

**INVESTIGATING THE RELATIONSHIP BETWEEN PSYCHOLOGICAL
FACTORS AND INTIMATE PARTNER VIOLENCE AMONG YOUNG
COUPLES IN KIBERA-LAINI SABA, NAIROBI COUNTY**

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DECLARATION

This project is my original work and has not been presented for a degree in any other university.

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I confirm that the candidate has conducted the research and submitted this research project for review with my approval as university supervisor.

Signature **Date**

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DEDICATION

I dedicate this work to my husband, family, and friends and for their continuous support and encouragement. You always motivated and encouraged me to carry on regardless of challenges and difficulties in my pursuit for knowledge.

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I would like to thank God for his grace, providence and inspiration during this period of research. I would also like to thank my supervisor Dr. Geoffrey Wango for his kind and informed guidance, which has been of great importance to this research study. My sincere appreciation also goes to all my lecturers for their unmatched efforts into my studies, and to all the people that have supported me in any way up to this point of my research.

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ABSTRACT

The aim of this study was to investigate the relationship between psychological factors and intimate partner violence among young couples married for a period of 5-10 years in Kibera-Laini Saba, Nairobi county. The specific objectives were to investigate the causes of intimate partner violence among couples in urban informal settlement, to investigate the extent of intimate partner violence in urban informal settlement, to determine the intervention strategies that can be adapted to resolve intimate partner violence in Kibera Laini Saba. The study used descriptive survey research design. The target population were married couples (both men and women) who have experienced intimate partner violence in Kibera slum, Laini Saba, Nairobi County. The sample population size was 123 participants. A questionnaire was used to collect primary data. The data for the study was analyzed both qualitatively and quantitatively. The data collected was keyed in and analyzed with the aid of SPSS. A regression analysis was used to assess the association between the variables and describe the relationship in percentages to show whether the patterns can be generalized. Regression was used to show how age, education and gender contribute to the intimate partner violence among young couples. The study found that the causes of intimate partner violence is intermarriage where one does not understand the culture of the other, bareness, searching of a boy child and the lady deliver a baby girl, and alcohol and drug abuse. Dishonesty among couples has been seen to lead to violence, poverty due to unemployment, verbal abuse and lack of respect among couples in the relationship, and misunderstand among couples. All these factors have led to intimate partner violence which has resulted into divorce, death, or permanent disability among the couples. The study found that at 5% level of significance and 95% level of confidence, education, gender, and age were all significant on intimate partner violence among young couples (5-10 years of marriage) in Kibera- Laini Saba, Nairobi County. The study found that there is a very strong association between psychological factors and intimate partner violence among young couples which is significant. The study concluded that the violence has made some of them to become disabled as blunt object have been used resulting in slashing on the various body parts such as legs, hands among others. The study also concluded that they have suffered extensive verbal abuse from their partners which has resulted into shame among the children and neighbours which has affected their level of interaction due to shame. Self-esteem has been affected and they have even failed to be good role models to their children. The study concluded that intimate partner violence reduced the ability to concentrate on development. The study recommends that there should be sustained sensitization, awareness raising and attitude and behaviour change programmes to reduce the prevalence of IPV, challenge IPV supportive perceptions and attitudes and to influence a culture of non-violence, equality and respect within young women's intimate relationships.

CHAPTER ONE

INTRODUCTION OF THE STUDY

1.0. Introduction

This chapter covers the study background, statement of the problem, purpose, the study's objectives, research questions and hypothesis of the study. Additionally, justification of the study, significance, scope, limitations, delimitations and assumptions are discussed so as to ascertain the grounds on which the study was carried out.

1.1. Background of the Study

Intimate partner violence (IPV), defined as physical and/or sexual abuse by a current or former intimate partner, poses high prevalence among young couples (Black et al. 2011). More than one in three women (35.6%) and more than one in four men (28.5%) have ever experienced IPV; 1 in 17 and 1 in 20 women and men, respectively, experienced IPV in the past year (Black et al. 2011). IPV has been associated with mental, physical, and sexual health consequences, as well as non-injury-related health burdens (Kar & O'Leary, 2010). While it is important to avoid laying blame on victims, it is also important to understand psychological factors that place individuals at higher risk for IPV victimization. Research supports a number of psychological factors related primarily to IPV victimization among nationally representative samples of men and women who use drugs, including younger age, lower income, depression, poor sexual relationship power, poor social support, and sexual risk-taking behaviours (Gilbert et al. 2012).

Psychological factors related to intimate partner violence (IPV) in married couples have generated a great deal of interest from scholars, social activists, and the public (O'Leary & Maiuro, 2012). Reports based on national surveys indicate that the rate of physical IPV toward a partner in the prior year for United States couples ranges from 17% to 39%, with rates from a meta-analysis being relatively similar for men and women within studies, although usually slightly higher for women. Prevalence rates from the recent National Intimate Partner and Sexual Violence Survey remain high for both men and women, estimated at more than 4.2 million intimate-partner-related physical assaults, rapes, and

stalking perpetrated against women annually and 3.2 million physical assaults, rapes, and stalking against men (Black et al., 2011).

Intimate partner violence (IPV) in sub-Saharan Africa affects 36% of the population. Several African countries rank among the highest globally. Based on review of the empirical literature, some psychological factors for intimate partner violence documented in Western societies are the same in Africa, including; poverty, drinking, a past history of child abuses or posttraumatic stress disorder, and highly traditional gender role beliefs. Low education is also associated with IPV for both women and men. In the past 15 years, a growing number of population-based surveys of representative samples have improved understanding of the scope and determinants of IPV on the African continent. Most epidemiological or demographic studies in Africa focus on women as victims and men as perpetrators, although there are some which include both sexes as either victim or perpetrator.

According to Salawu & Ogunbanjo (2010), some of the psychological factors for IPV in Africa mirror those found in other regions of the world such as individual-level characteristics (excessive drinking or a past history of child abuse) or socioeconomic conditions such as unemployment. In addition, long-standing patriarchal traditions play a role. African cultural beliefs and traditions promote men's hierarchical role in sexual relationships and especially marriage (Morrell, Jewkes, & Lindegger, 2012). To illustrate the widespread impact of such beliefs, in many places in East Africa, women usually do not have the freedom to choose their marriage partners and often are forced into marriages as prepubescent children. As many as 63% of the African population live in remote rural areas (World Bank, 2015) separating communities from the influence of central government or the rule of law prohibiting intimate partner violence.

Statistics indicate that Kenya has some of the highest rates of intimate partner violence against women in the world, one in three Kenyan females experience an episode of sexual violence before 18 years of age. The Kenya Demographic Health Survey of 2014 showed that 45 percent of women aged 15-49 had experienced either physical or sexual violence.

More than 41% of Kenyan women experience sexual and/or physical violence by intimate partners in their lifetime, while in a 12-month period, 31% of women are living with active violence in their homes. In over 90% of reported cases, men are the main perpetrators of violence; however, men can also be victims of violence, with one in five Kenyan males having experienced an episode of sexual violence before attaining 18 years of age.

1.2. Statement of the Problem

Partner abuse is a worldwide problem between 10% and 50% of all women report having been abused by their intimate partners at some point in their lives (World Health Organization, 2001). In the US, intimate partner violence is reported by 1.5 million women and 800,000 men (Gondolf & Jones, 2002). Additionally, there are many more cases that are unreported to the police, mental health professionals and even researchers. Victimization is often kept secret due to embarrassment, fear of retaliation by the perpetrator, the wish to avoid legal intrusions into their lives, and the belief that abuse is unavoidable and universal. Intimate Partner Violence is an epidemic that physically, emotionally, sexually and economically harms couples worldwide. IPV is found in every country and is experienced by couples of all cultural, ethnic and socioeconomic backgrounds. Although in recent history IPV has gained recognition as a Human Rights and Public Health issue, developing nations including Kenya have yet to adopt this view. IPV is a serious and widespread problem in Kenya. Research estimates that 49% of Kenyan women have experienced abuse from an intimate partner in their lifetime.

An ethnographic study among project's targeting communities has confirmed that violence in the home, including IPV, is a major concern. Men have reported that they may be inclined toward perpetration of violence given stressors such as unemployment, excessive alcohol and substance use, and family difficulties, as well as other psychosocial, cultural and gender issues. Qualitative data has also verified a cyclic link between the impacts and causes of IPV; men under stress tend to consume more alcohol and are more likely to perpetrate IPV, while men who consume alcohol are more likely to be unemployed and thus experience greater familial problems that can contribute to IPV in the home. Studies have substantiated that a mental health intervention for men may yield benefits to support

men to better manage stressors and potentially reduce IPV in their homes. Various Researchers have tried to look at the general factors contributing to domestic violence, without concentrating on the psychological factors contributing to prevalence of intimate partner violence (IPV) among young couples. This study investigated the relationship between psychological factors and intimate partner violence among young couples a case of 5 to 10 years of marriage.

1.3. Purpose of the Study

The purpose of this study was to investigate the relationship between psychological factors and intimate partner violence among young couples (5-10 years of marriage) in Kibera-Laini Saba, Nairobi County.

1.4. Objectives of the Study

The study was guided by the following specific objectives:

1. To investigate the causes of intimate partner violence among couples living in urban informal settlement.
2. To investigate the extent of intimate partner violence in urban informal settlement.
3. To determine the intervention strategies that can be adapted to resolve intimate partner violence in urban informal settlement.

1.5. Research Questions

1. What are the causes of intimate partner violence among couples living in urban informal settlement?
2. What is the extent of intimate partner violence in informal urban settlement?
3. What are the intervention strategies that can be adapted to resolve intimate partner violence among couples in urban informal settlement?

1.6. Hypothesis of the Study

The study was guided by the following hypothesis:

- H₀. Psychological factors do not have a significant relationship with intimate partner violence among young couples

H₁. Psychological factors have a significant relationship with intimate partner violence among young couples

1.7. Justification of the Study

IPV is not only a gross violation of women's human rights and a major impediment to achievement of gender equality (WHO, 2013), but also has severe negative impact on women's health, the social well-being of families and the wider society. IPV results in a wide range of short-term and long-term problems for women, including death, physical injuries, disability, chronic health conditions, neurological disorders, stress, depression, pregnancy and reproductive health complications (Krug et al., 2012). It also influences negative child health and development outcomes including behavioural and emotional problems. Finally, IPV has adverse economic impact ranging from lost productivity of the victims to increased use of health, social and other related services. Despite accumulation of literature on IPV over time, there is a paucity of research on IPV in relation to young couples in developing countries like Kenya. Literature primarily revolves around IPV among adult married or cohabiting couples and scarcely addresses the higher risk young couples in marriage or dating relationships (Nam et al., 2011). This has created existence of a research gap which the current study aims to fill by investigating the relationship between psychological factors and intimate partner violence among young couples in Kibera - Laini Saba, Nairobi County.

