

UNIVERSITY OF NAIROBI
FACULTY OF ARTS
DEPARTMENT OF SOCIOLOGY

**THE ROLE OF COUNSELING IN REHABILITATION OF WOMEN
EXPERIENCING DOMESTIC VIOLENCE AND OTHER FORMS OF ABUSE**

(A case study of women seeking counseling services at Nairobi Women's Hospital)

BY
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A Project paper submitted in partial fulfillment of the award of Masters of Arts Degree in
Sociology (Counseling) at The University of Nairobi.

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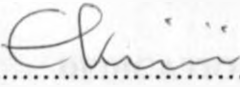


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DECLARATION

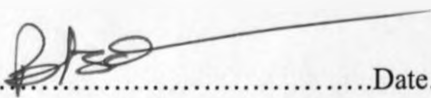
I, **Eunice Karegi Kirimi** do declare that this project is my original work and has not been submitted in any other university for a degree award.

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This project paper has been submitted for examination with our approval as the University supervisors.

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DEDICATION

This project is dedicated to my husband Stanley Kirimi and my lovely children Gatwiri, Mwenda and Karwitha for the wonderful support they gave me during my studies.

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Abbreviations

HIV/AIDS Human Immunodeficiency Virus /Acquired Immunodeficiency Syndrome

F I D A Federation of Women Lawyers

D A N I D A Danish International Development Authority

F G M Female Genital Mutilation

K C A Kenya Counseling Association

GVRC Gender Violence Recovery Centre

ABSTRACT

This study aimed at investigating the role of counseling in rehabilitating women experiencing domestic violence at the Nairobi Women's Hospital. The study focused on the type of violence that they experienced, the frequency, how they handled the violence and whether or not the counseling rehabilitated them.

Domestic violence refers to the type of violence that is experienced at home between intimate partners. The type of abuse refers to:- Physical abuse, emotional abuse, mental and psychological abuse.

In traditional Society Domestic Violence was common for the purposes of taming women so that they do "not grow horns" and to make them obedient and submissive. Counseling was done informally by mature women or aunties or mothers-in-law and women therefore never had trauma to cope with.

Today domestic violence is rampant in our society purely due to domestic problems that are mainly social, financial and emotional. The changes in society may make it very difficult for women in violent relationships to seek counseling. The researcher wanted to find out whether those who seek counseling services are rehabilitated.

This study was carried at Nairobi Women's Hospital which deals with women's related problems especially rape and domestic violence and offer free counseling services to the victims.

This research made major findings which would be helpful in the study of the role of counseling in rehabilitating women undergoing domestic violence. The women clearly admitted that the type of violence included physical, emotional, financial and social violence. This led the women to be traumatized by the violence but physical violence in most cases is what led the women go to the Nairobi Women's Hospital where they received free counseling.

It was also clear that women remained in the relationship because they hoped that their spouses would change, but more so because of the financial support and the love of their children. The women remained miserable because most of them had no better alternative than to stay in the relationship which over time led the relationship to be sour and they developed a battered women syndrome which they would not cope with unless a counselor intervened.

After counseling women changed their attitude and became completely rehabilitated and more positive about their lives.

These women recognized the role of counseling in rehabilitating them and strongly recommended any woman undergoing domestic violence to seek the services of a professional counselor.

CHAPTER ONE

INTRODUCTION

1.0 Background information

Domestic violence is a general term used to describe battering or abusive acts within intimate relationships. For example physical and sexual abuses and other destructive acts are all dimensions of domestic violence. There is little doubt that domestic violence between spouses and intimate partners is a serious social problem in our society today. According to Elyse and Carol (1997) the problem has many dimensions and it includes all forms of intimidation, where the abuser threatens to hurt the abused. The abuser makes the victim afraid by use of harsh looks, and behavior like hitting, smashing things, destroying property and displaying dangerous weapons like knives or pistols and other life threatening devices to instill fear.

Domestic violence is a worldwide problem and it cuts across all cultures, social classes, and ethnic as well as religious groups. What is observed today is that violence is increasingly manifested in family relationships hence eroding the traditional concept of the family as a safe haven. As a result women victims are traumatized and develop a syndrome where they fear for their lives and that of their children. In addition suffer from mental disorders leading to behavioral and psychological impairments.

According to Manley et al (1994:245) and Helton et al (1998), these result to feeling of guilt, depression, stress, anxiety, lowered initiative, loss of concentration, deterioration in personal grooming, suicidal thoughts, hysteria, and withdrawal.

It is this mental health disorder that calls for an intervention of a professional counselor who may refer the client to a psychiatrist or relevant professionals.

This study has attempted to show the role of counseling in assisting those in violent homes cope with their lives. It has also found out how the counselor offered therapy, advocacy, and safety awareness at home.

Reported cases of human violence are on the increase today. Johnston, (2002) reports that 45 % of women reported cases of violence and 54% reported that the violence was becoming more prevalent than the previous year. According to Johnston (2002) 60% of the Kenyan wives reported one or more episodes of domestic violence. Men have also reported cases of violence from their spouses.

Overwhelmingly the perpetrators are predominantly adult men in the form of husbands or partners. This form of violence is reported within one month of marriage, and this continues the better part of their marriage lives. No matter the outcomes, the victims must out of necessity solve the problem and find a way of coping with these abuses, and develop mechanisms of dealing with the ongoing abuse.

According to The Federation of Women Lawyers (2003) there are considerable barriers to be overcome in handling both the effect of domestic abuse and finding “active” solutions which help them prevent or avoid domestic abuse repetition.

Women in these circumstances felt that a professional counselor would help them identify a way to overcome the trauma of violent lives and abusive spouses. F.I.D.A, (2002) on domestic violence has found that domestic violence is the most common causes of injury to women and therefore offer counseling services to the victims. Amani counseling Center and Nairobi Women’s Hospital also offer professional counseling services to psychological and social clients like depression and trauma. St James Hospital like Amani offer counseling services to all needy cases including rape and domestic violence.

Reports by World Health Organization 2002, stated that domestic violence is a serious cause of death and ill health among couples. The ministry of Home Affairs, sectional Paper (no 9) on domestic violence, (2002),also reports that the analysis by provinces show that domestic violence is leading in Central and Eastern Provinces in the country.

