followed by 10 to 13 years who made up 27.1% of the respondents. According to UNAIDS (2014), it is estimated that more than 17.8 million children under 18 years world over are orphaned by HIV and AIDS and 15.1 million or 85 percent of these children live in sub-Saharan Africa. Poverty, fragmented development, and HIV and AIDS, has led to increasing numbers of Kenyan children growing up without adequate support, care, and protection. In Kenya, as across the sub-Saharan African region, families and communities

continue to care for the majority of these orphans and vulnerable children, but many families face severe economic constraints that limit their ability to meet children’s needs (Bryant, 2009).

#### 4.3.3 Education Level of Respondents

The respondents were asked to indicate the highest level of education attained and the responses are shown in Table 4.5.

**Table 4.5 Education Level of Respondents**

The respondents indicated their highest level of education as follows;

<b>Category</b>	<b>Frequency</b>	<b>Percentage</b>
Primary	87	37.5
Secondary	92	39.7
College	37	16.0
Degree	11	4.7
Masters	1	0.4
Phd	0	.0
None	4	18.6
<b>Total</b>	<b>232</b>	<b>100.0</b>

From Table 4.5, majority of the respondents reached primary and secondary levels of education. Respondents who reached primary level were represented by 37.5% and secondary level 39.7%. 16.0% of the respondents indicated having attained some form of college education while 4.7% had attained a degree. 1 (0.4%) Programme Officer indicated having attained a Master’s level of education, while 4 (1.7%) caregivers indicated having never gone to school. The high representation from primary and secondary levels of education comprised of the Unbound beneficiaries and caregivers.

#### 4.3.4 Marital Status

The respondents were indicated their marital status and responses are shown in Table 4.6.

**Table 4.6 Marital Statuses of Unbound Programme Caregivers and Unbound Programme Officers**

This category of respondents indicated their marital status as follows;

<b>Category</b>	<b>Frequency</b>	<b>Percentage</b>
Married	51	44.7
Single	46	40.4
Divorced/ Separated	7	6.1
Widowed	10	8.8
Other	0	0
<b>Total</b>	<b>114</b>	<b>100.0</b>

The findings revealed that 44.7% of the respondents were married, 40.4% were single, 6.1% indicated being divorced/ separated, while 8.8% were widowed. Married caregivers provide the sponsored beneficiaries with a conducive home environment where they get the attention and care of both male and female parents/guardians. Of the 51 (44.7%) respondents that indicated being married, 48 (42.1%) were caregivers taking care of Unbound Programme beneficiaries while the other 3 (2.6%) were Unbound officers.

#### **4.3.5 Enrolment of Unbound Programme Beneficiaries in School**

The study sought to establish the rate of enrolment of Unbound Programme Beneficiaries in school and the responses are as follows.

Currently, 115 (97.5%) of the Unbound beneficiaries are in school while only 3 (2.5%) are out of school. According to Davis *et al* (2012), the Social Assistance Programme Practices have had a significant positive impact on expenditure on education, health and food. Evidence suggests that SAPPs may be having an impact on shifting the consumption preferences of participating households. Sanfilipo *et al* (2012) also said that Social Protection can have an impact on education by addressing the underlying economic and social causes that prevent access to school, and by improving the quality of services provided to the young students and their families.

#### **4.4 Sponsorship and the Livelihood of Beneficiary Families**

This section presents the findings in respect to objective one which sought to determine the influence of sponsorship practice on the livelihood of beneficiary families in Nanyuki Location, Laikipia County, Kenya.



#### 4.4.1 Duration of Benefit from Unbound Sponsorship

The study sought to find out how long the caregivers and beneficiaries had benefited from the Unbound Sponsorship programme. Their responses are shown in Table 4.7.

**Table 4.7 Length in Years of Benefiting through Unbound Sponsorship**

The respondents were asked to indicate how long they were enrolled in the Unbound Sponsorship programme practice and they responded as follows;

Category	0-3Yrs	%	3-7Yrs	%	Over 7Yrs	%
Sponsorship	32	14.3	112	50	80	35.7

From table 4.7, majority of the respondents, 112 (50.0%), reported having benefitted from sponsorship between 3 – 7 years, followed by 80 (35.7%) who had been sponsored for over 7 years. Those sponsored between 0 – 3 years accounted for the remaining 14.3% (32 respondents). This means that once enrolled into the Unbound sponsorship programme, the retention rate in the same programmes is high.

#### 4.4.2 Relationship between Sponsorship and Its Influence on the Livelihood of Beneficiary Families

The study sought to rate various aspects related to Unbound sponsorship using a likert scale. The responses are shown in Tables 4.8, 4.9 and 4.10 for the various categories of respondents.

**Table 4.8 Views of Unbound Programme Beneficiaries on Sponsorship**

The following were the views of Unbound programme beneficiaries regarding the influence of Sponsorship practice on the livelihood of beneficiary families.

<b>Factor</b>	<b>SA</b>	<b>%</b>	<b>A</b>	<b>%</b>	<b>U</b>	<b>%</b>	<b>D</b>	<b>%</b>	<b>SD</b>	<b>%</b>
Sponsorship has reached deserving needy children	65	55.1	49	41.5	4	3.4	0	.0	0	.0
Sponsorship and regular school attendance	90	76.3	22	18.6	0	.0	6	5.1	0	.0
Sponsorship and access to school requirements	62	52.5	34	28.8	16	13.6	6	5.1	0	.0
Sponsorship and lack of difficulty in fees payment	43	36.4	59	50.0	6	5.1	6	5.1	4	3.4
Sponsorship and improved school performance	69	58.5	44	37.3	5	4.2	0	.0	0	.0
Sponsorship and access to three balanced meals	63	53.4	38	32.2	10	8.5	4	3.4	3	2.5
Sponsorship and availability of shelter at home	86	72.9	32	27.1	0	.0	0	.0	0	.0
Sponsorship and differential treatment at home	12	10.2	9	7.6	6	5.1	15	12.7	76	64.4
Sponsorship and differential treatment at school	10	8.5	0	.0	9	7.6	24	20.3	75	63.6
Sponsorship and benefit to other family members	58	49.2	37	31.4	6	5.1	10	8.5	7	5.8

From Table 4.8, 96.6% of the respondents agreed that the Unbound Sponsorship programme practice had reached the deserving needy children within the community. According to Bryant (2009), SAPPs have played a key role in reducing poverty in industrialized nations for more than 50 years, but until the past decade, SAPPs were thought to be unaffordable or impossible to deliver in poorer countries. This study found that Unbound sponsorship programme had reached the deserving needy beneficiaries and families and was indeed operational and meeting the education needs of beneficiaries to a large extent.

94.9% of the respondents agreed that access to sponsorship had influenced their regular school attendance while only 5.1% disagreed. The 6 (5.1%) beneficiaries who reported not being in school indicated that they had completed high school education the previous year and while 4

were waiting to enroll in a higher institution of learning, 2 were in the process of looking for technical colleges to learn a skill that would be useful to their future.

81.3% of the respondents agreed that access to sponsorship had influenced their access to school requirements that included uniforms and books. 86.4% agreed that sponsorship had influenced their families' ability to pay their school fees without difficulties. 95.8% agreed that sponsorship had influenced their improved school performance. 85.6% of the respondents agreed that through sponsorship their families had the ability to access to three balanced meals in a day. 80.6% of the respondents indicated that through sponsorship influence, other members of their family also benefited. According to Sanfilipo *et al.*, (2012), receipt of sponsorship can improve enrolment and attendance of children in school by helping poor households overcome the cost barriers to schooling in terms of fees, books and uniform.

Through the influence of sponsorship, 100% of the respondents polled indicated they had a roof over their head at night and that they slept in a comfortable place. 77.1% of the respondents disagreed that sponsorship influenced a differential treatment towards them from family members at home while 83.9% of these same respondents disagreed that sponsorship influenced a differential treatment towards them at school. However, it is important to take note of the fact that 17.8% and 8.5% respectively agreed that sponsorship had an influence on the way they were treated at home and at school. The 83.9 % of the respondents who reported that they do not experience differential treatment at school reflect a positive and conducive learning environment for the beneficiaries, free of discrimination that may discourage school attendance and thus denying the sponsored beneficiaries access to education.

#### **Table 4.9 Views of Unbound Programme Caregivers on Sponsorship**

The following were the views of the respondents regarding the influence of Sponsorship practice on the livelihood of beneficiary families.

<b>Factor</b>	<b>SA</b>	<b>%</b>	<b>A</b>	<b>%</b>	<b>U</b>	<b>%</b>	<b>D</b>	<b>%</b>	<b>SD</b>	<b>%</b>
Sponsorship has reached deserving needy children	51	48.1	45	42.5	7	6.6	3	2.8	0	.0
Sponsorship being operational	60	56.6	46	43.4	0	.0	0	.0	0	.0
Awareness of requirements for sponsorship qualification	56	52.8	28	26.4	20	18.9	2	1.9	0	.0
Sponsorship and regular school attendance	85	80.2	15	14.2	0	.0	6	5.6	0	.0
Sponsorship and access to school requirements	54	51.0	35	33.0	7	6.6	7	6.6	3	2.8
Sponsorship and lack of difficulty in fees payment	42	39.6	54	51.0	3	2.8	4	3.8	3	2.8
Sponsorship and access to three balanced meals	43	40.6	50	47.2	5	4.7	5	4.7	3	2.8
Sponsorship and benefit to other family members	48	45.3	35	33.0	5	4.7	9	8.5	9	8.5

From Table 4.9, 90.6% of the respondents agreed that the Unbound Sponsorship programme practice had reached the deserving needy children within the community. 6.6% were undecided about this while 2.8% believe the sponsorship programme has not reached all the needy children. This implies that Sponsorship was indeed playing an influential role in the livelihood of those families already reached.