1.8. Significance of the study

This study would contribute greatly to the theoretical knowledge concerning intimate partner violence. Theoretically the study would contribute to Social Learning Theory and Ecological Theory. Social Learning Theory predicts those who hold definitions approving violence, who associate with perpetrators of violence, and who anticipate rewards (getting one's way) with fewer costs will also have higher prevalence rates of partner aggression. This theory explains violence as part of learned behaviour and women have been socialized to be subordinate in which the perpetrator tends to imitate experience in their childhood from adults and women who are affected by violence feel helpless to seek legal redress according to Albert Bandura (1977).

The Ecological Theory is based on Bronfenbrenner's (1979) ecological systems model which proposes that human behaviour is influenced by the physical and social environment, specifically the interrelationship among personal, situational and socio-cultural factors. The ecological systems model is popular with contemporary researchers on IPV because it offers a comprehensive theoretical approach to understanding IPV; the model integrates the complexities of the social context in which IPV occurs and provides a more adequate characterization of the diverse causal and psychological factors for IPV in regard to Barter et al. (2009).

The study findings would be beneficial mostly to women. Women in Kibera Constituency will gain a better understanding of intimate partner violence and the importance of participation in development through dissemination of the findings and recommendations. It will further help other members of the community to understand the importance of identifying and prioritizing their needs, decision making, implementation and ensuring sustainability of development initiatives. This would help to check community needs that have significant negative effects on community development while promoting those that positively steer development.

The study would also contribute to the current body of knowledge where it would add on what academicians might be researching on. Findings would be used as a source of reference material for researchers and other scholars who wish to conduct further research on intimate partner violence and obtain the best material for reference.

1.9. Scope of the Study

This research study focused on psychological factors that had a relationship to intimate partner violence among young couples in Kibera -Laini Saba, Nairobi County. The target population for the study was young couples 5-10 years in marriage. The study sought to investigate the causes of intimate partner violence in Kenya as well as to investigate the extent of intimate partner violence in urban informal settlement. Further, the study determined the intervention strategies that can be adapted to resolve violence in urban

informal settlement. The dependent variable in this study was intimate partner violence among young couples. The independent variables were causes of intimate partner violence, extent of intimate partner violence and the intervention strategies adapted to resolve intimate partner violence.

1.10. Limitations and Delimitations of the Study

The sample of this study included young married couples for a period of 5-10 years who have ever experienced physical or emotional (psychological) abuse in their marriage life in Kibera- Laini Saba, Nairobi County. The study looked at the relationship between psychological factors and intimate partner violence among young couples; the findings may not translate to couples of other religion like the Muslims and Indus. The results of this study, however, might still be widely applicable as it will help married couples from other religions and the entire world with valid information. Also from the study findings, majority of the participants were female at a rate of 64.4% while the male rate was 35.6%. This posed a big challenge because it indicated that female gender was ready to speak out on the issues of partner violence than the male gender as compared to Kenyan statistics where men's population is higher than females.

Participants may not have been fully responded to the questionnaire satisfactorily or as would have been anticipated due to their level of literacy and this affects the analysis of data. To avoid this, the researcher explained the importance of the research to the participants.

1.11. Assumptions of the Study

This study assumed that psychological factors like, drug abuse -alcoholism, a past history of child abuse or post-traumatic stress disorder, highly traditional gender role beliefs and Low education highly contribute to IPV for both women and men. IPV has been associated with mental, physical, and sexual health consequences, as well as non-injury-related health burdens.

The study assumed that there is an existing relationship between psychological factors and intimate partner violence among young couples. Many young couples are in abusive

relationship though many of the cases go unreported due to stigma and ignorance by the victims and therefore the perpetrators go unpunished.

1.12. Definition of Terms

- Economic abuse** includes acts such as the denial of funds, refusal to contribute financially, denial of food and basic needs, and controlling access to health care or employment
- Emotional/Psychological Abuse** Behaviour that is intended to intimidate or humiliate. It may include threats of abandonment or abuse, confinement to the home, stalking, threats to take away custody of the children, destruction of objects, verbal aggression and constant degradation or humiliation.
- Intimate Partner Violence** A pattern of abusive behaviour in any intimate relationship that is directed towards a current or former spouse, boyfriend or girlfriend. Intimate Partner Violence can be physical, emotional, economic, or sexual in nature
- Physical Abuse** Any behaviour that involves the intentional use of force against the body of another person that risks physical injury, harm, and/or pain. Physical abuse includes pushing, hitting, slapping, choking, using an object to hit, twisting of a body part, burning, forcing the ingestion of an unwanted substance, and use of a weapon
- Sexual Abuse** Any unwanted sexual intimacy forced on one individual by another. It may include oral, anal, or vaginal stimulation or penetration, forced nudity, forced exposure to sexually explicit material or activity, or any other unwanted sexual activity

CHAPTER TWO

LITERATURE REVIEW

2.1. Introduction

Chapter two provides the literature review of the study. It accounts for the previous research and what has been found out in the area of study. This chapter mainly focuses on investigating the relationship between psychological factors and intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County. In addition, the chapter presents the theoretical framework, conceptual framework, and summary.

2.2. Causes of Intimate Partner Violence Among Couples Living in Urban Informal Settlement

The study highlighted the major causes of intimate partner violence in terms of psychological, environmental and socio-economic factors.

2.2.1. Psychological Factors

Straus et al (2010) did a study on alcohol-related intimate partner violence among white, black, and Hispanic couples in the United States. He used data from a 1975 survey on risk factors of violence in American families and he pointed out that assault is directly related to stress for both husbands and wives but more prevalent on wives. Furthermore, the theory and findings of the study support the idea that it is not stress alone but other mitigating factors that result in more violent behaviour, included in these factors are that the most violent men are under stress, have lower income and occupational status.

A similar study was carried out by Saravanan, (2012), on psychological cause of violence in India. The target population was men and women survivors of intimate partner violence who had psychological problems. Descriptive statistics were utilized to analyze data. The study found out that psychological factors to include abuse, sarcastic remarks in the presence of outsiders, imposing severe restrictions on the freedom of movement, totally ignoring the wife in decision making processes, making frequent complaints against her to her parents, friends, neighbours and relatives, much to the embarrassment of the wife was

directly linked to intimate partner violence. In the research, nearly 60% of the participants reported psychological abuse characterized by demeaning and threatening behaviour.

There is hardly any literature available that has documented the extent to which Kenyan women and in particular women from urban slums experience psychological violence. Most of the literature has focused on physical and sexual forms of violence. This study attempts to fill this gap by investigating the causes of intimate partner violence among couples living in urban informal settlement in Kibera- Laini Saba, Nairobi County.

2.2.2. Environmental Factors

A study conducted by Fals-Stewart, (2003), on Intimate partner violence and substance use whereby he utilized longitudinal research design. He collected daily diaries from partners with histories of IPV entering either an alcoholism or domestic violence treatment program over a five-month period, which allowed for a detailed examination of the daily temporal relationship between male-to-female aggression and drinking. Data was analyzed using content analysis. The study found out that individuals who consume psychoactive substances are more likely to engage in partner violence because intoxication facilitates violence, which may be mediated through the psychopharmacologic effects of drugs on cognitive processing or the expectancies associated with intoxication. The study further established that alcohol and male-to-female aggression were linked only on days when the drinking occurred before the IPV episode.

A similar study was carried out by Tolman, (2014), on domestic abuse, in a sample of 63 participants who were low educated, married, cohabiting, or divorced men in an alcohol/drug treatment program. This sample of men had high self-reported rates of physical and psychological abuse of their partners. An estimated 21% of the men had been arrested for battery against a female domestic partner, and 27% had an order of protection or restraining order against them. This study found no relationship between the quantity or frequency of alcohol use or severity of alcohol dependence and abuse of their domestic partners; however, a history of drug use, particularly cocaine, and an early onset of drug-and/or alcohol-related problems were significantly associated with abuse of one's partner.

The studies focused on how drug use as an aspect of environmental factor leads to intimate partner violence. The studies have explained how male genders who are alcohol abusers expose their wives to domestic violence. However, one study contradicts the findings and argues that correlation between alcohol and IPV was controversial, and that the relationship is not causal and that it is culturally dependent. This creates a knowledge gap as the studies cannot agree on the relationship between environment factors and intimate partner violence. This study attempts to fill this gap by investigating the causes of intimate partner violence among couples living in urban informal settlement in Kibera- Laini Saba, Nairobi County.

2.2.3. Socio-economic Factors

A study conducted by McCloskey et al, (2012), on social economic and coercive power within the family in which 365 battered and non-battered women in the US were studied, found out that battered women had less education background. Using data that came from a national survey of Canadian women in 1993, the study concluded that violence is more likely when women's educational and occupational attainment is greater than their husbands. Another study carried out in California to test a model on domestic violence on women who had been physically abused by their partners concluded that increase in a woman's income serves to increase the violence. It is therefore not clear whether indeed wife's economic independence; education status and general socio-economic status lowers or increases the risk of violence. This study shed more light on this contradictions.

A similar research on labour force participation and the risk of spousal violence against women in America, Macmillan and Gartner, (2011), established that employment for men significantly lowers wife's risk of abuse. Additionally, the husband's education level lowers the wife's risk of abuse and that higher income lowers the risk of abuse. The study further concluded that the lower the social status of the family, the more frequent and escalated wife abuse cases.

A study by Hoffman et al. (2014), on female intimate partner violence perpetration was carried out in Bangkok, Thailand on 2017 households. Data was analyzed using descriptive statistics. The study found out that socio-economic status is significantly and negatively related to the occurrence of physical wife abuse. Neither occupational prestige nor differences in educational attainment are significantly related to the incidence of wife abuse. They however noted that, lack of direct relationship between educational attainment differences and wife abuse could be a function of the overall low level of education attainment (8 years) in the study sample. Forty-two percent of the spouses had the same level of education, clearly identifying a gap that future research should investigate spouses who are more discrepant on educational attainment.

The above study mostly concentrated on the effect of household economic indicators as the risk of violence toward women in intimate partnerships in the US. First the study scope was international and the findings may not be generalized in the local context. In addition, the study did not discuss clearly how economic factors are related to intimate partner violence. This creates a knowledge gap which the current study fills in by investigating the causes of intimate partner violence among couples living in urban informal settlement in Kibera-Laini Saba, Nairobi County.

2.3. The Extent of Intimate Partner Violence in Urban Informal Settlement

In regard to a study conducted by Abramsky et al., (2011), IPV being a concern in its own right, it is associated with a range of adverse physical, mental, sexual and reproductive problems for its victims. Evidence across multiple studies finds that those experiencing IPV are significantly more likely to experience serious health problems than those who have not experienced such violence in regard to (WHO, 2013). In fact, a related study carried out by Vos et al., (2006), in Australia on health risk factors found out that among women aged 18-44 years, IPV was associated with 7 percent burden of overall disease, placing it at a higher risk for health outcomes than risk factors like smoking tobacco, raised blood pressure and body weight.