A report by (DANIDA 2002) focuses on violence against women and an increasing cases of women’s violence against men but does nothing as far as their counseling is concerned.

1.1 Problem Statement

Domestic violence has become very rampant in our society today. According to Tomaserki (2002), women over forty years develop psychological problems caused by domestic violence.

Most women lack knowledge as to whether counseling services exist until when they find themselves in hospital situations, either due to trauma physical injury due to verbal and/or physical violent.

The event of HIV/AIDs pandemic in today's society has left many women traumatized either by being affected or infected. Ashok Kumar (2001) reiterated that many families in today's world are not married but are un-divorced due to domestic violence. The high rate of divorce has affected many families leading to serious consequences to women due to social and cultural stigmatization, economical and natural conditions. The researcher's interest was to find out whether the role of counseling helps in rehabilitating them.

Many traumatized women would live miserable lives without counseling. They may not find it easy to cope up with domestic violence. According to Ashok Kumar (2001) divorce has affected the unity of Kenyan families and these consequences are more serious on the woman due to social and cultural stigmatization, economic and natural conditions. Certain cultures such as child marriage, wife inheritance, compulsory wife beating affect women drastically.

The occurrence of such events is usually traumatizing to women. Esther and Shivon says that only 3 % such female victims attend counseling sessions

According to Esther and Shivon (2002), women are capable of keeping bitterness for a long time resulting to depression and other psychological problems. Existing studies on the role of counseling intervention in assisting women undergoing traumatizing experiences due to domestic violence still needs to be explored. Lack of counseling intervention in such situations has led to many women developing health problems, going mad and even committing suicide.

Given that state of affairs, it becomes necessary to find out the role of counseling in rehabilitating violated women due to domestic violence, how they access counseling services and what perception the women have of counseling services. The broad objectives of this research is therefore to find out the role of counseling in rehabilitating women experiencing Domestic Violence.

.2 The objectives

To evaluate the role of counseling intervention in rehabilitating women, experiencing domestic violence and other forms of abuse.

To analyze the perception that women have of the role of counseling in rehabilitating women undergoing Domestic Violence

To find out whether women who access counseling services are rehabilitated

1:3 Justification of the study

As indicated in the introduction this study will be an exploratory study, since a lot still not known in this area of the role of counseling intervention in rehabilitating Kenyan women undergoing domestic violence. However with new evidence emerging, this will make new contributions to policy matters regarding domestic violence policies and reforms especially in Nairobi Women's hospital and the community.

This study therefore has the potential to make further recommendations for practical direction in future by linking what has been happening with what should happen in the area of domestic violence and the role played by professional counselors. It will also have additional knowledge, which they will use for better planning and implementation as far as domestic violence is concerned.

There will also be a better understanding of the problems that people find and their attitude towards counseling services. In relation to this, this study will make contributions to the growing field of women studies. This field will lead to the formulation of additional counseling theories and widen the existing counseling theoretical perspective on domestic violence. Women comprises half of humanity and viewing them within their most meaningful family relationship (marriage), may well become significant component of growing field of women's studies.

This study therefore will provide a challenge to scholars to reconsider the challenges of women in the world and in future studies to clear the presumptions that all women are comfortable because that is the impression they give to the world.

The study will be an eye opener to the women who face domestic violence so that they may consider the services of a professional counselor. The information gained from this research can be used by the community to understand and appreciate the aspects of assessing counseling services.

The role and importance of a professional counselor will also be realized and reconsidered so that the issue of domestic violence can be dealt with professionally.

1.4 Scope

This study is about the role of counseling in rehabilitating women experiencing domestic violence.

too brief

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

WHO (1991) observes that increasingly there are many personal problems that are faced by women such as H.I.V/A.D.S and family breakdowns and that such personal problems demands early intervention .In discussing the role of counseling in rehabilitating women experiencing domestic violence several elements which are critical should be considered. Different authors have looked into the several aspects that must be taken into consideration. The literature review discusses the need for counseling, types of violence, causes of violence, impact of domestic violence on the victims and the theoretical framework

The Vienna conference on Human Rights (1993) recognized that violence against women such as domestic abuse, Female Genital Mutilation (FGM) burning, and rape among others is a human rights issue. Previously these acts have been regarded as private matters and therefore not appropriate for government or international action. Even the convention on the elimination on all forms of Discrimination against women (women's conventions) adopted in 1979 has no specific provision on the role of counseling on women who have been violated. The issue of violence against women received consideration in this convention.

But no literature has been documented to show the role of counseling in helping out those women who have been traumatized by the violence.

2.1 The women's need for counseling

According to Dixon and Gilber (1984) a problem exist any time a person is in one situation, wants to be in another but does not know how to get there. For women this may be an every day occurrence from the spouse. Indeed the normal development processes can create problems and it is therefore not only the ill of maladjusted that need help. Milner (2000) points out that there is therefore a need for specially qualified people to offer fulltime counseling to women to ensure that even relatively minor needs of women are met before deterioration begins.

Moser (1963) stresses that counseling is needed to help women in formulating goals, in adjusting to new situations, in solving personal social problems and dealing with personality problems. Peter and Sheltzer (1997) observes that counseling is designed to help individual with psychological problems to voluntarily change their behavior and to enable them make wise future decisions, clarify their ideas, perception attitude and goals.

The essential role of counseling is to make an individual cope up with a traumatizing event. It helps to bring out the best possible utilization of the individual capacities and the available resources.

Counseling has basic respect for the clients (unconditional self regard) and views the help he provides as enhancing the counselees freedom of choice, responsibility and commitment to his own choice. The client is expected to make his own choices. The counselor does not choose but help in choosing the most desirable or most appropriate course of action. Rogers (1962:416) maintained that the purpose of helping profession is to enhance the personal development and the psychological growth towards a socialized maturity of the client.

According to Gustard (1953) counseling is "a learning oriented process carried on in a one-to-one social environment in which the counselor, professionally competent in relevant psychological skills and knowledge, seeks to assist the client by methods appropriate to the latter's needs and within the context of the total personal programme to learn how to put such understanding into effect in relation to more clearly perceived, realistically defined goals to the end, that the client may become a happier and more productive member of society".