100.0% of the respondents agreed that the sponsorship programme was operational with regard to meeting the education needs of their sponsored children. 94.4% of the caregivers agreed that access to sponsorship had influenced the regular school attendance of their sponsored children while only 5.6% disagreed. 84.0% of the respondents agreed that access to sponsorship had influenced their sponsored children's access to school requirements that included uniforms and books. 90.6% agreed that sponsorship had influenced their ability to pay their children's school fees without difficulties. 87.8% of the respondents agreed that through sponsorship they had the ability to provide three balanced meals in a day for the family.

78.3% of the respondents indicated that through sponsorship influence, other members of their family also benefited. UNICEF and Save the Children (2009) estimated the number of indirect beneficiaries, non-targeted individuals who live in the same household as the targeted individuals, to be around 200,000. This study found that indeed other family members also benefit from the support they receive as beneficiaries and that sponsorship had a great influence on the livelihood of not only the sponsored beneficiaries but of also other non-targeted individuals in the family.

Finally, 79.2% of the caregivers indicated that they were aware of the requirements needed for one's child to qualify for sponsorship from Unbound programme. This implies that more awareness creation avenues need to be explored so that the other 20.8% of the respondents are reached.

**Table 4.10 Views of Unbound Programme Officers on Sponsorship**

The following were the views of respondents regarding the influence of Sponsorship practice on the livelihood of beneficiary families.

<b>Factor</b>	<b>SA</b>	<b>%</b>	<b>A</b>	<b>%</b>	<b>U</b>	<b>%</b>	<b>D</b>	<b>%</b>	<b>SD</b>	<b>%</b>
Sponsorship has reached deserving needy children	4	50.0	3	37.5	1	12.5	0	.0	0	.0
Sponsorship being operational	4	50.0	4	50.0	0	.0	0	.0	0	.0
Sponsorship and increased regular school attendance	4	50.0	4	50.0	0	.0	0	.0	0	.0
Sponsorship and access to three balanced meals	1	12.5	5	62.5	2	25.0	0	.0	0	.0
Sufficient officers managing sponsorship programme	2	25.0	6	75.0	0	.0	0	.0	0	.0

From Table 4.10, 87.5% of the Unbound programme officers agreed that the Unbound Sponsorship programme practice had reached the deserving needy children within the community. 12.5% were undecided about the sponsorship programme having reached all the needy children in Nanyuki Location. This implies that the organization can still do more in terms of offering sponsorship support so as to reach the other needy children in Nanyuki Location.

100.0% of the respondents agreed that the sponsorship programme was operational with regard to meeting the education needs of the beneficiaries. 100.0% of the programme officers agreed that access to sponsorship had influenced the regular school attendance of sponsored children. With each Unbound sponsored child receiving Kshs1,800 per month these funds play an important role in access to education, not only by providing households with the means to pay school fees, but also to purchase peripheral requirements associated with attending school, such as uniforms, books and stationery, thus increasing school enrollment and attendance rates.

75.0% of the respondents agreed that through sponsorship, families had the ability to provide three balanced meals in a day for their dependants with the rest 25.0% being uncertain about this. Finally, 100.0% of the respondents indicated that there were sufficient programme officers at the Unbound Nanyuki office to manage the sponsorship programme.

#### **4.5 Scholarship and the Livelihood of Beneficiary Families**

This section presents the findings in respect to the second objective which sought to determine the influence of scholarship practice on the livelihood of beneficiary families in Nanyuki Location, Laikipia County, Kenya.

##### **4.5.1 Duration of Benefit through Unbound Scholarship**

The study sought to find out how long the caregivers and beneficiaries had benefited from the Unbound Scholarship programme with responses shown in Table 4.11.

**Table 4.11 Length in Years of Benefiting through Unbound Scholarship**

The respondents were asked to indicate how long they were enrolled in the Unbound Scholarship programme practice and they responded as follows;

<b>Category</b>	<b>0-1Yr</b>	<b>%</b>	<b>1-3Yrs</b>	<b>%</b>	<b>Over 3Yrs</b>	<b>%</b>
Scholarship	6	33.3	4	22.2	8	44.4

From Table 4.11, 44.4% of the respondents reported having benefited from Scholarship for a period of over 3 years, 33.3% for a period of less than 1 year, while 22.2% benefited from Scholarship for between 1–3 years. Of Unbound programme’s current total of 920 sponsored beneficiaries, only 24 students benefit from scholarship as a SAPP. This translates to only 2.6% of the total number of current Unbound programme beneficiaries benefiting from the scholarship

programme which implies that scholarship as a SAPP has not reached most of the students that are needy and deserving of this kind of support.

#### 4.5.2 Relationship between Scholarship and Its Influence on the Livelihood of Beneficiary Families

The study sought to rate various aspects related to Unbound scholarship practice using a likert scale. The responses are shown in Tables 4.12, 4.13 and 4.14 for the various categories of respondents.

**Table 4.12 Views of Unbound Programme Beneficiaries on Scholarship**

The following were the views of Unbound programme beneficiaries regarding the influence of Scholarship practice on the livelihood of beneficiary families.

<b>Factor</b>	<b>SA</b>	<b>%</b>	<b>A</b>	<b>%</b>	<b>U</b>	<b>%</b>	<b>D</b>	<b>%</b>	<b>SD</b>	<b>%</b>
Sponsorship has reached deserving needy students	44	37.3	66	55.9	6	5.1	2	1.7	0	.0
Awareness of requirements for Scholarship qualification	68	57.6	25	21.2	13	11.1	9	7.6	3	2.5
Scholarship being operational	69	58.5	44	37.3	5	4.2	6	5.1	0	.0
Possibility of Scholarship motivates working hard in school	74	62.7	34	28.8	9	7.6	1	.8	0	.0
Scholarship and regular school attendance	6	66.7	3	33.3	0	.0	0	.0	0	.0
Scholarship and access to school requirements	3	33.3	6	66.7	0	.0	0	.0	0	.0
Scholarship and improved school performance	5	55.6	4	44.4	0	.0	0	.0	0	.0
Scholarship and lack of difficulty in fees payment	3	33.3	5	55.6	1	11.1	0	.0	0	.0
Scholarship and differential treatment at home	2	22.2	0	.0	0	.0	0	.0	7	77.8
Scholarship and differential treatment at school	0	.0	1	11.1	0	.0	0	.0	8	88.9
Scholarship and engagement in community service	5	55.6	3	33.3	0	.0	0	.0	1	11.1

From Table 4.12, 93.2% of the respondents agreed that the Unbound Scholarship programme practice had reached the deserving needy students for support. When all the sampled Unbound programme beneficiaries were asked whether they were aware of the requirements needed for a student to qualify for scholarship support, 78.8% agreed while the other 21.2% were either undecided or altogether disagreed about this. This implies the need for the Unbound programme officers to create such awareness to this category of respondents who are not aware of such requirements to give them an equal chance to benefit.

95.8% of the beneficiaries agreed that Unbound scholarship programme is operational with regard to meeting the education needs of supported students. When asked whether the prospect of receiving Unbound scholarship support influenced and motivated them to work hard in school, 91.5% of the respondents agreed while 7.6% were undecided with only 1 (0.8%) respondent disagreeing with this. The respondent who disagreed indicated that their ability to work hard in school was not just limited to attaining Unbound scholarship support but on other factors as well like personal ability and support from teachers and parents alike.

100.0% of the respondents who currently receive Unbound scholarship support agreed that access to scholarship had influenced their regular school attendance. 100.0% of this same category of respondents agreed that access to scholarship had influenced their access to school requirements that included uniforms and books. 88.9% agreed that scholarship had influenced their families' ability to pay their school fees without difficulties. 100.0% agreed that scholarship had influenced their improved school performance. Education is very critical to the future of all children and especially to those who are vulnerable or orphaned. Education gives children hope for a bright future, life and work (UNICEF, 2009). This study found that Unbound scholarship was influential towards giving hope for a bright future for the vulnerable and needy but bright students supported through giving them uninterrupted access to education.

Where individual children are singled out for assistance on the basis of poverty, they may be stigmatized by others and even dissuaded from school attendance according to Devereux *et al.*, (2006). This study found that 77.8% of the respondents disagreed that scholarship support influenced a differential treatment towards them from family members at home while 88.9% of these same respondents disagreed that scholarship support influenced a differential treatment towards them at school. Most of the respondents believed that this was not a major issue because of how the Unbound programme is designed. Through Unbound programme, support is provided



through the beneficiaries’ families and not directly to the school. The beneficiaries are therefore not “negatively tagged” by peers since some of their peers in school and at home do not even know that respondents are scholarship recipients.

As criteria, Unbound project offices select the scholarship recipients based on economic need, commitment to completing their education, a demonstrated leadership potential and an interest in serving the community. The recipients perform service projects as a requirement of the programme. When asked whether they engaged in community service projects, 88.9% of the scholarship student recipients polled agreed while 1 (11.1%) respondent disagreed. The one student who disagreed indicated that the demands at school were a major reason that denied them the time to engage in such service to the community.

**Table 4.13 Views of Unbound Programme Caregivers on Scholarship**

The following were the views of Unbound programme caregivers regarding the influence of Scholarship practice on the livelihood of beneficiary families.

<b>Factor</b>	<b>SA</b>	<b>%</b>	<b>A</b>	<b>%</b>	<b>U</b>	<b>%</b>	<b>D</b>	<b>%</b>	<b>SD</b>	<b>%</b>
Scholarship has reached deserving needy students	31	29.2	43	40.6	24	22.6	5	4.7	3	2.8
Awareness of requirements for Scholarship qualification	45	42.5	29	27.4	22	20.8	5	4.7	5	4.7
Scholarship being operational	31	29.2	43	40.6	26	24.5	6	5.7	0	.0
Scholarship and school enrolment	7	77.8	2	22.2	0	.0	0	.0	0	.0
Scholarship and access to school requirements	2	22.2	4	44.4	0	.0	3	33.3	0	.0
Scholarship and lack of difficulty in fees payment	2	22.2	5	55.6	0	.0	2	22.2	0	.0
Scholarship and engagement in community service	6	66.7	3	33.3	0	.0	0	.0	0	.0

From Table 4.13, 69.8% of the respondents agreed that the Unbound Scholarship programme practice had reached the deserving needy students for support. With a considerable percentage

(30.2%) of respondents either undecided or disagreeing, the study found that as much as Unbound had reached some students for support there was still need to reach out to even more students for them to benefit from this programme practice.