2.3.1. Psychological

A study carried out by Tjaden et al., (2012), on the extent, nature, and consequences of intimate partner violence. They established that intimate partner violence goes hand in hand with psychological abuse; depression remains the foremost response with most of battered women reporting depression. Emotional or psychological abuse can be verbal or nonverbal. Its aim is to chip away at the confidence and independence of victims with the intention of making her compliant and limiting her ability to leave. Emotional abuse includes verbal abuse such as yelling, name-calling, blaming, shaming, isolation, intimidation, threats of violence and controlling behaviour. Many abused women define the psychological effects of domestic abuse as having a more profound effect on their lives, even where there have been life-threatening or disabling physical violence. Despite this, there is almost always pressure to define domestic abuse in terms of actual or threatened, physical violence.

A similar study was conducted by Kimani (2005), on the extent of intimate partner violence in slum areas in Kenya. The target population were victims of domestic violence who had suffered psychological trauma. The study established that the rates of depression among violated women were found to double that of general population and violated women were found in substantial numbers among cases of attempted suicide and alcoholism. It was also established that 70% of female murder victims were killed by their male partners. The consequences of violence against women go far beyond immediate physical damage to the victim. Psychological damage and the threat of further violence erode a woman's self-esteem, inhibiting her ability to defend herself or to take action against the abuser.

A study carried out by Ndeti et al. (2009), to investigate the prevalence of mental disorders in 2,770 adult patients receiving inpatient and outpatient services from 10 medical facilities of different levels in Kenya, about 1,163 (42%) of the participants had mild to severe symptoms of depression. Only 114 of the 2,770 participants had a hospital record with a working diagnosis of mental illness meaning that majority of the patients with mental illnesses are undiagnosed. Apart from perceived stigma by patients upon

diagnosis of depression, the poor clinician detection rate of depressive symptoms in patients attending primary health care clinics in Kenya was of major concern.

In conclusion, it was clear that much of the literature highlighted relates to physical abuse and there is very limited information on psychological violence and how women respond to it. To a great extent, the studies cited in this section have been general in orientation and not much exists with regard to explaining the dynamics of violence in low income groups such as the urban informal settlements (slums). This study is an attempt to contribute towards filling this knowledge gap. The current study investigated the extent of intimate partner violence in urban informal settlement among young couples (5-10 years of marriage) in Kibera- Laini Saba, Nairobi County.

2.3.2. Economical

In regard to study carried out by Kurz, (2014), economic abuse is a form of domestic and family violence involving behaviours that negatively affect a person's finances and undermine their efforts to become economically independent. The extent of economic abuse can occur in intimate partner relationships and broader range of family and other relationships. The extent includes circumstances where a person may be vulnerable due to their dependence on others for day-to-day support. Victims often lose their jobs because of absenteeism due to illness as a result of the violence. Absences occasioned by court appearances can also jeopardize their livelihood. Victims may have to relocate many times to avoid violence whereas relocating is normally costly and can interfere with continuity of employment. This in the long run renders the victims poor as they grow older.

Kenya Demographic and Health Survey, (2013), conducted a study on the effects of intimate violence in Kenya. The target population was women who experience intimate partner violence for duration of 10 years and above. The study found out that among the women who reported having ever experienced violence, 32% reported having aches and bruises, 9% injury or broken bone and 15 % reported having visited a health facility because of something that the husband or partner did to them. This meant that a lot of hours that would otherwise be engaged on productive economic work were lost as violated

women sought medical attention and recuperate. The fact that the harm caused forces women to seek medical attention means that intimate partner violence is putting a strain on the already overstretched health services hence a waste of the scarce medical resources.

The above studies were carried out on global and regional areas respectively. The studies have not elaborated clearly the methodology that was used to carry out the research. Further the studies have not given a direct relationship between magnitudes of intimate partner violence economically as well as self-image of the intimate partners. This creates a knowledge gap which the current study attempts to fill by investigating the extent of intimate partner violence in urban informal settlement among young couples in Kibera-Laini Saba, Nairobi County.

2.3.3. Social

A study carried out by Heise et al., (2012), to establish the effect of intimate partner violence among women in Australia. The study used descriptive research design. Content analysis was used to analyze the study. The study found out that victims of intimate partner violence sometimes face various forms of social violence with social consequences that include restricted access to services, strained relationship with health providers, employers, isolation from social networks, and homelessness. In order to increase dependence on him or her, an abusive partner will cut off from the outside world. He or she may keep off the victim from seeing family or friends, or even prevent them from going to work or school. The victims may have to ask permission to do anything, go anywhere, or see anyone.

A similar study carried out by Huch, (2013), on social magnitude of intimate partner violence found out that in the Middle East 32% of women reported being physically abused during the year 1997. The study further observed that violence against women and the girl-child at home and at work had taken alarming trend and different dimensions, and equally a major threat to social and economic development in the Middle East. It was also the most widespread and socially tolerated way in which women and girls were denied their basic rights.

The above study has explained the magnitude of intimate partner violence from a social perspective. Despite this the studies have not elaborated how well intimate partner influence the social life of the victim. This creates a knowledge gap which the current study attempts to fill by investigating the extent of intimate partner violence in urban informal settlement among young couples in Kibera- Laini Saba, Nairobi County.

2.4. Intervention Strategies Adapted to resolve Intimate Partner Violence

While many prevention strategies focus on individual and relationship-level factors that influence the likelihood of becoming a survivor or perpetrator of IPV, it is important to acknowledge the influence of community environments. Approaches that work to foster a broader social and physical environment that improves safety, social connections, and awareness of IPV can help create a climate that supports prevention of violence against intimate partners. These community-level approaches may encourage higher rates of disclosure of IPV, increased resources and support leveraged on behalf of IPV survivors, and promote social norms that are intolerant of IPV within the community, potentially increasing the likelihood that community members will intervene when they witness IPV. Although evidence on community-level approaches for IPV prevention is just beginning to emerge, there is support for the role of neighbourhood and community characteristics as important protective factors against perpetration of IPV in regard to a study carried out by Kishor, & Johnson (2004).

2.4.1. Psychological Interventions

A study carried out by Greene et al., (2017), on an integrated intervention to reduce intimate partner violence and psychological distress with refugees in low-resource settings. The target population was 400 participants from existing women's support groups operating within villages in Nyarugusu refugee camp, Tanzania. The study found out that the psychological and advocacy components of the proposed intervention have been shown to be efficacious for their respective outcomes when delivered in isolation; however, administering these approaches through a single, integrated intervention may

result in synergistic effects given the interrelated, bidirectional relationship between IPV and mental health.

A similar study by Eckhardt et al., (2013), on the effectiveness of intervention programs for perpetrators and victims of intimate partner violence in Europe. The review involved a detailed summary of all studies published since 1990 using randomized or quasi-experimental designs that compared an active intervention program to a relevant comparison condition. These studies included 20 studies investigating the effectiveness of traditional forms of batterer intervention programs (BIPs) aimed at perpetrators of IPV, 10 studies that investigated the effectiveness of alternative formats of BIPs, 16 studies of brief intervention programs for IPV victim-survivors, and 15 studies of more extended intervention programs for IPV victim-survivor. The study established that a range of therapeutic approaches have been shown to produce enhancements in emotional functioning, with the strongest support for cognitive-behavioural therapy (CBT) approaches in reducing negative symptomatic effects of IPV. Supportive advocacy in community settings indicated reduced frequency of re-victimization relative to no-treatment controls.

The above study dealt with psychological intervention on intimate partner violence. However, the studies scope was international and thus generalization could not be made in relation to the local context. This creates a knowledge gap that the current study attempts to fill by determining the intervention strategies that can be adapted to resolve intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County.

2.4.2. Social Interventions

Leonard, (2012), did a study on interventions to reduce intimate partner violence through alcohol and substance misuse in Britain. The study found that alcohol and drug misuse is a situational factor that contributes to intimate-partner violence and sexual violence and increases their severity, rather than being a primary cause of such violence. The relationship between alcohol and intimate-partner violence and sexual violence is mediated by social norms regarding gender, alcohol use, and violence. It can be difficult to

determine whether alcohol is a situational factor contributing to intimate-partner violence and sexual violence, or a coping mechanism adopted in situations of ongoing violence, or both. While reduction of harmful alcohol and drug use is an important component of violence prevention, it does not address the root causes and therefore cannot, on its own, eliminate intimate-partner violence and sexual violence.

Heise and Kostadam, (2015), did a study on community-based approaches to intimate partner violence among south Asian women in the United State. The study was qualitative in nature and data was analyzed using content analysis. The study found that norms justifying male authority over female behaviour and those justifying wife beating are strongly and significantly associated with IPV, and suggest a highly plausible causal link. Community mobilization work has been shown to be the most effective in addressing these and other harmful social norms. Community mobilization is a highly systematic approach that involves all levels of a community over an extended period of time. It requires engaging, inspiring and supporting a diverse range of community members, groups, and institutions and elicits critical thinking, develops skills and inspires action to replace negative norms perpetuating violence against women with positive norms supporting safety, nonviolence and the dignity of women and me.

The above studies conducted have an international scope and thus the findings cannot be generalized locally to Kenyan situation. This creates a knowledge gap that will be filled by the current study by determining the intervention strategies that can be adapted to resolve intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County.

2.4.3. Economical Interventions

In recent years, interventions that seek to economically ‘empower’ women have been identified as a potential means through which to reduce women’s risk of intimate partner violence (IPV). Microfinance-based interventions, cash transfer programmes, and other forms of livelihoods programing have in some cases and in some settings been shown to reduce women’s risk of IPV.

A study carried out by Tanya et al. (2016), on Women's income and risk of intimate partner violence in North-Western Tanzania. Women were interviewed, using a structured questionnaire, at baseline and 2 years after completion of the intervention (29 months' post baseline). This secondary analysis used data from both the baseline and follow-up surveys. The interviews were conducted face-to-face in Swahili, and responses were entered directly onto a tablet computer programmed to check for accuracy and consistency of entered data. The study established that while higher income was associated with decreased risk of physical IPV and, to a lesser extent, sexual IPV, women who contributed more financially to the household than their partner did were at increased risk of both physical and sexual IPV. Women's risk of economic abuse by a partner did not appear to be related to income levels in this sample. This analysis thereby adds the understanding of how women's economic empowerment (and interventions to prevent IPV) may affect different forms of abuse in myriad (sometimes adverse) ways.