Smith (1955:56) defines counseling as a process in which the counselor assist the counselee to make interpretations of facts related to choice, plan, or adjustment which he needs to make.

Blocher (1966:15) defines counseling as "helping an individual become aware of himself and the ways in which he is reacting to the behavioral influences of his environment. It further helps him to establish some personal meaning for his behavior and to develop and clarify a set of goals and values for future behavior".

Two things can be deduced from the above three definitions:

First counseling is a process, which brings about sequential changes over a period of time leading to a set of goals. Secondly the counselor/counselee is not casual, but is characterized by warmth, responsiveness and understanding.

According to Makinde, (1984:44) counseling is concerned with bringing a voluntary change in the client. The counselor provides the facilities to help achieve the desired changes or make suitable choices. The client alone is responsible for the decisions he makes though the counselor may assist in this process by his warmth understanding relationship. Counseling is a service designed to help an individual analyze himself by relating his capabilities achievements, interests and mode of adjustments, to what new decisions he has made or has to make.

Counseling is concerned with the feelings, attitudes and emotional dispositions of an individual about himself and the situation facing him. Counseling is designed to provide an interacting relationship where the counselor is attempting to help a client to better understand himself in relation to his present and future decisions or problems.

Rogers (1962:461) refers to counseling as a series of direct contacts with the individual which aims to offer assistance in changing attitudes and behavior Rogers further says that "effective counseling consists of definitely structured permissive relationship which allows the client to gain an understanding of himself to a degree which enables him to take positive steps in the light of new orientation.

According to Arbuckle (1970:9) the broad objective of counseling is to help the individual to clear away the entangling and hampering tentacles so that he can be what he really is and contribute more both to self and to his fellows.

Perez (1965:15) summarizing the definition of counseling, points out that "counseling is an interactive process co-joining and the client who is vulnerable and who needs assistance and the counselor learn to deal more effectively with himself and the reality of his environment.

In summary, counseling is the brain and heart of the service. It helps an individual to achieve the self-understanding and self direction necessary to make maximum adjustment of his life.

2.2 The role of Kenya Counseling Association in rehabilitating women

Kenya Counseling Association is a professional body for counselors, who might be psychologists and are professionally qualified and operate within a special code of ethics with confidentiality as the cardinal rule.

According to KCA (2004) a counselor is someone who has been primarily trained to help people deal with emotional and psychological challenges in life. Issues that a counselor deals with includes:

Marriage and family problems, individual challenges like depression, stress, developmental challenges like adolescent crisis, substance abuse, emotional and spiritual challenges, bereavement, problems of various stages of growth, sexuality issues and trauma among others. The Kenya Counseling Association brings together counselors involved in helping people deal with these issues. Kenya association of Counselors adheres to a code of ethical standards.

2.3 Aspects of domestic violence

2.3.1 Universality of violation of women

Generally men manage to dominate women from intimate sexual encounters to the most economic and ideological factors. It is the power of men over women experienced on a day-to-day basis that transcends the dominance characteristic of the man that leads him to violate a woman. According to Weber (1997) it is in marriage that the father or husband has the authority as the senior to exercise his power without restraint because his power is seen as absolute, legitimized as well as constrained by traditional norms. When a woman or wife resists or questions the reason behind this then she is violated. According to Weber, (1997) the authority of the master is based on tradition.

This implies that men can have their own way despite any resistance since they are dominant actors and women are supposed to be meek and obedient. This study will try to find out the role of counseling to the women who have been violated.

2.3.2 Physical and emotional violence

According to Ayugi, (2002) physical violence includes slapping, spitting, kicking, beating, hitting, choking, burning, throwing objects, holding hostage, threatening with a weapon like a belt, whip, gun, hammer, and any form of bodily harm. Emotional violence is the use of verbal abusive words that ridicule and embarrass, like ugly, foolish, dirty, useless, devil among others. It also includes refusal to pay attention, work, refusal to let her see her friends, or relatives, forcing her to resign burning her best clothes, extra-marital affairs openly hiding money from her, refusal to take her to hospital especially when pregnant, burning her albums, and killing pets to intimidate her. And forcing her to have sex when she doesn't want, when she is sick or when she is expectant or just after delivery before she is strong enough. Physical, emotional and physiological emotions have negative impacts on the life of a woman and that of her family .So the role of a counselor will be investigated in this situation.

2.3.3 Causes of violation of women

According to Johnson (2000) women are taken as property and therefore are treated as so.

They are supposed to be "seen and not to be heard" and biblically "to turn the other cheek "when she is beaten. As in Uganda women are supposed to kneel down for their husbands every time they are serving them. This women do, not because they like it but because the society expects it from them.

Most women have little or no education. This has continued to make women economically dependent on their spouses. This makes him arrogant and feels that he can provide when he wants and even when he does so he does with abusive remarks.

Ayugi (2002) sites that a man who is a drug addict will definitely abuse his wife. Lots of alcohol consumption provokes men and they will abuse their wives and even chase them out of their homes even if it is temporally. Alcohol abuse leads to polygamy and once a man is married to more than one wife, he will be abusing them and more so the one who falls out of his favor or the one who does not measure up to his expectations, at that point in time or compare her with other women when she does not measure up sexually and otherwise to his expectations. This makes him find and make a quarrel with her and leading to extra marital activities which continue to have adverse effect on the wife.

Men are by nature promiscuous. This makes him unfaithful and when the wife questions it makes him violent. Most of them are naturally proud and irresponsible and do not want to take up their duties hence bringing tension, whereby the wife is always the sufferer.

Men's patriarchal behavior makes them think that they are superior, and so they look down upon women and treat them as a parent treats a child. They also expect to win any encounter with women preferably at her expense leaving male ego reinforced.

Men also think they are superior simply because of the age, position, education and the wealth that they are able to acquire even with the support of his wife, hence looking down upon and mistreating her.

Zamberia (2000) argues that unequal allocation of available resources result in societal inequalities, ^{and} this could result to conflicts. Husband with a traditional orientation will violate his wife possibly because his mother played a predominantly if not exclusively domestic role, such a husband in my view would like to subordinate his wife, and violating her in the process.

Men's dominance in society has led many feminist scholars branding them as oppressors, rapists, pornographers and wife batterers. Radical feminists see men as their enemy. They see them as agents of their violation as long as he carries the supremacy privileges of the male role.