When all the sampled Unbound programme caregivers were asked whether they were aware of the requirements needed for a student to qualify for scholarship support, 69.9% agreed while the other 30.1% were either undecided or altogether disagreed about this. This implies the need for the programme officers to create such awareness to this category of respondents who are not aware of such requirements to give their students an equal chance to benefit.

69.8% of the respondents agreed that Unbound scholarship programme is operational with regard to meeting the education needs of supported students while 24.5% were undecided with the rest 5.7% disagreeing about this.

100.0% of the respondents whose children currently receive Unbound scholarship support agreed that access to scholarship had influenced their children's enrolment and regular school attendance. 66.6% of this same category of respondents agreed that access to scholarship had influenced their children's access to school requirements that included uniforms and books while the other 33.3% disagreed. 67.8% agreed that scholarship support had influenced their ability to pay their children's school fees without difficulties while 22.2% disagreed. Scholarships are intended as a supplemental assistance, and families contribute what they can toward the student's education (Unbound Scholarship Manual, 2016). The study found that those who disagreed in the last two categories cited numerous additional school levies charged by schools that were not initially included in the fees structure. This was a challenge since Unbound programme only pays fees as per the fees structure provided by schools and hence any additional fees or levies not included in the fees structure is to be taken care of by the child's caregiver.

When asked whether their supported children engaged in community service projects, 100.0% of the caregivers agreed.

#### **Table 4.14 Views of Unbound Programme Officers on Scholarship**

The following were the views of Unbound programme officers regarding the influence of Scholarship practice on the livelihood of beneficiary families.

<b>Factor</b>	<b>SA</b>	<b>%</b>	<b>A</b>	<b>%</b>	<b>U</b>	<b>%</b>	<b>D</b>	<b>%</b>	<b>SD</b>	<b>%</b>
Scholarship has reached deserving needy students	1	12.5	6	75.0	1	12.5	0	.0	0	.0
Scholarship being operational	4	50.0	4	50.0	0	.0	0	.0	0	.0
Scholarship and increased regular school attendance	4	50.0	3	37.5	1	12.5	0	.0	0	.0
Scholarship and engagement in community service	3	37.5	5	62.5	0	.0	0	.0	0	.0

From Table 4.14, 87.5% of the programme officers agreed that the Unbound Scholarship programme practice had reached the deserving needy students for support while 12.5% were undecided about this. Those who were undecided cited the need for more students to be considered to benefit from this kind of support since currently only a small percentage (2.6%) of Unbound beneficiaries are also on the scholarship programme practice.

100.0% of the programme officers agreed that Unbound scholarship programme is operational with regard to meeting the education needs of supported students. 87.5% of the respondents agreed that access to scholarship had influenced the students' regular school attendance while 1 (12.5%) respondent was undecided about this but did not wish to give any reason for being undecided even after the researcher tried to probe for a response. This study clearly was able to highlight this importance that scholarship played in influencing the livelihood of students and their families now and possibly in future.

When asked whether the supported students engaged in community service projects, 100.0% of the programme officers agreed since this was a requirement for a student to qualify for and receive such kind of support.

#### **4.6 Community Participation and the Livelihood of Beneficiary Families**

This section presents the findings in respect to the third objective which sought to determine the influence of community participation practice on the livelihood of beneficiary families in Nanyuki Location, Laikipia County, Kenya.

#### 4.6.1 Community Involvement in the Running of Unbound Programme

The study sought to establish if community members are involved in the running of Unbound SAPPs. Their responses are shown in Table 4.15.

**Table 4.15 Community Involvement in the Running of Unbound Programme**

The respondents were asked to indicate whether the community was involved in the running of Unbound Social Assistance Programme Practices and they responded as follows;

<b>Respondents</b>	<b>YES</b>	<b>%</b>	<b>NO</b>	<b>%</b>
Unbound Programme Caregivers	97	91.5	9	8.5
Unbound Programme Beneficiaries	84	71.2	34	28.8
Unbound Programme Officers	8	100	0	.0

From Table 4.15, 91.5% of the caregivers reported the community being involved in the running of the Unbound SAPPs in one way or another while 8.5% believed the community was not involved at all. 71.2% of the beneficiaries reported the community being involved in the running of the Unbound SAPPs in one way or another while 34 28.8% believed the community was not involved at all. 100.0% of the Unbound programme officers indicated their belief that the community was involved in the running of Unbound SAPPs. As Cooke-Davies (2000) noted, for SAPPs to perform well, there is a need for close cooperation between the community and NGOs. They need to work towards same shared interests and goals. These findings imply that the community is indeed involved in its operations by the NGO.

While most Unbound programme officers indicated that the community is generally involved through the Support Mothers Groups (SMGs) that all parents/ guardians are required to be members of for their child to be offered any kind of support by the programme, others indicated that these communities are involved through the participation of appraisal committees and board of directors of the Unbound Sacco which draws membership exclusively from the parents/ guardians of Unbound sponsored beneficiaries.

#### 4.6.2 Relationship between Community Participation and Its Influence on the Livelihood of Beneficiary Families

The study sought to rate various aspects related to Unbound programme community participation practice using a likert scale. The responses are shown in Tables 4.16, 4.17 and 4.18 for the various categories of respondents.

**Table 4.16 Views of Unbound Programme Beneficiaries on Community Participation**

The following were the views of Unbound programme beneficiaries regarding the influence of community participation practice on the livelihood of beneficiary families.

<b>Factor</b>	<b>SA</b>	<b>%</b>	<b>A</b>	<b>%</b>	<b>U</b>	<b>%</b>	<b>D</b>	<b>%</b>	<b>SD</b>	<b>%</b>
Membership in an Unbound SMG	90	76.3	27	22.9	1	.8	0	.0	0	.0
Involvement of SMG in management of Unbound	40	33.9	65	55.1	9	7.6	4	3.4	0	.0
Monthly Unbound SMG meeting attendance	56	47.5	50	42.4	10	8.5	2	1.7	0	.0
Access to SMG loans	52	44.1	47	39.8	10	8.5	6	5.1	3	2.5
Voluntary retirement from Unbound Programme	9	7.6	15	12.7	30	25.4	27	22.9	37	31.4

From Table 4.16, 99.2% of the respondents agreed that their caregiver was a member of an Unbound SMG with only 1 (.8%) respondent undecided about this. The study therefore showed that the Unbound caregivers were compliant to this mandatory requirement for their child and family to be supported.

89% of the beneficiaries agreed that their parent's SMG is involved in the management of the Unbound programme. Unbound places emphasis on working with families & the community and the community is empowered to use the resources around them to meet those other needs not met by the NGO and even supplement the little support they receive from the organization which eliminates dependency on the NGO by the sponsored families.

89.9% of the beneficiaries agreed that their parents attend monthly SMG meetings with Unbound programme officers, while 8.5% were undecided about this and 1.7% disagreeing. 83.9% of the respondents agreed that through the Unbound SMGs their parents had access to loans, while

8.5% were undecided about this and the other 7.6% disagreeing. When asked whether they would voluntarily choose to retire from the Unbound programme considering the support their family had already received, only 20.3% of the respondents agreed, while 25.4% were undecided about this and the rest 54.3% disagreeing.

**Table 4.17 Views of Unbound Programme Caregivers on Community Participation**

The following were the views of Unbound programme caregivers regarding the influence of community participation practice on the livelihood of beneficiary families.

<b>Factor</b>	<b>SA</b>	<b>%</b>	<b>A</b>	<b>%</b>	<b>U</b>	<b>%</b>	<b>D</b>	<b>%</b>	<b>SD</b>	<b>%</b>
Membership in an Unbound SMG	81	76.4	25	23.6	0	.0	0	.0	0	.0
Involvement of SMG in management of Unbound	38	35.8	41	38.7	13	12.3	12	11.3	2	1.9
Same SMG level of management responsibility	37	34.9	26	24.5	13	12.3	25	23.6	5	4.7
Monthly Unbound SMG meeting attendance	64	60.4	38	35.8	3	2.8	1	.9	0	.0
Access to SMG loans	63	59.4	31	29.2	10	9.4	2	1.9	0	.0
Ability to sustain SMG	21	19.8	33	31.1	26	24.5	20	18.9	6	5.7
Voluntary retirement from Unbound Programme	10	9.4	6	5.7	13	12.3	29	27.4	48	45.3

From Table 4.17, 100.0% of the caregivers agreed that they were a member of an Unbound SMG. The study therefore showed that the Unbound caregivers were fully compliant to this mandatory requirement for their child and family to be supported.

Unlike the beneficiaries, only 74.5% of the caregivers agreed that their SMG is involved in the management of the Unbound programme, 13.2% disagreed while the other 12.3% were undecided about this. When asked whether all Unbound SMGs have the same level of responsibility in the management of the Unbound programme, only 59.4% of the respondents agreed while 28.3% disagreed with the other 12.3% undecided about this. 96.2% of the respondents agreed that their SMG held monthly meetings with Unbound programme officers, while 2.8% were undecided about this and 1 (0.9%) respondent disagreeing. The study found

that there are caregivers who are members of SMGs simply because it is a requirement. They do not fully understand how this membership translates into community participation and to an extent consider themselves as independent individuals within a group setting with their main reason of membership in the SMGs being to avoid losing the Unbound programme support that they get as families.