A similar study by Schuler et al. (2012), on credit programs, patriarchy and men's violence against women in rural Bangladesh. The target population was women who had experienced IPV. Data was analyzed using descriptive statistics. The study established that microcredit membership to be associated with decreased IPV risk, increased IPV risk particularly in certain conservative or urban contexts, or no change in IPV risk.

The above and other studies focused more on economic intervention and intimate partners' violence. However, the study has not focused on how economic interventions help eliminate intimate partner violence in Kenya. In conclusion, India is a matriarchal society while Kenya is largely a patriarchal system. This creates a knowledge gap that the current study will fill by determining the intervention strategies can be adapted to resolve intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County.

2.5. Theoretical framework

The study was guided by social learning theory and ecological theory which are discussed in the subsequent sections:

2.5.1. Social Learning Theory

The theory proposed by Albert Bandura (1977) postulates that people are born knowing nothing, they learn behaviour from their immediate environment. Bandura proposed that social learning occurs in four main stages of imitation: Close contact, imitation of superiors, understanding of concepts and role model behaviour. Violence therefore is learned by an individual as he/she grows up. Rotter (1945) suggests that the effect of behaviour has an impact on the motivation of people to engage in specific behaviour. People wish to avoid negative consequences, while desiring positive outcomes. Social learning theory suggests that behaviour is influenced by environmental factors and psychological factors. Social learning theory predicts prevalence rates of partner aggression will be higher for those who have witnessed others they admire using aggression against a partner (Sellers et al., 2005).

Social learning theory predicts those who hold definitions approving violence, who associate with perpetrators of violence, and who anticipate rewards (getting one's way) with fewer costs will also have higher prevalence rates of partner aggression (Sellers et al., 2005). This theory explains violence as part of learned behaviour and women have been socialized to be subordinate in which the perpetrator tends to imitate experience in their childhood from adults and women who are affected by violence feel helpless to seek legal redress. Women have been socialized to conform to the social norms that discipline them whenever men feel like exercising their powers of control in regard to Bandura, (1973). Social norms mean rules and regulations prescribed to guide a certain society in their daily life as they observe attitude, values and behaviour. These social norms are learnt through observation and experience in the society by practicing them; hence they can be carried on from generation to generation. Males, who are the architects of social rules, custodians and implementers presumably, by default, can only be the ones to change those rules that harm women.

This theory is applicable to the current study as it explains violence is learned from childhood through observation and behaviour. It is through socialization that many forms/types gender-based violence against women is learned and passed on from

generation to generation. Women who come from this experience of abuse are less likely to take punitive actions. They are deterred by their own conscience to conformity of their social cultural norms to seek legal help.

2.5.2. Ecological Theory

The ecological theory is based on Bronfenbrenner's (1979) ecological systems model which proposes that human behaviour is influenced by the physical and social environment, specifically the interrelationship among personal, situational and socio-cultural factors (Barter et al., 2009). The ecological systems model is popular with contemporary researchers on IPV because it offers a comprehensive theoretical approach to understanding IPV; the model integrates the complexities of the social context in which IPV occurs and provides a more adequate characterization of the diverse causal and risk factors for IPV (Zahn et al., 2004). Significant relationship has been established between the incidence of IPV and socioeconomic factors and socio-demographic factors.

The study adopts ecological theory to understand the predictors of perceptions and attitudes related to IPV at different levels of young women's physical and social environment and their vulnerability to IPV. Young women's perceptions, attitudes and experiences of IPV are shaped by the interplay of socio-demographic characteristics, individual beliefs and practices within their intimate relationships and their community and societal norms regarding gender and power. The most significant predictors include age, education and marital status, poverty and associated factors and level of acceptance/agreement with traditional gender roles and IPV supportive norms.

The social environment contributes either to condone, perpetrate or reduced IPV in society. Young women can learn IPV tolerant attitudinal beliefs through patriarchal gender socialization, traditional gender norms and social practices, exposure to unequal social networks and authority structure, exposure to poverty, exposure to community violence and IPV and/or living in a culture of violence and general acceptance and justification of IPV. Studies have shown that young women from lower socio-economic groups and those that hold IPV supportive norms have higher rates of IPV. Other studies have shown that attitudes towards IPV is one of the prominent predictors when compared to other potential causal factors such as social and empowerment factors Uthman et al. (2009).

Ecological theory underscores the centrality of gender, power, patriarchy and attendant perceptions and attitudes in perpetuating perpetration and social acceptance of IPV. Accordingly, IPV is a by-product of the underlying social belief system that espouses the philosophy of male superiority and female inferiority and reinforcement of the attendant practices and social structures that relegate women to lesser status according to Ondicho (1993). The theory points to the subsequent need to restructure existing social systems and structures that sustain male dominance, female subservience and IPV supportive perceptions and attitudes.

2.6. Conceptual Framework

According to Roberts (2011), a conceptual framework is a diagrammatical research tool that intends to assist a researcher to develop awareness and understanding about the situation under scrutiny and also communicates this. The conceptual framework shows how the dependent and independent variable are related. It is presumed that an independent variable either determines or affects the dependent variable in regard to Van der Waldt (2008). It changes as required, and values in no way represent a problem in need of explanation in an analysis, but are simply taken as given. The conceptual framework in this study is based on the relationship between various variables. The independent variables in this study are causes of IPV, extent of IPV, and strategies to resolve IPV.

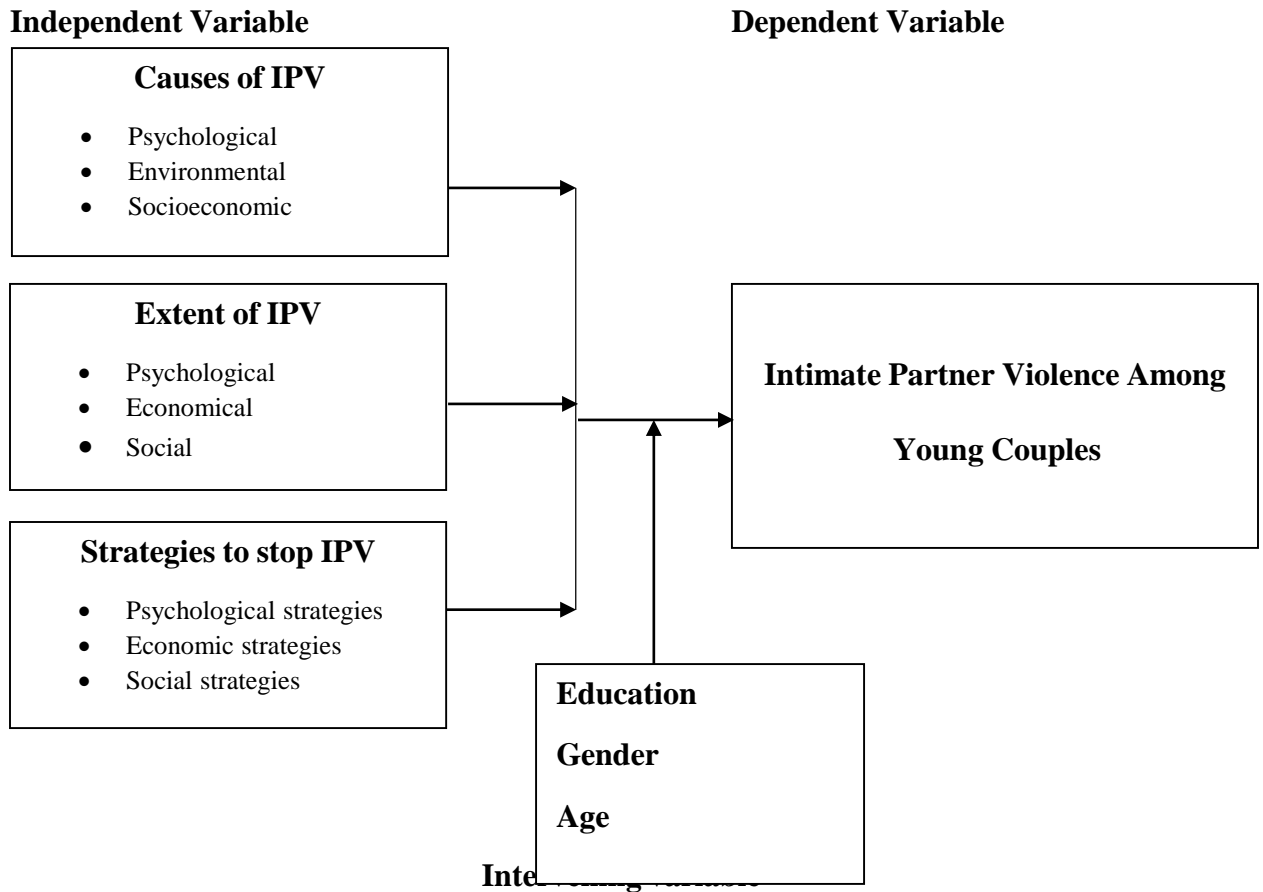


Figure 2.1. Conceptual framework

2.7. Conclusion

The chapter reviews existing literature on the relationship between psychological factors and intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County. Two theories, namely; Social Learning Theory and Ecological Theory, under which the study is based, have been deeply discussed. The chapter has also presented a conceptual framework reflecting the relationship between independent and dependent variables.

CHAPTER THREE

RESEARCH METHODOLOGY AND DESIGN

3.1. Introduction

This chapter presents the methods that the researcher utilized to achieve the research objectives of the study. The methods included the research design, the target population, the sampling design, the sample, data collection instruments, techniques and the data analysis techniques that were used in the study.

3.2. Research Design

The study used descriptive survey research design. This method of research was preferred because the researcher was able to collect data to answer questions concerning the status of the subject of study. Descriptive survey research determines and reports the way things are done and also helps a researcher to describe a phenomenon in terms of attitude, values and characteristics according to Mugenda and Mugenda, (1999). In regard to Orodho, (2003), descriptive survey is a method of collecting information by interviewing or administering a questionnaire to a sample of individuals. This method was appropriate for the study in that it helped in portraying the accuracy of people's profile events and situations.

3.3. Location of the Study

This study was conducted in Kibera Constituency, situated in Nairobi City County's south western peri-urban zone and approximately 5km from Nairobi city. The study site was informed by the suggested linkages between psychological factors and high prevalence of IPV. Kibera is one of the largest and densely populated urban slum in Kenya, covering approximately 250 hectares of land, comprising 14 villages and ethnically diverse populations, most of whom live below the poverty line, Mutisya and Yarime, (2011). The exact population of Kibera is the subject of debate. The 2009 Kenya census put the population at 170,070, dramatically scaling down all the previous estimates of between 500,000 and over 1 million. Specific study site was carried out in Laini Saba, Kibera Ward.

3.4. Target Population

The target population was married couples (both men and women) who have been in marriage for a period of 5-10 years and have at any given time experienced intimate partner violence, in Kibera slum, Laini Saba, Nairobi County.