Women know men as unchanging patriarchal structures through which men have subjected women. Men have always represented hierarchy, patriarchy and power and feminists argue that the only way to abolish these structures is for women of whatever social class to unite against men of whatever social class.

Therefore today feminists, a movement that believes those women's experiences concerns and ideas are as valuable as those of men should be treated with equal seriousness, concerns and respect.

According to Sayers (1986) the very common error that men make is the assumption that all ones tastes and references have to be conditioned by the class to which one belongs. This to Sayers is unreasonable and irritating to the victim.

(A woman)

2.3.4 Psychological impact of domestic violence on the victims

The extent of violence in families has focused attention on the serious psychological impact which domestic violence may have on adults who are its victims. According to Steele, (1994) rates of depression among violated women have been found to double that of general population and violated women have been found in substantial numbers among cases of attempted suicide and alcoholism, Steele, (1994) argues that Mental health professionals have identified three distinct levels of mental health. First women are distressed due to violence of the partner. Secondly, a long-standing exposure to the traumatic stress of the violence. Where victims exhibit posttraumatic related symptoms. Thirdly depression effective anxiety disorders. Posttraumatic disorder has been found to increase when a stressor is experienced under condition of perceived life threat, injury and a great deal of force.

More pronounced mental health needs are also generally found among adult spouse victims who have a childhood history of physical or sexual abuse, an experience common with violated women with and without child abuse histories reveal significance positive collations between the severities of childhood abuse.

2.3.5 Battered wife syndrome

According to Bukusi (2002) this is a post trauma symptom associated with victimization, specially including re-experiencing the violence through intrusive thoughts or dreams and mumbling or reduced expression of effect.

“Learned helplessness” results from repeated abuse. Depression and a sense of lack of control of the environment are often artifacts of the learned helplessness, but it does not necessarily result in passivity on the part of the victim .A lot of battered women have lost their lives or have had adverse physical bodily harm. Some of them have had serious bleeding injuries, especially to the head and face. Internal injuries, convulsions, perforated lungs, damaged internal organs, like spleen, kidneys, severe bruising, eye injuries, and strangulation on the neck, broken or cracked jaws, arms pelvis, ribs, collarbone and legs. Hair pulled out and injured knees, burns, limb injuries and twisted necks.

2.3.6 Helping the abuser

According to Ayugi (2002) in order to get adequate help for this abusiveness, the batterer must undergo a two-step process:

Step one: Experience negative consequences for the behavior. The government should formulate a law to punish a wife batterer, and women should come out of their cocoon and denounce their batterer husbands

Step two: Undergo specialized spouse abuse counseling. If drugs abuse, and alcohol is involved the abuser must undergo successful rehabilitation for alcohol and drug abuse. In order to abstain from abuse the abuser must through counseling accept, understand and believe the following five concepts:

Accept responsibility for the abuse

Understand the use of emotional dependency on the part of the abuser

Understand the use of abuse to maintain control of partner.

Have the ability to recognize how levels of hanger management and to use anger management techniques.

Have empathy for the victim.

Women should create awareness and let it be known that it is not their fault and therefore should not blame themselves.

They should not fight back but compromise for their sake and that of the children.

There should be a balance where both spouses have equal rights.

The government should ensure that women should get well educated as much as men and given well paying jobs and promotions so that they are financially independent. This will reduce violence against them. Women need to know their rights and understand that marriage is not a must especially when in doubt.

2.3.7 Why don't violated women leave

The question why don't violated women leave is based on the assumption that leaving will end the violence. According to Ayugi (2002) while this will be true for some women who leave after the first or second incidence of violence more often risk

Of serious or lethal violence actually increases when the victim attempts to leave or escape. Also the greatest risk of serious physical injury or death occurs at the point of separation. Studies estimate that over 50% of battered women who leave are followed, harassed or attacked by their partners. The majority of homicide suicides in domestic violence cases occur at the point of the victim's separation from the offender. Other factors that impact a victim's decision to remain in or return to the relationship include:-

Positive re-enforcement during the honeymoon phase.

Financial considerations most women are financially dependent on their husbands and are afraid of losing support once they leave.

Lack of job skills and employment.

The offender threatens death of the wife or children or to kidnap them.

The victim stays because of the lives of the children for they are scared that once they leave another woman will be married and mistreat them.

The battered wife loves his batterer husband and believes that the violence will end.

Ambivalent feelings towards abuses.

The woman believes in traditional values of keeping families together and remaining married. They hold on to religion "Till death do us part".

The victim have low self-esteem resulting from repeated abuse which leaves them traumatized A lot of women are materialistic and therefore do not want to leave.

They also fear what people may say about them and also fear that once they leave they might not get another husbands.

2.4 Theoretical framework

Different theories have been propounded to explain human behavior. In this study the following theories will be used:

Liberal feminism

Social feminism

Client-centered theory

Behavioral counseling

Group Therapy

2.4.1 Liberal feminism theory

Liberal feminism theory is relevant to this study in that domestic violence is sometimes as a result of stereotyped social roles, which make the victim act contrary to his feelings as an individual.

If the society can accept that a man can just be as vulnerable as a woman or a woman can be as a man, may be there would be less violence the in society. According to Wellstonecrast (2000) who was a liberal feminist learning and socialization are responsible for the formation of Education (social learning). Wellstonecrast says that blind submission to authority not only limits social and political freedom but also inhibits the developmental reasoning.

The individual freedom is inhibited. Similarly the individual thinks in terms of what the society expects of them and not in terms of himself. Liberal feminist emphasizes gender differences, thereby assuming that changes in socializations practices and the re-education of the public result in more liberated and egalitarian gender relations.

This theory is based on the simple preposition that all people are created equal. . It is based on the belief that men and women have the same natural faculties. Feminists argue that if men and women are naturally similar in mental capacities therefore the rights of men should be extended to women and vice versa. The theory also advocates for women being integrated in the out world of men.

Liberal feminist emphasizes more on educating both sexes equally and that women's work should not be devaluated. Equal opportunities should be made available to both males and females. This would greatly reduce violence against women.