88.6% of the respondents agreed that through their Unbound SMGs they had access to loans, while 9.4% were undecided about this and the other 1.9% disagreeing. In Kenya, 85 percent of those taking small loans from these mothers' groups developed or boosted a small enterprise that supports their families all or partly because of the investment according to a year 2013 Unbound global evaluation with the purpose of better understanding the ways in which parents of Unbound sponsored children participate in their communities and feel empowered to make change for their families (Velazquez and Spachek, 2013).

Only 50.9% of the caregivers agreed when asked whether they would be able to sustain their SMG if Unbound programme was to close the Nanyuki Subproject office and withdraw from the community. 24.5% of the respondents were undecided about this while 24.6% of the respondents disagreed about this. When asked whether they would voluntarily choose to retire from the Unbound programme considering the support their family had already received, only 15.1% of the caregivers agreed, while 12.3% were undecided about this and the rest 72.2% disagreeing. According to National Gender and Equality Commission (2014), Social Assistance Programmes are a mechanism of strengthening people to support them in moving to the direction of being self-reliant, improving their quality of life and have sustainable livelihood. From the responses, the study found that although the Unbound Social Assistance Programme Practices were operational and had improved the livelihood of beneficiary families, these SAPPs were not deemed to be sustainable by the beneficiaries, their caregivers, and even by the Unbound programme officers as seen from their responses in Table 4.18 below.

#### **Table 4.18 Views of Unbound Programme Officers on Community Participation**

The following were the views of Unbound programme officers regarding the influence of community participation practice on the livelihood of beneficiary families.

<b>Factor</b>	<b>SA</b>	<b>%</b>	<b>A</b>	<b>%</b>	<b>U</b>	<b>%</b>	<b>D</b>	<b>%</b>	<b>SD</b>	<b>%</b>
Membership in an Unbound SMG	2	25.0	5	62.5	1	12.5	0	.0	0	.0
Involvement of SMG in management of Unbound	6	75.0	1	12.5	1	12.5	0	.0	0	.0
Same SMG level of management responsibility	2	25.0	2	25.0	2	25.0	2	25.0	0	.0
Monthly Unbound SMG meeting attendance	7	87.5	1	12.5	0	.0	0	.0	0	.0
Access to SMG loans	6	75.0	2	25.0	0	.0	0	.0	0	.0
Ability to sustain SMG	2	25.0	0	.0	1	12.5	4	50.0	1	12.5
Voluntary retirement from Unbound Programme	6	75.0	0	.0	0	.0	2	25.0	0	.0

From Table 4.18, 87.5% of the Unbound programme officers agreed that all caregivers were members of an Unbound SMG with 1 (12.5%) respondent undecided about this.

87.5% of the respondents agreed that the SMGs are involved in the management of the Unbound programme while 1 (12.5%) respondent was undecided about this. When asked whether all Unbound SMGs have the same level of responsibility in the management of the Unbound programme, only 50.0% of the respondents agreed while 25.0% disagreed with the other 25.0% undecided about this. 100.0% of the respondents agreed that the SMGs hold monthly meetings with Unbound programme officers. 100.0% of the respondents agreed that through the Unbound SMGs, all caregivers have access to loans. Only 25.0% of the programme officers agreed when asked whether the members would be able to sustain their SMGs if Unbound programme was to close the Nanyuki Subproject office and withdraw from the community. 62.5% of the respondents disagreed while 1 (12.5%) respondent was undecided about this.

When asked whether some beneficiaries/ families would voluntarily choose to retire from the Unbound programme considering the support they had already received, 75.0% of the Unbound programme officers agreed, while 25.0% disagreed about this.



## **4.7 Relationships between Sponsors and Beneficiaries and the Livelihood of Beneficiary Families**

This section presents the findings in respect to the fourth and final objective which sought to determine the influence of relationships between sponsors and beneficiaries practice on the livelihood of beneficiary families in Nanyuki Location, Laikipia County, Kenya.

### **4.7.1 Frequency of Communication with Sponsors**

The study sought to find out how often the beneficiaries were communicating with their sponsors through the Unbound programme. Their responses are shown in Table 4.19.

**Table 4.19 Frequency of Communication with Sponsors**

The respondents were asked to indicate how often they communicate with their sponsors through the Unbound programme and they responded as follows;

<b>Respondents</b>	<b>Once</b>	<b>%</b>	<b>1-3times</b>	<b>%</b>	<b>Over 3times</b>	<b>%</b>
Unbound Programme Beneficiaries	0	.0	63	53.4	55	46.6
Unbound Programme Officers	0	.0	4	50.0	4	50.0

From Table 4.19, 53.4% of the beneficiaries indicated that they communicate with their sponsors between one and three times annually while 46.6% of the same respondents indicated that they communicate with their sponsors at least three times annually. 50.0% of the Unbound programme officers indicated that beneficiaries communicate with their sponsors between one and three times annually while 50.0% of the same respondents indicated that beneficiaries communicate with their sponsors at least three times annually. The study therefore found that there was frequent communication aimed at forming relationships from the beneficiaries to their sponsors as per the requirements of the Unbound programme.

### **4.7.2 Relationship between Sponsors and Beneficiaries and Its Influence on the Livelihood of Beneficiary Families**

The study sought to rate various aspects related to the Unbound programme relationship between sponsors and beneficiaries practice. The responses are shown in Tables 4.20, 4.21 and 4.22 for the various categories of respondents.

**Table 4.20 Views of Unbound Programme Beneficiaries on Relationships**

The following were the views of Unbound programme beneficiaries regarding the influence of relationships between sponsors and beneficiaries practice on the livelihood of beneficiary families.

<b>Factor</b>	<b>YES</b>	<b>%</b>	<b>NO</b>	<b>%</b>
Established a relationship with the sponsor	112	94.9	6	5.1
Consider the relationship as courteous	105	88.9	13	11.1
Do you get a response/reply to letters sent	96	81.4	22	18.6
Complain about letter contents	0	.0	118	100.0
Visit by sponsor	22	18.6	96	81.4

From Table 4.20, 94.9% of the beneficiaries agreed that they had established a relationship with their sponsor while 5.1% of the same respondents disagreed. When asked whether they considered the relationship with their sponsor as being courteous, 88.9% of the respondents agreed while 11.1% disagreed. 81.4% of the respondents agreed when asked whether they receive replies/ responses to the letters and photos they send to their sponsor while 18.6% disagreed. 100.0% of the respondents did not agree when asked whether they had ever complained about the contents of a letter they received from a sponsor to their parent or to an Unbound programme officer. When asked whether they had ever been visited by their sponsor, 18.6% of the beneficiaries agreed while 81.4% of these respondents disagreed. This implies that indeed through Unbound SAPPs, relationships were being established.

**Table 4.21 Views of Unbound Programme Caregivers on Relationships**

The following were the views of Unbound programme caregivers regarding the influence of relationships between sponsors and beneficiaries practice on the livelihood of beneficiary families.

<b>Factor</b>	<b>YES</b>	<b>%</b>	<b>NO</b>	<b>%</b>
Established a relationship with the sponsor as a family	89	84.0	17	16.0
Received a complaint from child about relationship with sponsor	7	6.6	99	93.4
Ever been visited by sponsor	18	17.0	88	83.0

From Table 4.21, 84.0% of the caregivers agreed that as a family they had established a relationship with their child’s sponsor while 16.0% of the same respondents disagreed. 6.6% of the respondents agreed when asked whether their sponsored child had ever complained to them about the relationship with their sponsor while 93.4% of the respondents disagreed. When asked whether they had ever been visited by their child’s sponsor, 17.0% of the respondents agreed while 83.0% of these respondents disagreed. This implies the existence of relationships between the sponsors and the sponsored families. Most of the parents who reported having received complaints from their children about the relationships created, indicated that while most children mainly complained about not being visited by their sponsors some complained about not receiving replies to their letters and photos. These complaints were not in any way about the contents of the letters received by beneficiaries from their sponsors.

**Table 4.22 Views of Unbound Programme Officers on Relationships**

The following were the views of Unbound programme officers regarding the influence of relationships between sponsors and beneficiaries practice on the livelihood of beneficiary families.

<b>Factor</b>	<b>YES</b>	<b>%</b>	<b>NO</b>	<b>%</b>
Established a relationship with the sponsor	7	87.5	1	12.5
Consider the relationships as courteous	8	100.0	0	.0
Do beneficiaries get a response/reply to the letters they send	8	100.0	0	.0
Received a complaint from child/family/ sponsor about lack of courteous relationship	3	37.5	5	62.5

From table 4.22, 87.5% of the programme officers agreed that Unbound programme beneficiaries had established a relationship with their sponsor while 1 (12.5%) respondent disagreed. Creation of such positive relationships ensures that the sponsors and beneficiaries end up encouraging each other to grow, flourish, succeed and achieve their goals. This implies the existence of an influence on the livelihood of beneficiary families since most of the time good friends are willing to help in any way they can if it means seeing their buddy be happy and successful (Olds and Schwartz, 2010).

When asked whether they considered the relationship established between sponsors and Unbound programme beneficiaries as being courteous, 100.0% of the respondents agreed. 100.0% of the respondents agreed when asked whether Unbound programme beneficiaries receive replies/ responses to the letters and photos they send to their sponsor. With the Unbound SAPPs, a relationship where the sponsored does not feel inferior to the sponsor and vice versa is established out of mutual respect between and among the parties involved. Recognizing the God-given dignity of each person is essential to genuine, lasting, and loving relationships is one of the core values of the organization that leads to these courteous relationships (Velazquez and Spachek, 2013).