3.5.1. Sample Size

This study adopted the stratified random sampling technique. Stratified sampling is a probability sampling technique wherein the researcher divides the entire population into different subgroups or strata, then randomly selects the final subjects proportionally from the different strata. The reason for the choice of the sampling method was because it enabled the researcher to representatively sample even the smallest and most inaccessible subgroups in the population. This allowed the researcher to sample the rare extremes of the given population. In addition, the study used the following formula proposed by Using Yamane (1973) to determine the sample size.

Using Yamane (1973) formulae

$$n = N / (1 + N * (e)^2)$$

Where

n = sample size

$$N = 170,070 / (1 + 170,070) (0.09)^2$$

$$n = 123$$

Therefore, the sample population size (n) was 123 participants

3.5.2. Sampling Procedure

This study adopted the stratified sampling technique. From the possible 170,070 target population, stratified random sampling was employed to select a total of 123 sample of the population.

3.6. Data Collection Methods

A questionnaire was used to collect primary data. The questionnaire comprised of questions, which sought to answer questions related to the objectives of this study. The

questions entailed both closed-ended questions to enhance uniformity and open ended to ensure maximum data collection and generation of qualitative and quantitative data. The questionnaire was divided into two sections, the demographic information section and the research questions section. Further, the research questions' section was divided to sections according to the research objectives.

3.7. Data Collection Procedure

The procedure for data collection started once the researcher was given a letter of approval by the university to go to the field. Using the letter of approval, a permit to conduct the study was acquired. Afterwards, the officer in charge of family affairs in Laini Saba ward was informed of the study and hence all the relevant stakeholders were informed as well. The researcher used the services of three research assistants in the data collection process. The research assistants were trained on how to administer the questionnaire. Drop and pick method was used where the research assistants delivered the questionnaire to the participants and pick them when completed.

3.8. Validity and Reliability

3.8.1. Validity of the Instruments

Validity is the degree to which an instrument measures what it purports to measure, Mugenda and Mugenda,(2003). It is the accuracy and meaningfulness of inferences, which are based on the research results. Nachmias, and Nachmias, (1996) posits that there are three types of validity which include; construct, content validity and criterion-related validity. Content validity addresses how well the items developed to operationalize a construct provide an adequate and representative sample of all the items that might measure the construct of interest. Construct validity is a judgment based on the accumulation of evidence from numerous studies using a specific measuring instrument. Evaluation of construct validity requires examining the relationship of the measure being evaluated with variables known to be related or theoretically related to the construct measured by the instrument.

On the other hand, criterion validity provides evidence about how well scores on the new measure correlate with other measures of the same construct or very similar underlying constructs that theoretically should be related. It is crucial that these criterion measures are valid themselves. With one type of criterion-related validity, predictive validity, the criterion measurement is obtained at some time after the administration of the test, and the ability of the test to accurately predict the criterion is evaluated. In order to ensure that the items on the research tools are valid, the researcher pre-tested the tools on 12 (10% of the sample population) participants whose data did not form part of the actual study. Finally, the responses received from the pilot testing were attuned accordingly and any areas that needed adjustments were acted upon. The pre-test made sure that questionnaire assessed what the research intend to be measure.

3.8.2. Reliability of the Instruments

Test-retest reliability was carried out on the basis of administration of the questionnaire before starting data collection to ascertain the stability of the questionnaire. Information collected through the pilot study of 12 subjects in the study area, not included in the sample helped to identify some of the shortcomings likely to be experienced during the actual data collection exercise and the corrections done, helped to enhance reliability of the questionnaire. Responses obtained during the piloting were used to calculate the reliability coefficient from a correlation matrix. The reliability of the instrument was estimated using Cronbach's Alpha Coefficient which is a measure of internal consistency. A reliability of at least 0.70 at $\alpha=0.05$ (95 %) means higher reliability and significance level of confidence is acceptable (Gable and Wolf, 2003).

3.9. Data Analysis

Collected data was cleaned, re-organized and coded before data analysis. Data for the study was analyzed both qualitatively and quantitatively. The data collected was keyed in and analyzed with the aid of SPSS version 24. The Quantitative data generated was subjected to the descriptive statistics feature in SPSS to generate mean, and standard deviation which was presented using tables, frequencies and percentages, while Qualitative data consist of words and observations, not numbers. Pearson's correlation coefficient was used to show

the strength of the relationship between psychological factors and intimate partner violence among young couples. A regression analysis was used to assess the association between the variables and describe the relationship in percentages. Regression was used to show how age, education and gender contribute to the intimate partner violence among young couples.

3.10. Ethical Considerations

The researcher obtained a research clearance from the University of Nairobi and seek ethics clearance from the sub-county administrator's office. The researcher also obtained a research permit from the National Commission for Science, Technology and Innovation (NACOSTI) before undertaking this study. An explanation and justification of the study was given, and the research participants were given the freedom of deciding whether to take part in the research. All questionnaires were administered in private and confidential manner throughout the study, and participants were assured of their anonymity. The participants were therefore assured that no identifying information was ascribed to their responses. It is assumed that this boosted their willingness to participate in the study.

CHAPTER FOUR

DATA ANALYSIS AND PRESENTATION

4.1. Introduction

This chapter presents the data that was found on the relationship between psychological factors and intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County. The research was conducted on a sample of 123 participants to which questionnaires were administered. The chapter introduces analysis of participants' personal information, and then looks into the analysis of study objectives.

4.2. Questionnaire Return Rate

Out of the sampled population, 90 questionnaires were returned duly filled in making a response rate of 73.2%. The response rate was representative and was adequately used to answer the research questions.

Table 4.1. Response Rate

Response	Frequency	Percentage
Filled in questionnaires	90	73.2
Unreturned questionnaires	33	26.8
Total Response Rate	123	100

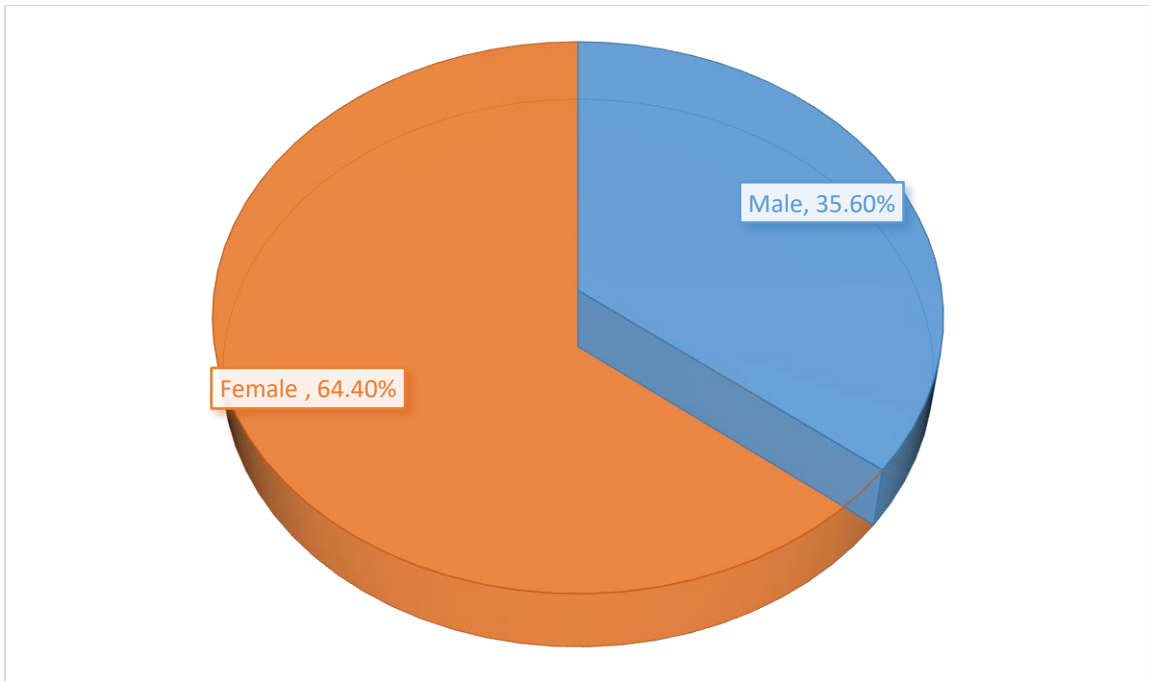
4.3. Demographic characteristics of Research Participants

The participants' personal information included: gender, age and level of education. The findings are shown in subsequent sections:

4.3.1. Participants Gender

The participants were requested to indicate their gender. The findings are as shown in figure 4.2.

Figure 4.2. Participants Gender

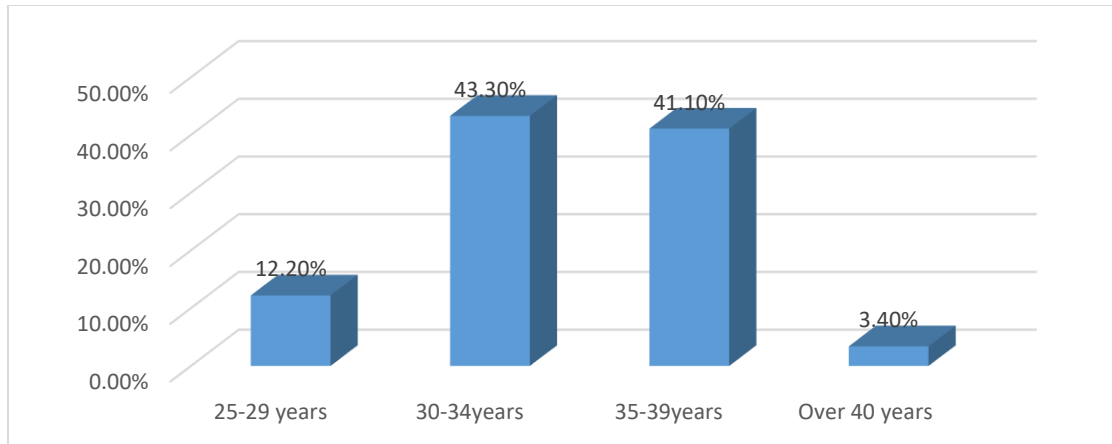


From the findings majority (64.4%) of the participants were female while 35.6% were male. This depicts that majority of the responses emanated from the female which showed that they were the mostly affected by the intimate partner violence. In addition, this indicated that the female gender was ready to speak out on the issues of partner violence.

4.3.2. Participants Age

The participants were requested to indicate their age. The findings are as shown in figure 4.3.