2.4.2 Social Feminist Theory

Social feminist theory believes that the inferior position of women leads them to be oppressed and in the process violated. This is because Of the kind of the work that they do-unpaid household labour. Women are intentionally economically dependent and men retain complete power over the women and leads them to stagnate .A man improves his career, his education and his status in society at the expense of his wife. This makes a woman to be more dependent, less educated, have less or no opportunities and does not measure up to the status of her husband hence making her prone to violation.

Social feminine theory therefore argues that capitalism interacts with patriarchy to create women's oppression. According to these theorists capitalism has an interest in maintaining gender identities and relations that guarantee a low paid expendable female workforce in manufacturing and service industry. These theorists argue that this benefits men since it gives them privilege-assess to better-paid jobs public life and leisure outside work. This argument can be used to explain why men are more economically empowered as compared to women.

Men, it argues fear giving women equal opportunities as them because this would interfere with the status quo that men would like to maintain

2.4.3 Client –Centered Theory

Carl Rogers who is a disciple of Sigmund Freud has pioneered in modern counseling. His theory is based upon self treatment, client centered therapy where the counselor will help the client to realize his problem, for according to Rogers he emphasizes the enhancing of client to realize and perceive his problem and creates the atmosphere in which the self evolves and makes him realize the inherent potential in himself. Rogers (1967) believes that man who is able to determine his own destiny and that he has the capacity to regulate, guide and control himself. He also argues that an individual is always in a state of progress towards self-actualization as a positive goal, and develop a positive constructive self regard. Therefore a counselor who offers empathic understanding of the client is in a position to empathize and create the relationship with the client. According to Rogers (1967), the uniqueness of the theory, that is "here" and "now" situation emphasizes the client's feelings, where the client is supposed to interpret and make decisions. A counselor treats the client as a "person of worth" and as an equal and as a person capable of making appropriate decisions for herself.

The underlying aim of the therapy is to produce a climate conducive to helping the client become a fully functional person. The client centered therapy stresses for a therapist to produce positive outcomes, he is required to feel and demonstrate unconditional positive regard and genuineness.

The therapist needs to communicate to the client a deep and genuine caring for him as a person with feelings, thoughts.

The therapist must show accurate empathy and reflection of feelings, hence he should actively listen, enter and understand the client's world so that he can understand his feelings and thus accurately validate their emotions. The theory emphasizes that the counselor is to provide and create a conducive atmosphere in which the self evolves. Therefore if the counselor facilitates the environment by ensuring that the physical factors which would hinder the conducive environment are not at play, then the client will be able to do self searching leading to self actualization.

This theory is based on the assumption that human nature has an innate string for self actualization. This theory further holds that the therapists function is to be immediately present and accessible to the client. According to Shertzer and Stone, (1930) this approach is appropriate where the a counselor should not be a judge but he is to establish a cordial relationship to facilitate individual growth and development.

2.4.4 Behavioral Counseling

According to Stone (1966:142) the goal of counseling is to effect change in behavior, which in turn will permit the recipient to live a more productive and self-satisfying life. This study will also be based on the theory that helps in changing behavior.

According to George and Christiani (1990:109) theories by definition are formulations of the relationships or the underlying principles of phenomena that have been observed and verified to some degree the theory therefore provides a systematic way of dealing with a problem. The problem of trauma due to domestic violence can be addressed through various therapies. Myers (1995:555) outlines the main psychotherapies as psychoanalytic, humanistic behavioral group and cognitive perspective. In counseling one may use either one or a combination of many therapies depending on the client's issues. This study will focus on behavioral group and client centered therapies and perception.

Although behavioral counseling is not closely identified with any single person George and Christiani (1990:88) lists some of the proponents of the theory. Among them are Wollpe and Lazarus (1966) and Bandura(1969).Behavioral counseling is based on the learning theory called behaviorism The focus is on the overt and specific behavior. Behavioral therapists do not explore individual's thoughts, feelings dreams or past experiences. Rather they focus on the behavior that is causing distress to the client.

By applying principles of learning they help individuals replacing distressing behaviors with more appropriate ones. Typical problems treated with behavioral therapy include alcohol or drug addiction, phobia (such as fear of height) and anxiety .Because behavioral therapy can work through non-verbal means, it can also help people who would not respond to other form of therapy. Desirable behavior can be reinforced while undesirable can be eliminated.

Behavior therapy attempts to help clients to alter maladaptive behavior and prevent problems by strengthening desirable behavior. This is done by assessing the nature and extent of the problem, specifying counseling goals and choosing the most appropriate counseling strategies and periodically re-evaluating client progress to determine if the counseling has been successful. Thus behavioral counseling is essentially a process that focuses on changing the clients behavior by helping him to unlearn inappropriate behavior and replace with more desirable ones. Behavioral therapists begin treatment by finding out as much as they can about the clients problem and the circumstances surrounding it. They do not infer causes or look for hidden things, rather they focus on observable and measurable behavior. Therapists may use a number of specific techniques to alter behavior. These techniques include relaxation training, systematic desensitization, exposure and response prevention, aversive conditioning and social skills training.

2.4.5 Group Therapies

In Group Therapies, a number of people gather together to discuss problems under the guidance of a therapist.

By sharing their feelings and experiences with other group members they learn their problems are not unique and receive emotional support and learn ways to cope with them. Psychodrama is a type of group therapy in which participants act out emotional conflicts, often on stage, with the goals of increasing their understanding of their behaviors and resolving conflicts. Group therapy generally costs less per person than individual therapy.

George and Christiani (1990:20) use the definition of George and Dustin (1988) who say that group counseling involves the use of group interaction to facilitate self understanding as well as individual behavior change. George and Christiani (1990:204) point out that the counseling group act as a micro representative of the society and provide an opportunity for the individual to experience social influence and conformity as part of the group counseling experience.

2.5 Hypotheses

This study will test the following hypotheses:

Hypotheses 1:

Counseling intervention rehabilitates women experiencing domestic violence.

Hypotheses 2:

Perception towards counseling helps to rehabilitate women undergoing domestic violence.

any difference?

2.6 Operationalisation of the key concepts

a) Independent variables

Counseling Intervention:

Refers to the professional services that a professional counselor offers in rehabilitating women victims of domestic violence.