37.5% of the respondents agreed when asked whether they had ever received a complaint from either a beneficiary or a sponsor about the lack of there being a courteous relationship while 62.5% of the respondents disagreed. The study found that 2 (25.0%) of the respondents who agreed indicated receiving complaints from beneficiaries about not receiving letters/ replies from their sponsors. As much as some beneficiaries never understood why sponsors could not write back, the study found that this was sometimes due to the age of the sponsors, health status, language barrier and work schedules. One of the respondents indicated that in an isolated case, a beneficiary managed to get the direct contact of a sponsor and repeatedly called the sponsor late at night, considering the time difference in Kenya and the sponsor's country. When the sponsor complained, the matter was swiftly addressed according to the organization's set guidelines.

Through the study, it was also found out that all letters from both beneficiaries and sponsors alike were read by programme officers before being sent out to the recipient. This is done to ensure that parties adhere to a strict code of conduct that ensures mutual respect and dignity through communication avenues from both parties involved. This explains why none of the beneficiaries sampled had ever had to complain to a caregiver or to a programme officer about the contents of a letter they had received from their sponsor.

When asked about any other rewards/ benefits beneficiaries get from their sponsors for being in relationships, the study found that some sponsors went out of their way to buy land and build homes for beneficiaries, others do home repairs, and others set up education accounts for their sponsored children including some who actually meet education needs of unsponsored siblings. Others will even send parcels with clothing and other sentimental gifts to beneficiaries and their other family members not necessarily as rewards but out of good will of such sponsors.

## **CHAPTER FIVE**

### **SUMMARY OF FINDINGS, CONCLUSIONS AND RECOMMENDATIONS**

#### **5.1 Introduction**

This Chapter presents the summary of findings, conclusions drawn from the findings, and recommendations made, which are in line with the objectives of the study.

#### **5.2 Summary of Findings**

This section presents the summary of findings in line with the objectives of the study. The findings focused on addressing the purpose of this study which was to investigate the influence of social assistance programmes practices on the livelihood of beneficiary families: A case of Unbound programme in Nanyuki Location, Laikipia County, Kenya.

##### **5.2.1 Sponsorship as a Social Assistance Programme Practice and the Livelihood of Beneficiary Families**

Results indicated that a majority of the respondents, 50.0%, reported having benefitted from sponsorship between 3–7 years, followed by 35.7% who had been sponsored for over 7 years with the other 14.3% sponsored between 0–3 years. 96.6% of the beneficiaries, 90.6% of the caregivers, and 87.5% of the Unbound programme officers agreed that the Unbound Sponsorship programme practice had reached the deserving needy children within the community. 94.9% of the respondents agreed that access to sponsorship had influenced their regular school attendance with the results further indicating that 95.8% of these respondents agreed that sponsorship had influenced their improved school performance. 77.1% of the beneficiaries disagreed that sponsorship influenced a differential treatment towards them from family members at home with 83.9% of these same respondents disagreeing that sponsorship influenced a differential treatment towards them at school. However, it is important to take note of the fact that 17.8% and 8.5% respectively agreed that sponsorship had an influence on the way they were treated at home and at school. 84.0% of the caregivers agreed that access to sponsorship had influenced their sponsored children's access to school requirements that included uniforms and books with 90.6% agreeing that sponsorship had influenced their ability to pay their children's school fees without difficulties. 87.8% of these respondents agreed that through sponsorship they had the ability to provide three balanced meals in a day for the family with 78.3% of these same respondents indicating that through sponsorship influence, other members of their family also benefited.

75.0% of the programme officers agreed that through sponsorship, families had the ability to provide three balanced meals in a day for their dependants with 100.0% of these respondents indicating that there were sufficient programme officers at the Unbound Nanyuki office to manage the sponsorship programme.

### **5.2.2 Scholarship as a Social Assistance Programme Practice and the Livelihood of Beneficiary Families**

Findings showed that 44.4% of the respondents reported having benefited from Scholarship for a period of over 3 years, 33.3% for a period of less than 1 year, while 22.2% had benefited from Scholarship for between 1–3 years. However, this translates to only 2.6% of the total number of current Unbound programme beneficiaries benefiting from the scholarship programme. 69.8% of the caregivers and 100.0% of the programme officers agreed that Unbound scholarship programme is operational with regard to meeting the education needs of supported students. 100.0% of both the caregivers and the scholarship students agreed that access to scholarship had influenced the students' enrolment and regular school attendance with 100.0% of the students agreeing that scholarship had indeed influenced their improved school performance. When those not on the scholarship programme were asked whether the prospect of receiving Unbound scholarship support influenced and motivated them to work hard in school, 91.5% of agreed. This study also found that 77.8% of the students disagreed that scholarship support influenced a differential treatment towards them from family members at home while 88.9% of these same respondents disagreeing that scholarship support influenced a differential treatment towards them at school with most of these respondents believing that this was not a major issue because of how the Unbound programme is designed. When asked whether the supported students engaged in community service projects, 100.0% of the programme officers and caregivers agreed while only 88.9% of the scholarship student recipients polled agreed.

### **5.2.3 Community Participation as a Social Assistance Programme Practice and the Livelihood of Beneficiary Families**

Findings indicated that 91.5% of the caregivers, 71.2% of the beneficiaries and 100.0% of the Unbound programme officers believe that the community was involved in the running of Unbound SAPPs and were working towards the same goal and sharing the same interests. 100.0% of the caregivers and 87.5% of the Unbound programme officers agreed that the caregivers were members of an Unbound Support Mothers Group with 96.2% of the caregivers

agreeing that their SMG held monthly meetings with Unbound programme officers. While 89% of the beneficiaries agreed that their parent's SMG is involved in the management of the Unbound programme, only 59.4% of the caregivers and 50.0% of the Unbound programme officers agreed that the SMGs have the same level of responsibility in the management of the Unbound programme. While 100.0% of the Unbound programme officers agreed that through the Unbound SMGs, all caregivers have access to loans, only 88.6% of these caregivers and 83.9% of the beneficiaries agreed when asked the same question. When the issue about sustainability was brought up, only 50.9% of the caregivers agreed when asked whether they would be able to sustain their SMG if Unbound programme was to close the Nanyuki Subproject office and withdraw from the community. When asked the same question about SMG sustainability, only 25.0% of the Unbound programme officers agreed with 62.5% disagreeing. When asked whether some beneficiaries/ families would voluntarily choose to retire from the Unbound programme considering the support they had already received, 75.0% of the Unbound programme officers agreed while 72.2% of the caregivers and 54.3% of the Unbound programme beneficiaries disagreeing about this.

#### **5.2.4 Relationships as a Social Assistance Programme Practice and the Livelihood of Beneficiary Families**

The findings revealed that all letters from both beneficiaries and sponsors alike were read by programme officers before being sent out to the recipient. This is done to ensure that parties adhere to a strict code of conduct that ensures mutual respect and dignity through communication avenues from both parties involved. The results indicated that 53.4% of the beneficiaries communicate with their sponsors between one and three times annually while 46.6% of the same respondents communicate with their sponsors at least three times annually. 94.9% of the same beneficiaries agreed that they had established a relationship with their sponsor and when asked whether they considered the relationship with their sponsor as being courteous, 88.9% of the respondents agreed. The creation and sustenance of such positive relationships ensures that the sponsors and beneficiaries end up encouraging each other to grow, flourish, succeed and achieve their goals. 81.4% of the respondents indicate that they receive replies/ responses to the letters and photos they send to their sponsor while none of them had ever complained about the contents of a letter they received from a sponsor to their parent or to an Unbound programme officer. 81.4% of the beneficiaries agreed that they had been visited by their sponsor. While 84.0% of the caregivers agreed that as a family they had established a relationship with their child's sponsor

only 6.6% of these respondents agreed when asked whether their sponsored child had ever complained to them about the relationship with their sponsor. Those who had received complaints indicated that while most children complained about not being visited by their sponsors, some complained about not receiving replies to their letters and photos. 37.5% of the Unbound programme officers agreed when asked whether they had ever received a complaint from either a beneficiary or a sponsor about the lack of there being a courteous relationship while 62.5% of the respondents disagreed. The study found that the relationships created influenced some sponsors to go out of their way to buy land and build homes for beneficiaries, with others setting up education accounts for their sponsored children including some who actually met education needs of unsponsored siblings.

### **5.3 Conclusions**

This study concludes that sponsorship as a SAPP has an influence on the livelihood of beneficiary families. This is so because the presence of an operational sponsorship programme with regard to meeting the education needs of the sponsored children has influenced regular school attendance and improved performance in school by the sponsored children. Sponsorship has also influenced the sponsored children's access to school requirements that included uniforms and books and influenced the caregivers' ability to pay their children's school fees without difficulties, provide three balanced meals in a day for the family and indirectly benefit other members of the family.

This study also concludes that scholarship as a SAPP has an influence on the livelihood of beneficiary families because the presence of an operational scholarship programme with regard to meeting the education needs of the scholarship students has influenced regular school attendance and improved performance in school. The prospect of receiving Unbound scholarship support is also an influence and motivates those not currently on the scholarship programme to work hard in school. Scholarship as a SAPP also has an influence in providing the students with valuable experiences when working with communities through community service projects. However, the study found that scholarship as a SAPP has not reached most of the students that are needy and deserving of this kind of support and the Unbound programme could do much more in ensuring more students are reached.



The study also concludes that community participation as a SAPP has an influence on the livelihood of beneficiary families in Nanyuki Location. This is because a large percentage of caregivers and beneficiaries are involved in the running of the Unbound SAPPs in one way or another while working towards the same goals and shared interests. By participating as a community through Unbound Support Mothers Group members, the families have access to loans which go a long way in influencing these families' abilities to meet other needs not being met by the Unbound SAPPs and supplement those needs already being met by the programme.

Lastly, this study concludes that the creation and sustenance of relationships between sponsors and beneficiaries has an influence on the livelihood of beneficiary families because through these relationships the beneficiaries have frequent and regular communication with their sponsors. These positive relationships and communication influence the sponsors and beneficiaries who end up encouraging each other to grow, flourish, succeed and achieve their goals in life and this has an influence on the livelihood of beneficiary families since most of the time the sponsors are willing to go beyond their minimum Unbound programme commitments to help in any way they can if it means seeing their sponsored friends and families happy and successful.