Figure 4.3. Participants Age

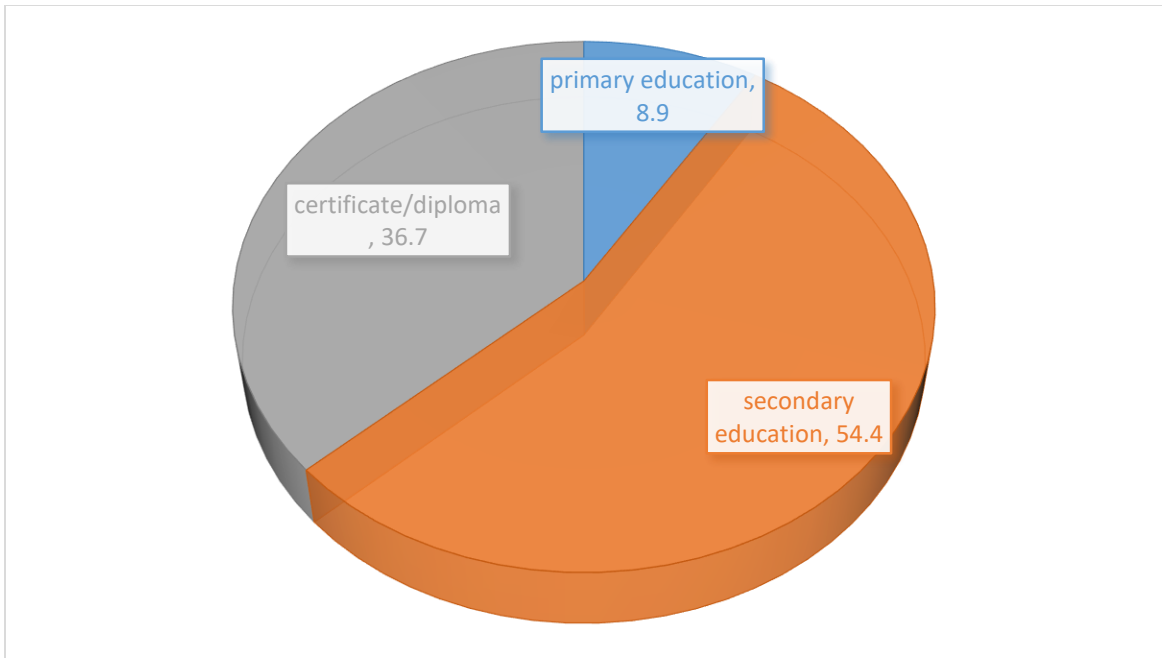


From the findings most (43.3%) of the participants were between 30-34 years, 41.1% were between 35-39 years, 12.2% were between 25-29 years, while 3.4% were over 40 years. This depicts that majority of the participants were middle aged and thus could offer important information with regard to the intimate partner violence. In addition, the age group suited the requirement of the study for the young couples experiencing intimate partner violence.

4.3.3. Level of Education

The participants were requested to indicate their level of education. The findings are shown in figure 4.4

Figure 4.4. Level of Education



From the findings the majority (54.4%) of the participants indicated that they had secondary level of education, 36.7% indicated certificate/diploma, while 8.9% indicated primary level of education. This depicts that majority of the participants had basic education to provide information in relation to intimate partner violence.

4.4. Causes of Intimate Partner Violence

This section presents findings on causes of intimate partner violence. The findings are presented in the subsequent sections:

4.4.1. Causes of Intimate Partner Violence in Kibera Laini Saba

The participants were requested to indicate the causes of intimate partner violence in Kibera Laini Saba. According to the participants the causes of intimate partner violence was intermarriage where one does not understand the culture of the other, bareness, searching of a boy child and the lady deliver a baby girl, and alcohol and drug abuse. In addition, the participants indicated that dishonesty among couples has been seen to lead to violence, poverty due to unemployment, verbal abuse, lack of respect among couples in the relationship, and misunderstanding among couples. All these factors have led to intimate

partner violence which has resulted into divorce, death, or permanent disability among the couples.

4.4.2. Men’s Economic Condition and Intimate Partner Violence

The participants were requested to indicate how men’s economic condition contributed to intimate partner violence. According to the participants, men’s economic conditions had led to violence as they accused women of disrespect since they were not able to provide for their families. Men were of the view that they were considered inferior by the women due to their low economic status and the only way they could portray their seniority was through violence. The participants further indicated that women would have a tendency to cheat in the relationship as they look for alternative income to feed and support their families. This would result to violence as the man would view it as disrespect and it may even lead to the chasing away of the wife. In addition, the participants indicated that men who were paid little wages would result into alcohol abuse and thus fail to fully provide for their families. When the wife asked for money the man would physically abuse her claiming he did not get any money to cater for his needs as well as for his family.

4.4.3. Level of Agreement on Causes of Intimate Partner Violence

The participants were requested to indicate the extent to which they agree on the various statements on the causes of intimate partner violence. The responses were placed on a five Likert scale where 1- Disagree 2- Neither agree nor disagree, 3- Moderate- 4- Agree 5- Strongly agree. The findings are as shown in table 4.2.

Table 4.2. Level of Agreement on Causes of Intimate Partner Violence

Statements	Mean	Std. Dev
Long-term substance use creates an environment that sets the stage for partner conflict and, ultimately, partner violence.	3.58	0.9359
Low education status and general socio economic status increases the risk of partner violence.	3.28	0.7348
Socio economic status is significantly and negatively related to the occurrence of physical wife abuse.	3.96	0.8199

Consumption of psychoactive substances is more likely to cause partner violence because intoxication facilitates violence. 3.96 0.8468

From the findings the participants agreed that socio economic status is significantly and negatively related to the occurrence of physical wife abuse (mean=3.96), followed by consumption of psychoactive substances is more likely to cause partner violence because intoxication facilitates violence (mean=3.96), long-term substance use creates an environment that sets the stage for partner conflict and, ultimately, partner violence (mean=3.58), and low education status and general socio economic status increases the risk of partner violence (mean=3.28). This depicts that socio economic status is significantly and negatively related to the occurrence of physical wife abuse.

4.5. The Extent of Intimate Partner Violence

This section presents findings on the extent of intimate partner violence. The findings are presented in the subsequent sections:

4.5.1. Consequences / Effects of Intimate Partner Violence

The participants were requested to indicate the consequences / effects of the intimate partner violence. According to the participants' intimate partner violence led to divorce among the couples, loss of property as the wife is chased away from the home with nothing, and that children dropped out of school as the parents were not able to pay for their school fees. The participants further stated that the couple ended up being evicted from their rental houses as they did not have adequate amount of money to pay the house rent. In other instances, intimate partner violence led to depression and death. The participants further stated that intimate partner violence caused animosity amongst the couples due to the scars that may have been inflicted during the fights, and that intimate partner violence made children run away from their homes, become homeless and eventually end up as street children.

4.5.2. Magnitude of Intimate Partner Violence

The participants were requested to describe the magnitude of intimate partner violence they had experienced. The participants experienced physical abuse which had left permanent scars on their bodies. In addition, they indicated that the violence had made some of them become disabled as blunt objects and other crude weapons had been used against them inflicting grievous bodily harm on their various body parts such as legs, hands among others. In addition, the participants indicated that they had suffered extensive verbal abuse from their partners which had resulted into shame among their children and neighbours affected their levels of interaction due to shame. Some of the participants indicated that their self-esteem had been affected and failed to be good role models to their children. The participants further indicated they had suffered extreme levels of cheating and some of them had contracted sexually transmitted diseases which had become difficult to cure.

4.5.3. Extent of Agreement on Extent of Intimate Partner Violence

The participants were requested to indicate the extent to which they agree on the various statements on extent of intimate partner violence. The responses were placed on a five Likert scale where 1- Disagree 2- Neither agree nor disagree, 3- Moderate, 4- Agree, 5- Strongly agree. The findings are shown in table 4.3.

Table 4.3. Extent of Agreement on Extent of Intimate Partner Violence

Statements	Mean	Std. Dev
Reduced ability to concentrate on development	4.33	0.7031
Job loss due to absenteeism as a result of intimate partner violence.	4.04	0.7920
Negative impact on women's income generating power	4.01	0.8931
Damage to women's confidence resulting in fear of venturing into public spaces.	4.10	0.9001
Very high health care costs for treatment of injuries and psychological disorders associated with intimate partner violence.	4.27	0.7465
Enormous resources required for dealing with effects of intimate partner violence e.g. public services such as police and courts, social support, child protection services.	4.13	0.7673

From the findings the participants agreed that intimate partner violence reduced the ability to concentrate on development (mean=4.33), followed by very high health care costs for treatment of injuries and psychological disorders associated with intimate partner violence (mean=4.27), enormous resources required for dealing with effects of intimate partner violence e.g. public services such as police and courts, social support, child protection services (mean=4.13), damage to women’s confidence resulting in fear of venturing into public spaces (mean=4.1), job loss due to absenteeism as a result of intimate partner violence (mean=4.04), and negative impact on women’s income generating power (mean=4.01). This depicts that intimate partner violence reduced the ability to concentrate on development.

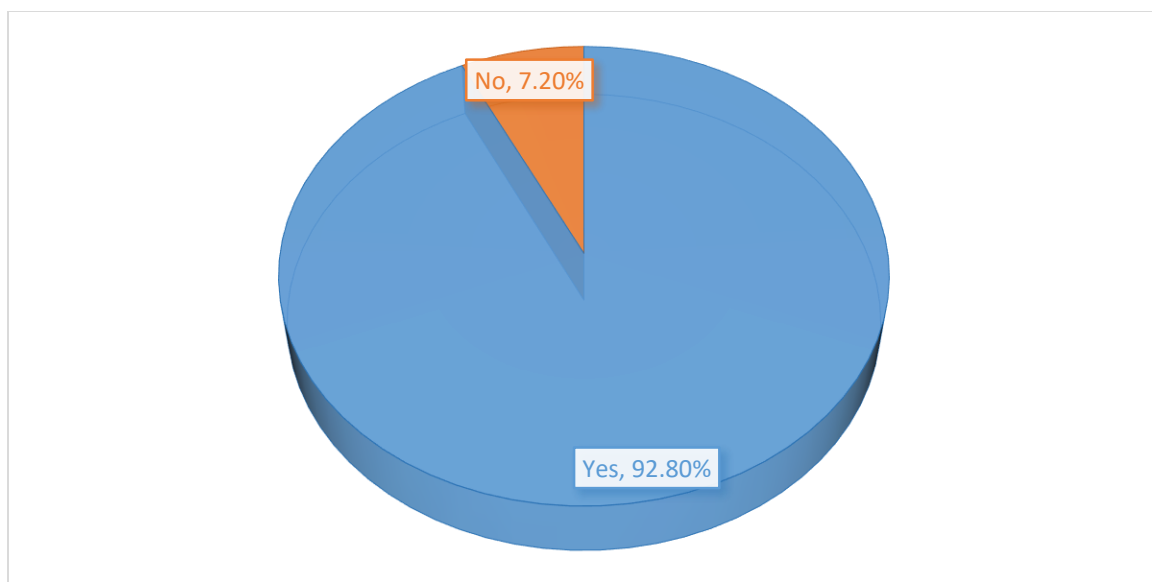
4.6. Intervention Strategies Adapted to Resolve Intimate Partner Violence

This section presents findings on intervention strategies adapted to resolve intimate partner violence. The findings are presented in the subsequent sections:

4.6.1. Awareness of IPV Prevention and Response Strategies

The participants were requested to indicate whether they are aware of any IPV prevention and response strategies. The findings are as shown in figure 4.2.