Rehabilitate:

Refers to a professional ability to assist women undergoing domestic violence cope and get out of their psychological and social problems.

b) Dependent variables

Perception:

Battered women's mental image of what counseling is all about

Women victims:

Women who have been violated by their husbands and require the services of a professional counselor.

CHAPTER 3

METHODOLOGY

3.0 Site Description

The data for this study was collected at Nairobi Women's Hospital Gender Violence Recovery Centre (GVRC). This is a social responsibility programme of the Nairobi Women's Hospital established with the aim of providing free medical and psychological treatment to survivors of sexual abuse and domestic violence. Violence has a direct implication towards the development of our society and the country, and is a great barrier towards women's participation in various projects.

This chapter addresses the research design used in the study. According to Kerlinger (1964:275) a research design is the plan, structure and strategy of investigation concerned so as to obtain answers to research questions. A research design guides the research in collecting, analyzing and interpreting observed facts. The chapter covers site selection, target population, unit of analysis, sampling procedure, data collecting procedures and data analysis techniques.

3.1 Target Population

According to Borg & Gall (1983:241), a target population refers to all the members of a real or hypothetical set of people, events or objects to which we wish to generalize the results of our research.

The target population of this study is made up of women who attended Nairobi Women's Hospital Gender Violence Recovery Centre; who have violence related problems.

3.2 Methods of data collection

This study used qualitative research which does not rely on numerical measurement. It focuses on small number of cases, uses in depth interviews and observation technologies. According to Singleton et al (1988:137) they entail general, objective, while ranging discussions and individuals with questions that are developed spontaneously in the course of the interview; and is concerned with a comprehensive account of event.

3.3 Sampling Design

The study used purposive sampling techniques. Here all the respondents who attended the counseling services during the time of the study were interviewed.

The study covered a sample size of seventy (70) selected respondents who were in different stages of rehabilitation. Key informants who were the counselors were also interviewed and two case studies were done. The purpose of the case study was to elaborate further on the effect of counseling in rehabilitating the victims of domestic violence and other forms of abuse.

3.4 Methods of Data Collection

3.4.1 Questionnaires

The study used questionnaires that were administered to the respondents. The questionnaires had closed-ended and open-ended questions.

Interview Schedules

The researcher administered the questions to interview the respondents to cater for those who were not comfortable with reading. This also made it easier and faster for the researcher to do her work successfully. The researcher was able to draw conclusions from the reactions of the informants.

3.4.2 Key Informants

The key informants were the counselors with sound knowledge and competence to provide the required information. These counselors work in Nairobi Women's Hospital where they are in contact with women who experience violence and other forms of abuse all the time. They were therefore recommended to the researcher by the senior nursing officer.

3.4.3 Case Studies

Two cases were identified with the help of the counselors. The researcher interviewed them and they gave personal experiences of their lives.

These women experienced violence for a long time and sought help from a counselor that is when they were rehabilitated and were now able to cope with their life more meaningfully.

3.5 Secondary Data

This was obtained through desk research in order to get information to help in interpretation of the findings. The process involved reviewing various books, research reports, records of agencies that deal with domestic violence and the aspects of counseling. Secondary data helped to access the nature and magnitude of the problem.

3.6 Primary Data

This was collected through administration of questions to the respondent. Open and closed-ended questions were used. The information collected covered issues such as the type of violence, number of times they had been violated, the effects of violation and how they access counseling services and whether counseling rehabilitates the victims.

Two case studies were done using the women victims and recorded. The key informants who were the counselors were given in depth questions. All this was cleaned and recorded.

3.7 Field experience

The field study was a learning experience for the researcher. I introduced myself to the chief counselor who in turn introduced me to the chief nursing officer of the Nairobi Women Hospital who allowed me carry on with my research. I worked with three different counselors who were very co-operative for they facilitated my interaction with the clients. They gave me a lot of support and information as far as counseling was concerned. The counselors helped me administer the questionnaires to the respondents who in the presence of the counselors were made to feel free with me. Confidentiality was also assured and this made them open up more freely.

3.8 Limitations

Nevertheless the researcher encountered problems due to the type of the research she was dealing with. Most of the time I had to allow the women break and cry freely before we started over again. Time was also limiting for being a busy hospital the counselors and clients took some time to start off the business of the day. But once I was used to their system everything went on smoothly. It also became easy for me because the study took place only at one place

CHAPTER FOUR

DATA PRESENTATION, ANALYSIS AND INTERPRETATION

4.0 Introduction

This chapter describes the analysis of the data collected from the field. It targeted women who have experienced domestic violence and the counselors who offer counseling services to them. It is presented in form of tables, frequencies and percentages. The study is divided into two parts. The first dealing with the sample description, while the other deals with the summary of the findings.

The issue in question has been evaluated using qualitative research methods, whereby studies have been carried out with individuals. The main method used was individual interview with women victims and counselors.

The respondents were from different ethnic and social – economic backgrounds, and co-operated with the interest of the researcher. They only relaxed when confidentiality was assured. The researcher administered questionnaires to women of different ages from 18 years over 45 years.

Marital status of the women was also evaluated and among the whole group were those who were married, separated or divorced and single, but lived with their spouses. All these women encountered some degree of violence from their spouses.

The sample showed that more often than not, they encountered different types of violence which ranged from verbal, physical, emotional, refusal to work or see friends and lack of financial support both for her and the family, the data also shows why they stay in abusive relationships, typical causes of violence, patterns of reporting abuses, and victims perception of counseling.

This is because in addition to physical violence, other types of counseling needs were recognized by the institutions where they went to seek medical help. The researcher herself administered the questionnaires while others were distributed to the victims by the counselors whom they had confidence in.

4.1 Age of the Respondents

The respondents' age was distributed as shown in the table below:-

Table 1: Age Distribution

Respondent's age in years	No. of Respondents	Percentage
Under 20 years	12	18%
20-35 years	25	30%
35-45 years	15	25%
Over 45 years	18	28%
Total	70	100%

The age of the respondents below 20 years was 12 (18%) 20 to 35 years were 25 (30%) between 35 to 45 years were 15 (25%) and over 45 years was 18 (28%).

The youngest were those below 20 and the oldest were those above 45 years. This shows that domestic violence and forms of abuse cuts across all age groups. Therefore age is not a factor to be a victim of violence since all women irrespective of age are abused.