#### **5.4 Recommendations**

The study recommends that the government, other NGOs and other local implementers of the social assistance programme practices should come up with similar programmes aimed at reaching the needy who have not been reached with the Unbound programme support to help improve the welfare of more families.

The study recommends that Unbound programme officers should design and carry out appropriate awareness sessions with their beneficiaries to ensure that they all understand the requirements needed for one to qualify for Unbound scholarship support.

The study recommends that Unbound programme officers should think of, design and put mechanisms in place to ensure the sustainability of important programme practices like Support Mothers Groups. The officers should also carry out sensitization sessions with the beneficiaries of the SAPPs to encourage and assist them come up with other activities that can supplement the income from the support they get with a view to such mechanisms strengthening these beneficiaries to support them in moving to the direction of being self-reliant, improving their quality of life and having sustainable livelihood without developing dependency on the NGO.

Taking note of the fact that there were beneficiaries who agreed that both sponsorship and scholarship support had an influence on the way they were treated at home and at school respectively, the study recommends that Unbound programme, other NGOs and other partners implementing SAPPs should think of mechanisms to ensure this is addressed to avoid having a negative impact on the education and general welfare of such beneficiaries.

The study acknowledges the role played by the caregivers in caring for the children. This care is seen to be the holistic role they play that goes beyond the physical needs of the child. It is therefore important that the caregivers get the adequate support needed to reduce their uncertainty in providing for the education, healthcare and food of the needy children. This certainly will ensure that they provide the necessary psychosocial support and home based care to their families.

### **5.5 Areas of Further Research**

Following the study, there are other areas that the researcher felt were gaps and could be pursued for further research;

This study could be carried out in other locations in Kenya where Unbound programme implements Social Assistance Programme Practices for comparison purposes.

A study to find out what factors would influence the sustainability of Social Assistance Programme Practices in the improvement of livelihood of beneficiary families in Nanyuki Location and other areas.

A study to compare between the welfare of beneficiaries enrolled in the Social Assistance Programme Practices and those not in such programmes in Nanyuki Location.

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## APPENDICES

### APPENDIX 1: Formula for Determining Sample Size from Population

A Cochran formulae was used to determine the sample size using a 90% confidence level, 0.5 standard deviation, and a margin of error (confidence interval) of +/- 5%.

*Source: Cochran (1977).*

Necessary Sample Size =  $(Z\text{-score})^2 * \text{Std Dev} * (1\text{-StdDev}) / (\text{margin of error})^2$

$$\begin{aligned} ss &= (1.645)^2 \times 0.5(0.5) / (0.05)^2 \\ &= (2.706 \times 0.25) / 0.0025 \\ &= 0.6765 / 0.0025 = 270.6 \end{aligned}$$

This sample size was adjusted because the population size was known.

$$\begin{aligned} \text{Sample size} &= \frac{ss}{1 + \frac{(ss - 1)}{\text{Population}}} \\ &= \frac{270.6}{1 + \frac{(270.6 - 1)}{1774}} = \frac{270.6}{1 + 0.152} = 234.9 \end{aligned}$$

The sample size therefore consisted of 235 respondents (With an additional 10 purposively sampled Unbound SAPPs officers, the sample size was 245 respondents.)

Therefore, formulae to calculate Sample size of each homogenous group;

$$\text{Homogenous Group Sample Size} = \frac{n}{\text{Target Population}} * \text{Calculated Sample Size}$$

$$\text{Unbound programme Beneficiaries Sample Size} = \frac{920}{1774} * 235 = 122$$

$$\text{Unbound Programme Caregivers} = \frac{844}{1774} * 235 = 113$$

## APPENDIX 2: Letter of Transmittal

2

### LETTER OF TRANSMITTAL

*Crispus Nataala Malenya,*  
*Tel: 0727 837 627.*  
*Email: emnataala@gmail.com*

Dear Participant,

I am Crispus Nataala Malenya, a student undertaking a Master of Arts Degree in Project Planning and Management at the University of Nairobi, Nyeri Extra Mural Centre. As a partial requirement for the award of the degree, I am carrying out a study on the the influence of social assistance programmes practices on the livelihoods of families: A case of Unbound programme in Nanyuki Location, Laikipia County, Kenya.

Through this letter, I request you to kindly spare your time to participate in this research study by completing the attached questionnaire. If you choose to participate in this research, please answer all questions as honestly as possible. In order to ensure that all the information will remain confidential, you do not have to include your name. The data collected will be for academic purposes only.

Kindly feel free to contact me on any questions or where you need clarification on any of the questions.

Thank you.



**Crispus Nataala Malenya**  
**REG. NO: L50/61623/2013**

### APPENDIX 3: Introduction Letter from The University



UNIVERSITY OF NAIROBI  
COLLEGE OF EDUCATION AND EXTERNAL STUDIES  
SCHOOL OF CONTINUING AND DISTANCE EDUCATION  
DEPARTMENT OF EXTRA MURAL STUDIES  
P O Box 598 - NYERI : Tel : 061-2030460

9 March 2017

TO WHOM IT MAY CONCERN

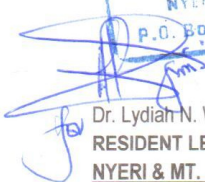
SUBJECT : INTRODUCTION LETTER  
MALENYA CRISPUS NATALA: L50/61623/2013

This is to confirm that the above named is a bona fide student of University of Nairobi pursuing **Masters of Arts Degree in Project Planning and Management** - in the **School of Continuing and Distance Education – Department of Extra Mural Studies**.

He has completed course work and is currently writing the **Research Project** which is a requirement for the award of the **Degree**.

His topic is *"Influence of Social Assistance Programmes Practices on the livelihoods of families. A case of unbound, an NGO in Nanyuki location, Laikipia County Kenya."*

Any assistance accorded to him will be highly appreciated.

  
UNIVERSITY OF NAIROBI  
C. E. & E. S. D. E. M. S.  
NYERI & MT. KENYA REGION  
P.O. BOX 598, NYERI, KENYA 24408

Dr. Lydia N. Wambugu  
RESIDENT LECTURER  
NYERI & MT. KENYA REGION

**APPENDIX 4: Informed Consent Form**

*Dear Participant,*

Before you agree to participate in this research study, it is important that you read and understand the following explanation of the procedures and benefits of the study.

**Confidentiality of the research records:** The researcher will use codes on the questionnaires instead of your name and all information will be stored in a secure place to ensure that confidentiality is maintained. The information provided will be used for research purposes only.

**Voluntariness:** Your participation in this study is voluntary and will not in any way affect your position as a beneficiary of the Unbound programmes. However, by filling the questionnaire, you will be participating in the improvement of the Unbound Programmes through giving suggestions and making recommendations on how they can serve your needs in a better way in the future.

**Withdrawal from the study:** If you choose to participate in the study you may withdraw at any time you feel uncomfortable to continue.

**Purpose of the study:** The purpose of this study is to study the the influence of social assistance programmes practices on the livelihood of families: A case of Unbound programme in Nanyuki Location, Laikipia County, Kenya.

**Procedures involved in the study:** The Researcher will administer a questionnaire which you will answer after reading, understanding and signing informed consent form. After filling the questionnaire, you are requested to return it to the Unbound Nanyuki Subproject Office where the Researcher will collect it for analysis.

I have read/this study has been explained to me, and understood the material above and I am willing to participate in the study.

**Respondent's Signature**

**Date**

.....

.....

**Researcher's Signature**

**Date**

.....

.....

## APPENDIX 5: Research Questionnaires

### QUESTIONNAIRE FOR PARENT/GUARDIAN TAKING CARE OF UNBOUND PROGRAMME BENEFICIARIES

*Hallo, my name is Crispus Nataala Malenya, a student from the University of Nairobi. The purpose of this questionnaire is to collect data that is relevant to my research title: Influence of Social Assistance Programmes Practices (SAPPs) on the livelihood of families: A case of Unbound programme in Nanyuki Location, Laikipia County, Kenya. The information obtained will be used for academic purposes only and will be treated with confidentiality. It is my request that you kindly and honestly respond appropriately to all the questions as you provide the information sought by this questionnaire. Tick where appropriate and provide a comment where the question requires additional remarks. Thank you.*

#### **SECTION A: RESPONDENT'S PERSONAL DATA** (Tick where appropriate)

1. Indicate your Gender: *Male ( ) Female ( )*
2. What is your Age? *10-17yrs ( ) 18-30yrs ( ) 31-40yrs ( ) 41-50yrs ( ) 51-60yrs ( ) 61-70yrs ( ) Over 70yrs ( ) Don't know ( )*
3. What is your marital status? *Married ( ) Single ( ) Divorced/Separated ( ) Widowed ( ) Other/specify ( ) \_\_\_\_\_*
4. What is the nature of your occupation?  
*Businessman/woman ( ) Farmer ( ) Government Officer ( ) Casual Worker ( ) Other/specify ( ) \_\_\_\_\_*
5. What is your Level of education?  
*Primary ( ) Secondary ( ) Vocational Training ( ) Diploma ( ) Degree ( ) Masters ( ) None ( )*
- 6.

<b>How many members of your household are</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>	<b>How many are sponsored?</b>
Below 5 years old?				
5 to 14 years old?				
15 to 18 years old?				
Above 18 years old?				

**SECTION B: SPONSORSHIP**

7. How long has your child benefited from Unbound sponsorship programme?

0-3yrs ( ) 3-7yrs ( ) Over 7yrs ( )

8. Indicate the extent to which you agree with the following statements about the Unbound Sponsorship programme in relation to the sponsored child/children you take care of.