Figure 4.5. Awareness of IPV Prevention and Response Strategies



From the findings majority (92.8%) of the participants indicated that they are aware of any IPV prevention and response strategies while 7.2% were of the contrary opinion. This depicts that the participants were aware of any IPV prevention and response strategies. The participants indicated that some of the IPV prevention strategies included solving of the dispute with the area chief, solving the dispute among the couples themselves, and solving the disputes with elders in Laini Saba.

4.6.2. Extent of Agreement on Intervention Strategies to Resolve Intimate Partner Violence

The participants were requested to indicate the extent to which they agree on the various statements on intervention strategies adapted to stop intimate partner violence. The responses were placed on a five Likert scale where 1- Disagree 2- Neither agree nor disagree, 3-moderate,4- Agree, 5-Strongly agree. The findings are shown in table 4.4.

Table 4.4. Extent of Agreement on Intervention Strategies to Stop Intimate Partner Violence

Statements	Mean	Std. Dev
Many prevention strategies focus on individual and relationship-level factors that influence the likelihood of becoming a survivor or perpetrator of IPV.	4.22	0.7579
Approaches that work to foster a broader social and physical environment that improves safety, social connections, and awareness of IPV can help create a climate that supports prevention of violence against intimate partners.	4.26	0.7429
Interventions that seek to economically empower women have been identified as a potential means through which to reduce women’s risk of intimate partner violence.	3.92	0.9250

From the findings the participants agreed that approaches that work to foster a broader social and physical environment that improves safety, social connections, and awareness of IPV can help create a climate that supports prevention of violence against intimate partners (mean=4.26), followed by many prevention strategies focus on individual and relationship-level factors that influence the likelihood of becoming a survivor or

perpetrator of IPV (mean=4.22), and that interventions that seek to economically empower women have been identified as a potential means through which to reduce women's risk of intimate partner violence (mean=3.92). This depicts that approaches that work to foster a broader social and physical environment that improves safety, social connections, and awareness of IPV can help create a climate that supports prevention of violence against intimate partners.

4.6.3. Challenges in Providing Psychological Based Prevention and Response Interventions to IPV

The participants were requested to indicate whether there are challenges in providing psychological based prevention and response interventions to IPV. According to the participants some of the challenges included disagreements among the couples during the settling of the dispute violence, illiteracy and lack of respect among couples, difficulty in assessing who was right or wrong and who was saying the truth, and misunderstanding between the couples during the settling of the dispute. In addition, the participants indicated that there was lack of coordinated process on how to settle dispute in relation to intimate partner violence. There was ignorance by some couples who assumed that the battling of a woman is the right of a man and no one should question. In addition, some couples believed that a woman should be beaten to show that the man owns her.

4.6.4. Recommendations in IPV Prevention and Response in Kibera Laini Saba Ward

The participants were requested to indicate the recommendations in IPV prevention and response in Kibera Laini Saba Ward. According to the participants the government through the County Administrator should educate the members of the society on how to live with one another in marriage. This would be achieved through the formation of society based organizations. The participants further indicated that the couples should be taught how to settle their disputes amicably without resulting to violence. They should be taught to have self-acceptance which involve respect to one another. The participants indicated that couples should be taught the importance of going to church and always be prayerful and involve God in all their dealing which will help prevent violence. In addition, the

participants indicated that there should be trust and honesty among couples which will help prevent issues such as prostitution which may result to violence.

4.7. Regression Analysis

The study utilized multiple regression analysis to find out the relationship between the predictor variables and intimate partner violence among young couples (5-10 years of marriage) in Kibera- Laini Saba, Nairobi County. The study utilized SPSS version 24 to generate output of the regression statistics after cleaning and coding data from the field. The coefficient of determination was used to explain how the change in the dependent variable can be explained by the change in the independent variables. The dependent variable for the current study was intimate partner violence among young couples (5-10 years of marriage) in Kibera- Laini Saba, Nairobi County while the independent variables were education, gender, and age.

4.7.1. Model Summary

The table below provides the model summary of the relationship between the predictor variables and intimate partner violence among young couples (5-10 years of marriage) in Kibera- Laini Saba, Nairobi County. The findings are as shown in table 4.5.

Table 4.5. Model Summary

Model	R	R Square	Adjusted Square	RStd. Error of the Estimate	F	P-value
1	0.89	.792	.742	.312	31.341	.001

a. Predictors: (Constant), education, gender, and age.

b. Dependent Variable: intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County.

From the results in the table $R^2=0.792$ that is 79.2% disparity in intimate partner violence among young couples in Kibera- Laini Saba, Nairobi county is explained by the independent variable in the model. However, 20.8% unexplained difference in intimate

partner violence among young couples in Kibera - Laini Saba, Nairobi County is as a result of other unrepresented determinants in the regression model. As per the findings in the above table it can be ascertained that the model is good and can be utilized for the purposes of estimation. From the results in the table a significant relationship was established which is indicated by the variables as depicted by $R^2=0.792$ that is 79.2% which shows that a significant relationship exists between the independent variables and the intimate partner violence among young couples in Kibera - Laini Saba, Nairobi county.

4.7.2. ANOVA Results

The table below provides the ANOVA results of the relationship between the predictor variables and intimate partner violence among young couples (5-10 years of marriage) in Kibera- Laini Saba, Nairobi County. The findings are as shown in table 4.6.

Table 4.6. ANOVA of the Regression

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	9.369	3	3.123	25.185	.002 ^a
	Residual	10.664	86	.124		
	Total	20.033	89			

a. Predictors: (Constant), education, gender, and age.

b. Dependent Variable: intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County.

The significance value is 0.002 which is less than 0.05 thus the model is statistically significance in predicting how the factors (education, gender, and age) impact the intimate partner violence among young couples in Kibera- Laini Saba, Nairobi county. The F critical at 5% level of significance was 3.123. Since F calculated is greater than the F critical (value = 25.185), this shows that the overall model was significant.

4.7.3. Coefficient of Determination

The table below provides the coefficient of determination on the relationship between the predictor variables and the intimate partner violence among young couples in Kibera - Laini Saba, Nairobi County. The findings are as shown in table 4.7.

Table 4.7. Coefficient of Determination

	Unstandardized		Standardized		
	Coefficients		Coefficients		
	B	Std. Error	Beta	T	Sig.
Model 1(Constant)	0.289	0.116		2.491	0.005
Education	0.319	0.122	0.514	2.61	0.001
Gender	0.287	0.117	0.452	2.45	0.002
Age	0.245	0.106	0.413	2.31	0.001

a. **Dependent Variable:** intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County.

Simple regression analysis was conducted as to determine the intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County. As per the SPSS generated table below, regression equation

$$(Y = \alpha + \beta_1X_1+ \beta_2X_2 + \beta_3X_3 + \epsilon)$$

Becomes:

$$(Y= 0.289+ 0.319+ 0.287+ 0.245+ \epsilon)$$

From the regression taking the independent variable at constant (education, gender, and age) constant at zero, intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County was 0.289. The data findings analysed also showed that taking all other independent variables at zero, a unit increase in education will lead to a 0.319

increase in intimate partner violence among young couples in Kibera- Laini Saba Nairobi county, a unit increase in gender will lead to a 0.287 increase in intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County, and a unit increase in age will lead to a 0.245 increase in intimate partner violence among young couples in Kibera - Laini Saba, Nairobi County. This infers that education contribute the most to intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County, followed by gender. At 5% level of significance and 95% level of confidence, education, gender, and age were all significant on intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County.

4.8. Correlation Analysis

Correlational analysis using Pearson’s product moment technique was done to determine the relationship between psychological factors and intimate partner violence among young couples. Results of the correlation are presented in Table 4.8.

Table 4.8. Correlation Between Psychological Factors and Intimate Partner Violence among Young Couples

			Intimate Violence	Partner	Psychological Factors
Intimate Violence	Partner	Pearson Correlation	1		.328**
					.000
		N	90		90
Psychological Factors		Pearson Correlation	.328**		1
			.000		
		N	90		90

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

The results in Table 4.8 shows that there was a significant positive relationship between psychological factors and intimate partner violence among young couples ($r = 0.328$). This implies that there was a very strong association between psychological factors and intimate

partner violence among young couples which is significant. Thus the study accepts alternative hypothesis that psychological factors have a significant relationship with intimate partner violence among young couples and reject the null hypothesis that psychological factors do not have a significant relationship with intimate partner violence among young couples.

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1. Introduction

This chapter presented summary, conclusion and recommendations on relationship between psychological factors and intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County.

5.2. Summary of Findings

The study found that the causes of intimate partner violence was intermarriage where one does not understand the culture of the other, bareness, searching of a boy child for (men), a baby girl(women), and alcohol and drug abuse. Dishonesty among couples has been seen to lead to violence, poverty due to unemployment, verbal abuse and lack of respect among couples in the relationship, and misunderstand among couples. All these factors have led to intimate partner violence which has resulted into divorce, death, or permanent disability among the couples.

The study found that men's economic condition led to intimate partner violence as men accused women of disrespect since they were not able to provide for their families. Men were of the view that they were considered inferior by the women due to their low economic status and the only way they could portray their seniority is through violence. Women appeared to cheat in the relationship as they look for an avenue to get extra money to feed their families. This resulted to violence as the men would see it as disrespect and it led to the chasing away of the wife. The study found that socio economic status is significantly and negatively related to the occurrence of physical wife abuse.

The study further found that intimate partner violence led to divorce among the couples, loss of property as the wife was chased away from the home with nothing, and that children dropped out of school as their parents were not able to pay for their school fees. The couple ended up being evicted from their rental houses as they did not have adequate amount of money to pay the house rent, hence depression and death.

The study found that the violence had made some of them to become disabled as blunt objects and other forms of crude weapons had against them occasioning grievous bodily harm on various body parts such as legs, hands among others. The study also found that they had suffered extensive verbal abuse from their partners which has resulted into shame among before their children and neighbours which had affected their level of interaction due to shame. Self-esteem has been affected and they had failed to be good role model to their children. The study found that intimate partner violence reduced the ability to concentrate on development.