4.2 Marital Status

According to Johnson (2002) women are taken as property and are supposed to be “seen and not heard”. In cultures like that of Baganda of Uganda women are supposed to kneel down to men. This goes further to make men feel superior to women and hence violated them when they feel like. Thus marital status does not protect women from being violated.

The table below shows that most of the married women were traumatized by domestic violence and went for treatment at the Nairobi West Hospital and in the process received counseling.

The (5) 4% of the women were single and the (20) 34% who were divorced or separated lived with spouses who also violated them. This clearly shows that those women who were single were violated so long as they were living with the spouses. Hence marriage or not does not protect a woman from many forms of abuse.

Table 2: Marital Status

Marital Status	No. of Respondents	Percentage
Married	45	62%
Single	5	4%
Divorced/Separated	20	34%
Total	70	100%

4.3 Types of violence

The power of men over women experienced on a day-to-day basis makes them violated women. According to Weber: (1997) a father or husband has the authority as the senior to exercise his power without restraint because his power is seen as absolute, legitimized as well as allowed by cultural norms. Weber argues that the authority of a man is based on tradition. This argues that men can have their own way despite any resistance since they are dominant actors and violate women.

According to Ayugi (2002) physical violence includes slapping, spitting, kicking among others and emotional violence includes name calling, abusing embarrassing someone publicly and lacking respect. Refusal to offer financial support and other necessary facilities like taking one to hospital when she is sick are other types of violence.

Table 3 clearly elaborates the types of violence that was found expressed by the respondents who attended the Nairobi Women's Hospital. Johnston 2002 says that women are take as property and therefore are treated so. So a man would treat this spouse like he treats objects like a car because he doesn't care.

Liberal Feminists argue that domestic violence is sometimes as a result of stereotyped social roles, which make the victim act contrary to his feelings as an individual. The individual thinks in terms of what the society expects of them and not in terms of himself. Social feminist argues that capitalism interacts with patriarchy to create women's oppression. According to these theorists capitalism has an interest in maintaining gender identities and relations that guarantee low paid female workforce in manufacturing industry. Low status in society and low paid jobs therefore will find women violated by their spouse.

In addition to that drug use and abuse, negligence and the influence of mothers-in-law will make things even worse for the women leading them to be violated.

As shown in table 3 below the type of violence that was reported was verbal, physical, emotional, refusal to work or see friends. Those who suffered verbal violence were 37%, physical 30%, emotional 23%, and refusal to work or see friends 10%.

Table 3: Types of Violence

Type of violence	No. of Respondents	Percentage
Verbal	26	37%
Physical	20	30%
Emotional	17	23%
Refusal to work or see friends	7	10%
Total	70	100%

One would imagine that physical violence is the only type of violence experienced but the findings show clearly that other types of violence and abuse were present. This study found out that verbal violence was more prevalent than any other followed by physical violence and refusal to see friends or work.

4.4 Causes of Domestic Violence

It was established that Domestic Violence was mainly caused by drug abuse and extra-marital affairs. Negligence and selfishness also accounted for other causes. This means that men neglected their duties and only took care of themselves forgetting their responsibilities. It was also found out that mothers-in-law played a big part as far as domestic violence was concerned. This is so because they intervened in the marriage relationship of their sons and in most cases they tended to side with their sons even when they were wrong. Most men were negligent of their duties like providing financial support and when asked would resort to violence.

Table 4: Causes of Domestic Violence

Causes of Domestic Violence	Frequency	Percentage
Drug abuse and extra-marital affairs	42	60%
Negligence	14	20%
Mothers-in-law	14	20%
Total	70	100%

4.5 Frequency of abuse

Reported cases of human violence is on the increase today. A day cannot pass without reading in the media cases of violence against women. Johnson (2002) reported that 54% of women reported that cases of violence was becoming more prevalent than the previous year. Overwhelmingly the perpetrators are predominantly adult men in form of husbands or partners, and this is reported within one month of marriage or co-habiting; this violence continues the better part of their lives.

The number of times that it was reported as having occurred was quite frequent. Sixty five percent of the women victims reported that the violent was quite frequent, 20% reported that it was at least once a week and 15% said it occurred but rarely. All the women who were interviewed showed that they were violated at one time or another and most of them very frequently.

Table 5: Frequency of abuse

Number of times	Frequency	Percentage
Frequently	45	65%
Rarely	11	15%
At least once a week	14	20%
Total	70	100%

4.6 Victims response to violence and other forms of abuse

Women were asked whether they reported the violence to anyone and they gave varied responses. This study found out that most of the women who were violated stayed for many years in the relationship in which they were traumatized until when they were physically injured. That is when they reported the violence to somebody. They all admitted that they remained in the relationship with the hope that their partners would change.

Table 6: Victims reported to the following

	Frequency	Percentage
Parents	28	40%
Friends	16	24%
Police	12	16%
Chief	14	20%
Total	70	100%

The table above shows clearly that 28 (40%) of women victims reported the violence to their parents, 16 (24%) to their friends and 12 (16%) and 14 (20%) reported to the police and chief respectively. So it shows that most of the women never disclosed the violence to strangers and therefore the problem remained within the nuclear family setting. This makes it clearly difficult for many people to know whether most women live in violent and abusive relationships.

Most women reported the violence to parents who would want to deal with the problem secretly without letting it be known to outsiders. A few reported to the authorities like the police or the chief.

4.7 Why they stayed in the violent relationship

More violence increases when the victims attempt to leave or escape; leading to a great risk of serious physical injury or even death; occurs at the point of separation. Fifty percent of the women who leave are followed or harassed or attacked by partners. This in a lot of cases impacts the victims decision to remain in the relationship.

Women always think and hope that their husband would change for the better and time flies very quickly before they realize, hence getting entangled into the family settings before they think of taking an alternative, either to leave or see a counselor. Paying jobs and financial dependence coupled with threats from the partner leaves the violated women with no better alternative but to remain in the relationship.

Most women will not want to leave their children to suffer or to be exposed to a care of a step mother. This makes them opt to remain in the relationship. If serious psychological impact on women experiencing domestic violence is very common, Steele (1994) says that rates of depression among violated women have been found to be double that of general population. Mental health professionals have identified distinct levels of mental health due to violence from the partner. These include being distressed, post traumatic stress disorder related symptoms and depression. More profound mental health needs are generally found among adult spouse victim who have a childhood history of physical sexual abuse.