**Strongly Agree (SA), Agree (A), Uncertain (U), Disagree (D), Strongly Disagree (SD)**

*(Tick where appropriate)*

<b>Factor</b>	<b>SA</b>	<b>A</b>	<b>U</b>	<b>D</b>	<b>SD</b>
The Unbound programme has reached the deserving needy families in the community for support through Sponsorship					
The Sponsorship programme is operational with regard to meeting education needs of beneficiaries					
I am aware of the requirements needed for one’s child to qualify for sponsorship from Unbound					
My sponsored child regularly attends school					
My sponsored child has access to school requirements that include uniforms and books					
I have not experienced difficulties in paying school fees for my sponsored child					
I can now afford a minimum of three balanced meals in a day for my family.					
Through Unbound Sponsorship programme, other members of my family benefit from the support too					
It takes me a short amount of time to be served by Unbound programme officers					

**SECTION C: SCHOLARSHIP**

9. How long has your child benefited from Unbound scholarship programme?

0-1yr ( ) 1-3yrs ( ) Over 3yrs ( ) Never Benefited ( )

10. Indicate the extent to which you agree with the following statements about the Unbound Scholarship programme in relation to the scholarship child/children you take care of.

**Strongly Agree (SA), Agree (A), Uncertain (U), Disagree (D), Strongly Disagree (SD)**

*(Tick where appropriate)*

	<b>Factor</b>	<b>SA</b>	<b>A</b>	<b>U</b>	<b>D</b>	<b>SD</b>
a	The Unbound programme has reached the deserving needy students for support through Scholarship					
b	The Scholarship programme is operational with regard to meeting education needs of beneficiaries					
c	I am aware of the requirements needed for one's child to qualify for scholarship from the Unbound programme					
<b>If your child is NOT on the Scholarship Programme DO NOT respond to questions d,e,f,&amp;g,h</b>						
d	My scholarship student is enrolled in school					
e	My scholarship student beneficiary has access to school requirements that include uniforms and books					
f	I have not experienced difficulties in paying school fees for my scholarship student					
g	My scholarship student engages in community service					
h	It takes me a short amount of time to be served by Unbound programme officers					

**SECTION D: COMMUNITY PARTICIPATION**

11. Are you involved in the running of Unbound programme as a Community?

Yes ( )      No ( )

*If Yes, Explain How.....*

12. Indicate the extent to which you agree with the following statements about Community participation.

**Strongly Agree (SA), Agree (A), Uncertain (U), Disagree (D), Strongly Disagree (SD)**

*(Tick where appropriate)*

<b>Factor</b>	<b>SA</b>	<b>A</b>	<b>U</b>	<b>D</b>	<b>SD</b>
I am a member of an Unbound Support Mothers Group (SMG)					
Our Unbound Support Mothers Group (SMG) is involved in the management of Unbound programme					

All Unbound Support Mothers Groups (SMGs) have the same level of responsibility in the management of the Unbound programme					
Our Support Mothers Group (SMG) has monthly management meetings with an Unbound programme staff					
As a group member I have access to a loan when I need one					
We would be able to sustain our Support Mothers Group (SMG) as members if Unbound was to close the Nanyuki Subproject Office and withdraw from this community					
With the support my family has already received from Unbound, I believe we can voluntarily choose to retire from the programme now					

13. Give suggestions of how else you would like to be involved in running of Unbound programme as a Community .....

.....

**SECTION E: RELATIONSHIPS**

14. Do you feel you have established a relationship with your child’s sponsor as a family?

Yes ( ) No ( )

Explain.....

15. Have you ever been visited by your child’s sponsor/s? Yes ( ) No ( )

If YES, what was the experience like?.....

16. Has your child ever complained to you about the relationship with his/her sponsor?

Yes ( ) No ( )

Explain.....

17. In what ways are you involved in the building of a relationship with your child’s sponsor as a family? .....

.....

18. Give suggestions of how else you would like to be involved in building of a relationship with your child’s sponsor .....

**Thank You for Participating.**



## QUESTIONNAIRE FOR UNBOUND PROGRAMME OFFICERS

*Hallo, my name is Crispus Natala Malenya, a student from the University of Nairobi. The purpose of this questionnaire is to collect data that is relevant to my research title: Influence of Social Assistance Programmes Practices (SAPPs) on the livelihood of families: A case of Unbound programme in Nanyuki Location, Laikipia County, Kenya. The information obtained will be used for academic purposes only and will be treated with confidentiality. It is my request that you kindly and honestly respond appropriately to all the questions as you provide the information sought by this questionnaire. Tick where appropriate and provide a comment where the question requires additional remarks. Thank you.*

### **SECTION A: PERSONAL DATA** (Tick where appropriate)

1. Indicate your Gender: *Male* ( ) *Female* ( )
2. What is your Age? *18-30yrs* ( ) *31-40yrs* ( ) *41-50yrs* ( ) *51-60yrs* ( ) *61-70yrs* ( ) *Over 70yrs* ( )
3. What is your marital status? *Married* ( ) *Single* ( ) *Divorced/Separated* ( ) *Widowed* ( ) *other/specify* ( ) \_\_\_\_\_
4. What is your designation?  
*Programme Coordinator* ( ) *Programme Officer* ( ) *Branch/ Field Officer* ( )  
*Other/specify* ( ) \_\_\_\_\_
5. What is your Level of education?  
*Primary* ( ) *Secondary* ( ) *Vocational Training* ( ) *Diploma* ( ) *Degree* ( ) *Masters* ( )  
*Phd* ( ) *None* ( )
6. How long have you worked for this Organization  
*Less than 1 Year* ( ) *1 – 5 yrs* ( ) *6 – 10 yrs* ( ) *Over 10 yrs* ( )
7. How long has this organization been operational in Nanyuki Location?  
*Less than 1 Year* ( ) *1 – 5 yrs* ( ) *6 – 10 yrs* ( ) *Over 10 yrs* ( )
8. What areas do you cover as an organization (**Tick all the areas covered**)  
*Education provision* ( ) *Food and Nutrition* ( ) *Health care* ( ) *Shelter and protection* ( ) *Community empowerment* ( ) *Legal protection* ( ) *Psycho-social support* ( )  
*Other (specify)*.....

**SECTION B: SPONSORSHIP**

9. What are the criteria of identifying households for the sponsorship programme?

.....

.....

10. Which are the challenges faced during identification of households for the sponsorship programme? .....

.....

11. Give suggestions on how else you think the identification process of households for the sponsorship programme can be improved.....

.....

12. Indicate the extent to which you agree with the following statements about the Unbound Sponsorship programme in relation to the beneficiaries you serve.

**Strongly Agree (SA), Agree (A), Uncertain (U), Disagree (D), Strongly Disagree (SD)**

*(Tick where appropriate)*

<b>Factor</b>	<b>SA</b>	<b>A</b>	<b>U</b>	<b>D</b>	<b>SD</b>
The Sponsorship programme has reached the deserving needy families in the community					
The Sponsorship programme is operational with regard to meeting education needs of beneficiaries					
Provision of sponsorship has resulted in the increase in the number of children regularly attending school					
I believe households under Unbound sponsorship programme have access to three balanced meals per day					
The number of Unbound programme officers managing the Sponsorship programme at the Subproject is sufficient to make the programme achieve its objectives					

13. How can the Unbound Sponsorship programme be improved to have a greater influence on the livelihood of the families that Unbound serves? .....

.....

**SECTION C: SCHOLARSHIP**

14. What are the criteria of identifying students for the Unbound scholarship programme?  
 .....  
 .....

15. Which are the challenges faced during identification of students for the Unbound scholarship programme? .....

16. Give suggestions on how else you think the identification process of students for the Unbound scholarship programme can be improved .....

17. Indicate the extent to which you agree with the following statements about the Unbound Scholarship programme in relation to the beneficiaries you serve.

**Strongly Agree (SA), Agree (A), Uncertain (U), Disagree (D), Strongly Disagree (SD)**

*(Tick where appropriate)*

<b>Factor</b>	<b>SA</b>	<b>A</b>	<b>U</b>	<b>D</b>	<b>SD</b>
The Unbound Scholarship programme has reached the deserving needy students					
The Unbound Scholarship programme is operational with regard to meeting education needs of beneficiaries					
Provision of Scholarship has resulted in the increase in the number of students regularly attending school					
The Unbound scholarship programme students engage in community service					
The number of Unbound officers managing the Scholarship programme is sufficient to make the programme achieve its objectives					

18. How can the Scholarship programme be improved to have a greater influence on the livelihood of the students that Unbound serves?  
 .....  
 .....

**SECTION D: COMMUNITY PARTICIPATION**

19. Is the community involved in the running of Unbound SAPPs?

Yes ( )      No ( )

If Yes, Explain How.....  
 .....

20. Indicate the extent to which you agree with the following statements about Community participation.

**Strongly Agree (SA), Agree (A), Uncertain (U), Disagree (D), Strongly Disagree (SD)**

*(Tick where appropriate)*

<b>Factor</b>	<b>SA</b>	<b>A</b>	<b>U</b>	<b>D</b>	<b>SD</b>
All Unbound sponsored caregivers are members of a Support Mothers Group (SMG)					
The Support Mothers Group (SMG) is involved in the management of the Unbound programme					
All Support Mothers Groups (SMGs) have the same level of responsibility in the management of Unbound programme					
All Support Mothers Groups (SMGs) have monthly management meetings with an Unbound programme staff					
The Support Mothers Groups (SMGs) members have access to a loan when they need one					
The members would be able to sustain the Support Mothers Groups (SMGs) they belong to if Unbound was to close the Nanyuki Subproject Office and withdraw from this community					
With the support that families have already received from Unbound, I believe some can voluntarily choose to retire from the programme now					

21. Give suggestions of how else the community would be involved in the running of Unbound programme?

.....  
 .....

**SECTION E: RELATIONSHIPS**

22. Do you feel the Unbound programme beneficiaries have established a relationship with their sponsor? *Yes ( ) No ( )*

*Explain.....*  
.....