The study found that that the participants were aware of any IPV prevention and response strategies. Some of the IPV prevention strategies included solving of the dispute with the area chief, solving the dispute among the couples themselves, and solving the disputes with elders in Laini Saba. The study found that approaches that worked to foster a broader social and physical environment that improved safety, social connections, and awareness of IPV helped create a climate that supported prevention of violence against intimate partners.

The study further found that some of the challenges included disagreements among the couples during the settling of the dispute violence, illiteracy and lack of respect among couples, difficulty in assessing who was right or wrong and who was saying the truth, and misunderstanding between the couples during the settling of the dispute. The study found that the government through the County Administrator should educate the members of the society on how to live in a healthy marriage relationship. This would be achieved through the formation of society based organizations.

Further, the study found that at 5% level of significance and 95% level of confidence, education, gender, and age were all significant in intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County. The study found that there was a very strong association between psychological factors and intimate partner violence among young couples which is significant.

5.3. Discussion of Findings

The study found out that common causes of intimate partner violence is intermarriage where one does not understand the culture of the other party, bareness, expectation of a boy child (for men) and baby girl (for women), alcohol and drug abuse. Dishonesty among couples had been found to lead to intimate partner violence, poverty due to unemployment, verbal abuse and lack of respect among couples in the relationship, and misunderstand among couples. All these factors have led to intimate partner violence which had resulted to divorce, death, or permanent disability among the couples. The findings agree with a study by Salawu, & Ogunbanjo (2010), who stated that some of the psychological factors for IPV in Africa mirror those found in other regions of the world such as individual-level characteristics (excessive drinking or a past history of child abuse) or socio-economic conditions such as unemployment. In addition, long-standing patriarchal traditions play a role. African cultural beliefs and traditions promote men's hierarchical role in sexual relationships and especially marriage.

The study found that men's economic condition had led to intimate partner violence as they accused the woman of disrespect since they were not able to provide for their families. Men were of the opinion that they were considered inferior by women due to their low economic status and the only way they could portray their seniority was through violence.

According to Laisser et al., (2011), at the individual level, aggression can also emerge from frustration over a man's inability to control the female partner. Women tend to cheat in the relationships as they look for alternative sources of income in order to obtain money to feed their families. This would most likely result to violence as the man would see it as disrespect and it may lead to the chasing away of the wife. The study found that socio-economic status was significantly and negatively related to the occurrence of physical wife abuse. According to Campbell, (2002), intimate partner violence has long-term negative health consequences for survivors, even after the abuse had ended. An outstanding finding in the study demonstrated that intimate partner violence during pregnancy posed dangerous outcomes for the mother and child.

The study found that intimate partner violence led to divorce among some couples, loss of property as the wives were chased away from the home with nothing, and that children dropped out of school as the parents were not able to pay for their school fees. The couples end up being evicted from their rental houses as they would not have adequate amount of money to pay for house rent, and sometimes intimate partner violence lead to depression and death. Campbell, (2002) reported that depression and post-traumatic stress disorder, which had substantial comorbidity, were the most prevalent mental-health sequelae of intimate partner violence. This is due to increased rates of depression and traumatic stress in the abused mothers, and the destructive effects of intimate partner violence on the quality of their attachment and parenting capacities.

The study found that some of the challenges included disagreements among the couples during the settling of the intimate partner violence dispute, illiteracy and lack of respect among couples, difficulty in assessing who was right or wrong and who was saying the truth, and misunderstanding between the couples during the settling of the dispute. Abeya et al. (2012) had reported that biased arbitration was marked as excluding women by elders in the arbitration or mediation system. The prevailing issue of IPV being seen as a private matter was also revealed in a study by Frye, (2007), where it was found that attitudes that reflected IPV as being a private issue, were significantly associated with informal social control of the violence. The study found that the government through the County Administrator should educate the members of the society on how to live with one another in marriage. This would be achieved through the formation of society based organizations. Rani et al., (2004) stated that educating the whole community on the causes and consequences of IPV also emerged as a community initiative in responding to violence of this nature, while seeking to question and challenge the gender roles that entrench male dominance and female subordination, inadequate mechanisms for the prevention and punishment of violence.

5.4. Conclusion of the Study

The study concluded that men's economic condition had led to intimate partner violence as men had accused women of disrespect since they are not able to provide for their families. Men have been of the view that they are considered inferior by the women due to their low

economic status and the only way they could portray their seniority was through violence. Women tend to cheat in the relationship as they look for an avenue to get money to feed their families, resulting to violence as men would see it as disrespect and it sometimes led to the chasing away of the wife. The study concluded that socio-economic status is significantly and negatively related to the occurrence of physical wife abuse.

The study also concluded that IPV had made some of the couples to become disabled as blunt objects and other crude weapons had been used against them to occasion grievous bodily harm on various body parts such as legs, hands among others. The study also concluded that they had suffered extensive verbal abuse from their partners which ultimately resulted into shame before their children and neighbours which had affected their level of interaction due to shame. Self-esteem had been affected and they had subsequently failed to be good role models to their children. The study concluded that intimate partner violence reduced the ability to concentrate on development.

The study concluded that some of the challenges included disagreements among the couples during the settling of intimate partner violence dispute, illiteracy and lack of respect among couples, difficulty in assessing who was right or wrong and who was saying the truth, and misunderstanding between the couples during the settling of the said disputes. The study concluded that the government through the County Administrators should educate the members of the society in Kibera Laini Saba on how to live with one another and engage in healthy marriage relationships. This would be achieved through the formation of community based organizations.

5.5. Recommendations of the Study

The study specifically recommends the following:

1. Non-Governmental Organizations and other service providers should implement ways of sensitization and creating awareness to reduce the prevalence of IPV and also challenge IPV supportive perceptions and attitudes and to influence a culture of non-violence, equality and respect within young women's intimate relationships.

2. The Government should ensure integration of response to IPV programmes in social education in schools, and other forms of service programmes, including establishing social services to provide access to information, psychosocial support and/or referral services.
3. Academicians should conduct a further research to monitor IPV against young women and the perceptions and attitudes that perpetuate it and subsequently inform appropriate interventions.
4. That organizations and service providers working with abused couples should find ways of capturing information on psychological violence when dealing with survivors of domestic violence, in order to inform their prevention and response interventions.

5.6. Areas of Further Study

This study only examined specific study on psychological factors and intimate partner violence among young couples in Kibera - Laini Saba, Nairobi County. However, there were other variables that are location specific which also contribute to the psychological factors and intimate partner violence among young couples in Kibera- Laini Saba, Nairobi County. It is therefore recommended that further research be done to identify and examine the relationship between psychological factors and intimate partner violence among young couples not only in Nairobi but in other areas in Kenya for comparison purposes. The current study has relied largely on primary data and is therefore restrictive and lacking clarification and enrichment of data that would have provided a more in depth view of the subject matter. Therefore, secondary data also need to be included in future to compliment primary data and provide wider perspective to the present study.

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APPENDICES

APPENDIX I: INTRODUCTION LETTER

Fridah Mueni Malombe

C50/6932/2017

10th October, 2019

Job Title _____

Police Station _____

Nairobi County.

Dear Sir/Madam,

REF: PARTICIPATION IN RESEARCH

I am a student of the University of Nairobi (Main Campus) pursuing a Master's Degree in Forensic Psychology. I am conducting a study on investigation of the relationship between psychological factors and intimate partner violence in Kenya, Kibera Laini Saba focusing on intimate partner violence among young couples in Nairobi County to provide more insight on domestic violence.

I kindly request for your participation in this research by responding to the questions in the questionnaires and/or interviews voluntarily and as honestly as possible.

All the information obtained from you is for the purpose of this study. It will be treated with utmost confidentiality and will be used solely for the purpose of academic research.

Thank you in advance for your participation and feedback.

Yours faithfully

Fridah Mueni Malombe

C50/6932/2017

4. Describe how men’s economic condition contributes to intimate partner violence?

5. The following are some statements on the causes of intimate partner violence. Indicate your level of agreement with each statement. 1- Disagree 2- Neither agree nor disagree, moderate-3- Agree 4-Strongly agree-5

Statements	1	2	3	4	5
Long-term substance use creates an environment that sets the stage for partner conflict and, ultimately, partner violence					
Low education status and general socio economic status increases the risk of partner violence					
Socio economic status is significantly and negatively related to the occurrence of physical wife abuse					
Consumption of psychoactive substances is more likely to cause partner violence because intoxication facilitates violence					

Section C: The Extent of Intimate Partner Violence

6. What are the consequences / effects of the intimate partner violence?

7. Describe the magnitude of the intimate partner violence you have experienced?

8. The following are some statements on the extent of intimate partner violence. Indicate your level of agreement with each statement. 1- Disagree 2- Neither agree nor disagree, moderate-3- Agree 4-Strongly agree-5

Statements	1	2	3	4	5
Reduced ability to concentrate on development					

Job loss due to absenteeism as a result of intimate partner violence					
Negative impact on women's income generating power					
Damage to women's confidence resulting in fear of venturing into public spaces					
Very high health care costs for treatment of injuries and psychological disorders associated with intimate partner violence					
Enormous resources required for dealing with effects of intimate partner violence e.g. public services such as police and courts, social support, child protection services					

Section D: Intervention Strategies Adapted to Resolve Intimate Partner Violence

9. Are there any IPV prevention and response strategies you are aware of?

Yes [] No []

If yes describe them

.....

.....

.....

10. The following are some statements on the intervention strategies adapted to stop intimate partner violence. Indicate your level of agreement with each statement. 1- Disagree 2- Neither agree nor disagree, moderate-3- Agree 4-Strongly agree-5

Statements	1	2	3	4	5
Many prevention strategies focus on individual and relationship-level factors that influence the likelihood of becoming a survivor or perpetrator of IPV					
Approaches that work to foster a broader social and physical environment that improves safety, social connections, and awareness of IPV can help create a climate that supports prevention of violence against intimate partners					
Interventions that seek to economically empower women have been identified as a potential means through which to reduce women's risk of intimate partner violence					

11. What are the challenges in providing psychological based prevention and response interventions to IPV?

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

12. What would be your recommendations in IPV prevention and response in Kibera
Laini Saba Ward?

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

Any other comments

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

THANK YOU FOR TAKING PART IN THE STUDY

APPENDICE III: INTERVIEW SCHEDULE

1. Describe the causes of intimate partner violence in in Kibera Laini Saba Ward?

.....
.....
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2. Describe how men’s economic condition contributes to intimate partner violence?

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3. What are the consequences / effects of the intimate partner violence?

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4. Describe the magnitude of the intimate partner violence you have experienced?

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5. What are the challenges in providing psychological based prevention and response interventions to IPV?

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6. What would be your recommendations in IPV prevention and response in Kibera Laini Saba Ward?

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THANK YOU FOR TAKING PART IN THE STUDY