23. Do you consider the relationship established between sponsors and Unbound programme beneficiaries as being courteous?

*Yes ( ) No ( )*

*Explain.....*  
.....

24. How often do Unbound programme beneficiaries communicate with their sponsors through letters?

*Once annually ( ) One to Three times annually ( ) More than 3 times annually ( )*

25. Do Unbound programme beneficiaries receive replies/ responses to the letters they send to their sponsors?

*Yes ( ) No ( )*

*Explain.....*  
.....

26. Have you ever received a complaint from either a sponsor or a beneficiary/family about the lack of there being a courteous relationship? *Yes ( ) No ( )*

*If Yes (how often)*

*Explain.....*  
.....

27. In what ways are the Unbound programme beneficiaries/families involved in the building of a courteous relationship with their sponsor?

.....  
.....

28. Give suggestions of how else the Unbound programme beneficiaries/families would be involved in the building of a courteous relationship with their sponsor?

.....  
.....

**Thank You for Participating.**

**QUESTIONNAIRE FOR THE UNBOUND PROGRAMME BENEFICIARIES**

*Hallo, my name is Crispus Natala Malenya, a student from the University of Nairobi. The purpose of this questionnaire is to collect data that is relevant to my research title: Influence of Social Assistance Programmes Practices (SAPPs) on the livelihood of families: A case of Unbound programme in Nanyuki Location, Laikipia County, Kenya. The information obtained will be used for academic purposes only and will be treated with confidentiality. It is my request that you kindly and honestly respond appropriately to all the questions as you provide the information sought by this questionnaire. Tick where appropriate and provide a comment where the question requires additional remarks. Thank you.*

**SECTION A: PERSONAL DATA** (Tick where appropriate)

1. Indicate your Gender: *Male ( ) Female ( )*
2. How old are you? *Below 9yrs ( ) 10-13yrs ( ) 14-18yrs ( ) Above 18yrs ( )*
3. Do you go to school? *Yes ( ) No ( )*
4. Which level are you in? *Primary School ( ) Secondary School ( ) College ( )*  
*Other ( ).....*

**SECTION B: SPONSORSHIP**

5. How long have you benefited from Unbound sponsorship programme?  
*0-3yrs ( ) 3-7yrs ( ) Over 7yrs ( )*
6. Indicate the extent to which you agree with the following statements about the Unbound Sponsorship programme in relation to you as a beneficiary.

**Strongly Agree (SA), Agree (A), Uncertain (U), Disagree (D), Strongly Disagree (SD)**

*(Tick where appropriate)*

<b>Factor</b>	<b>SA</b>	<b>A</b>	<b>U</b>	<b>D</b>	<b>SD</b>
The Unbound programme has reached the deserving needy children in the community for support through Sponsorship					
I attend school regularly					
I have access to school requirements that include uniforms and books					
My caregiver does not experience difficulties in paying my school fees					

I believe Sponsorship has helped me improve in my school performance					
I get a minimum of three balanced meals in a day at home					
I have a house where I can sleep at night with my family					
At home I am treated differently from the other children who are not sponsored by the Unbound programme					
At school I am treated differently from the other children who are not sponsored by the Unbound programme					
Through Unbound Sponsorship programme, other members of my family also benefit from the support I get					
It takes me a short amount of time to be served by Unbound programme officers					

### **SECTION C: SCHOLARSHIP**

7. How long have you benefited from Unbound scholarship programme?

0-1yr ( )    1-3yrs ( )    Over 3yrs ( )    Never Benefited ( )

8. Indicate the extent to which you agree with the following statements about the Unbound Scholarship programme in relation to you as a beneficiary.

**Strongly Agree (SA), Agree (A), Uncertain (U), Disagree (D), Strongly Disagree (SD)**

*(Tick where appropriate)*

	<b>Factor</b>	<b>SA</b>	<b>A</b>	<b>U</b>	<b>D</b>	<b>SD</b>
a	The Unbound programme has reached the deserving needy students for support through Scholarship.					
b	I am aware of the requirements needed for one to qualify for Scholarship from Unbound					
c	The Scholarship programme is operational with regard to meeting education needs					
d	I am motivated to work hard in school to get a chance to benefit from the Unbound scholarship programme					
<b>If you are NOT on the Scholarship Programme DO NOT respond to questions d, e, f, g, h, i, j, k, l</b>						
e	I attend school regularly					

f	I have access to school requirements that include uniforms and books thanks to the Unbound scholarship programme					
g	Scholarship has helped me improve in my school performance					
h	My caregiver has not experienced difficulties in paying school fees					
i	At home I am treated differently from other students who don't have access to the Unbound scholarship support					
j	At school I am treated differently from other students who don't have access to the Unbound scholarship support					
k	As an Unbound scholarship programme beneficiary, I engage in community service					
l	It takes me a short amount of time to be served by Unbound programme officers					

**SECTION D: COMMUNITY PARTICIPATION**

9. Are you involved in the running of the Unbound programme as a Community?

Yes ( )      No ( )

*If Yes, Explain How.....*

10. Indicate the extent to which you agree with the following statements about Community participation.

**Strongly Agree (SA), Agree (A), Uncertain (U), Disagree (D), Strongly Disagree (SD)**

*(Tick where appropriate)*

<b>Factor</b>	<b>SA</b>	<b>A</b>	<b>U</b>	<b>D</b>	<b>SD</b>
My parent is a member of an Unbound Support Mothers Group (SMG)					
My parent's Unbound Support Mothers Group (SMG) is involved in the management of the Unbound programme					
My parent attends Unbound Support Mothers Group (SMG) meetings monthly with Unbound programme officers					
My parent has access to loans from the Unbound Support Mothers Group (SMG)					



With the support my family has already received from Unbound, I believe we can voluntarily choose to retire from the programme now					
--	--	--	--	--	--

11. Give suggestions of how else you would like to be involved in running of Unbound programme as a Community? .....

.....

**SECTION E: RELATIONSHIPS**

12. Do you feel you have established a relationship with your sponsor as a beneficiary?

Yes ( )      No ( )

Explain.....

13. Do you consider the relationship with your sponsor as being courteous?

Yes ( )      No ( )

Explain.....

14. How often do you write letters to your sponsor?

Once a year ( )      One to Three times a year ( )      More than 3 times a year ( )

15. Do you receive replies/ responses to the letters and photos you send to your sponsor?

Yes ( )      No ( )

Explain.....

16. Have you ever complained about the contents of a letter you received from your sponsor to your parent or to an Unbound programme officer?      Yes ( )      No ( )

Explain.....

17. Have you ever been visited by your sponsor/s?      Yes ( )      No ( )

If YES, what was the experience like?

.....

18. In what ways are you involved in the building of a courteous relationship with your sponsor?

.....

19. Give suggestions of how else you would like to be involved in building of a courteous relationship with your sponsor.....

**Thank You for Participating.**

## APPENDIX 6: Research Authorization



### NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY AND INNOVATION

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

9<sup>th</sup> Floor, Utalii House  
Uhuru Highway  
P.O. Box 30623-00100  
NAIROBI-KENYA

Ref. No. **NACOSTI/P/17/34504/16654**

Date: **22<sup>nd</sup> May, 2017**

Crispus Malenya Nataala  
University of Nairobi  
P.O. Box 30197-00100  
**NAIROBI.**

#### **RE: RESEARCH AUTHORIZATION**

Following your application for authority to carry out research on *“Influence of social assistance programmes practices on the livelihoods of families: A case of unbound programme in Nanyuki Location, Laikipia County, Kenya,”* I am pleased to inform you that you have been authorized to undertake research in **Laikipia County** for the period ending **22<sup>nd</sup> May, 2018.**

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

On completion of the research, you are expected to submit **two hard copies and one soft copy in pdf** of the research report/thesis to our office.

  
**GODFREY P. KALERWA MSc., MBA, MKIM**  
**FOR: DIRECTOR-GENERAL/CEO**

Copy to:

The County Commissioner  
Laikipia County.


The County Director of Education  
Laikipia County.

*National Commission for Science, Technology and Innovation is ISO 9001: 2008 Certified*

**APPENDIX 7: Research Permit**

**THIS IS TO CERTIFY THAT:**  
**MR. CRISPUS MALENYA NATALA**  
**of THE UNIVERSITY OF NAIROBI,**  
**41-50100 KAKAMEGA, has been**  
**permitted to conduct research in**  
**Laikipia County**  
**on the topic: 'INFLUENCE OF SOCIAL**  
**ASSISTANCE PROGRAMMES PRACTICES**  
**ON THE LIVELIHOODS OF FAMILIES: A**  
**CASE OF UNBOUND PROGRAMME IN**  
**NANYUKI LOCATION, LAIKIPIA COUNTY,**  
**KENYA.**  
**for the period ending:**  
**22nd May,2018**

**Permit No : NACOSTI/P/17/34504/16654**  
**Date Of Issue : 22nd May,2017**  
**Fee Received :Ksh 1000**



*[Signature]*  
**Applicant's**  
**Signature**

*[Signature]*  
**Director General**  
**National Commission for Science,**  
**Technology & Innovation**

**Research Permit Back Page**

**CONDITIONS**

- 1. You must report to the County Commissioner and the County Education Officer of the area before embarking on your research. Failure to do that may lead to the cancellation of your permit.**
- 2. Government Officer will not be interviewed without prior appointment.**
- 3. No questionnaire will be used unless it has been approved.**
- 4. Excavation, filming and collection of biological specimens are subject to further permission from the relevant Government Ministries.**
- 5. You are required to submit at least two(2) hard copies and one (1) soft copy of your final report.**
- 6. The Government of Kenya reserves the right to modify the conditions of this permit including its cancellation without notice**



**REPUBLIC OF KENYA**



**National Commission for Science,  
Technology and Innovation**

**RESEACH CLEARANCE  
PERMIT**

**Serial No. A 4132**

**CONDITIONS: see back page**