These symptoms were clearly seen with the respondents as the table shown below.

When asked why they continued to live with the abusive relationship 20% said they loved their husbands, 15% hoped their spouses would change, 30% said it was because of the financial support and 35% said it was because of the children.

It is clearly seen here that most women continued living with their abusive spouses because of financial support and the children. Others preferred to remain with their spouses because they knew the alternative would not be the best.

Table 7: Why they stayed in the abusive relationship

	Frequency	Percentage
Loved him	14	20%
Hoped that he would change	12	15%
Financial support	21	30%
Because of the children	23	35%
Total	70	100%

4.8 Why women never reported the violence

The study found out that most women did not report the violence immediately it occurred. It was surprising because most women stayed in the violent relationship for more than a year or so.

The reason for this was that 35% indicated that the spouse would be more violent, 25% were scared of being chased away, 20% felt it was a shame to report such marital matters and 20% just giggled and didn't have a clear reason as to why they never reported. Most women were threatened by their spouses if ever they reported the violence to anyone. This made them stay in the relationship for long until they were unable to bear it any more.

Table 8: Why women never reported the violence

	Frequency	Percentage
Fear of spouse	24	35%
It was a shame	18	25%
Fear of being chased away	14	20%
Giggled/ no clear reason	14	20%
Total	70	100%

4.9 Effects of the violence

All the victims showed some kind of effects of the violence. They identified various behavioural symptoms of trauma like, anger, confusion, self blame and shame, denial and withdrawal and depression.

These traumatic symptoms included lack of proper grooming, giving up hope on life and general helplessness. This would definitely require the intervention of a Professional Counselor to rehabilitate them become productive members of society. Most of them had some physical injuries like twisted arms, burns and facial injuries.

Table 9: Symptoms exhibited by women who were violated

Symptoms	Frequency	Percentage
Anger	14	20%
Confusion	7	10%
Self blame and shame	15	22%
Denial and withdrawal	14	20%
Depression	20	28%
Total	70	100%

The study found out that 20% of the victims showed anger, 10% confusion, 22% self blame and shame, 20% denial and withdrawal and 20% depression. This would require the intervention of a professional counselor.

4.10 The effects of counseling

Table 10: Effects of counseling

	Frequency	Percentage
Positive, happy & friendly	67	95%
Gloomy and sad	3	5%
Total	70	100%

The study found out that the effect of counseling was positive, that is 95% were happy and friendly and only 5% were in their first session of counseling and therefore needed more sessions to rehabilitate them fully. The researcher found different victims at different levels of counseling and for those who were counseled two or three times were more positive than those who were there for the first time.

All the counselees invited or advised any women who were undergoing domestic violence to visit a counselor for rehabilitation. This is because counseling enabled them to change and looked at life in a more meaningful way than before.

4.11 Women's recommendations

Table 11: Recommendation for counseling by the women

	Frequency	Percentage
Yes	49	70%
A little bit	21	30%
No	0	0%
Total	70	100%

The table above clearly show that 70% of the women victims recommended counseling and 30% showed some positive attitude towards counseling. None of the victims was opposed to counseling intervention.

Their recommendation was because most of them found meaning in life and their worthwhileness. They were happier, open and had more rapport than before.

4.12 How the age and marital status influenced the attitude of the clients

Socially, age and marital status of a person a lot of times commands the kind of respect that is accorded to a person. Young and unmarried do not accord the kind of respect that the older and married get. The respondents felt the same way. In this study, 38% of the respondents respected and were ready to listen to those counselors who were of their age and above and those who were married.

Two percent of the respondents only accepted to have counseling sessions with the young and unmarried counselors. This is because the feeling is that the older and married have more experience than the younger and unmarried ones.

Table 12: How the age and marital status of the counselor influenced the attitude of the clients

	Frequency	Percentage
Young unmarried counselors	15	21%
Mature married understanding and motherly counselors	25	36%
Respect counselors their age and above	30	43%
Total	70	100%

The key informants reported that their age and marital status greatly influenced the response of the victims. It was established that young clients were free and opened up well to the younger counselors and the elder clients were free with the counselors who were their age or older.

The informants reported that when women came for counseling for the first time, they were much traumatized and were not able to express themselves. They showed signs of fear, withdrawal, unkempt and physical injuries.

The victims tended to open up more freely the second and third sessions of counseling because then they were familiar with the counselor and they had been made comfortable and taken in confidence.

Generally the counselors observed that those women who attended counseling services were rehabilitated and lived better lives as they had been made to realize their worth. They noted that the draw back was that many clients never finished the counseling sessions as was recommended but for those who finished, were fully rehabilitated and lived full lives. However it is not clear why they do not finish as recommended, whether they heal faster than they expected; they get bored or simply out of fatigue. This requires further investigations but at the time of this study there was no clear indication..

4.13 Victims perception towards counselors

Most women suffer 'battered wife syndrome' which is associated with victimization, especially re-experiencing the violence through intrusive thoughts or dreams and mumbling or reduced expression of affect. These women developed what Dr. Bukusi (2002) called "learned helplessness" which results from regulated abuse. Women tend to get depressed and enter a sense of lack of control of the environment and encounter adverse physical bodily harm. When the respondents were asked their perception towards a counselor, majority knew what his role was 30% clearly indicated he is a person who helps one cope with depression trauma and 22% said that he is a person who empathises with you

when you have personal problems. Six percent were not very clear as to his role in their lives.

Table 13: Perception towards counselors

	Frequency	Percentage
Social doctor	6	8%
Person who helps those with social problems	15	20
Person who helps you realize your worthwhileness	16	20%
Person who helps you cope with depression & trauma	24	30%
Person who emphathises with you when you have personal problems	18	22%
Total	70	100%

Table 14: Number of sessions the respondents saw the counselor

	Frequency	Percentage
Once	2	3%
Twice	12	17%
Three times	16	23%
More than 3 times	40	57%
Total	70	100%

The table above shows that more women had actually visited the counselor for help. This shows that these women realized that a counselor would help them when they had domestic problems and that he is able to help them cope. The table below shows clearly that 94% of those women who had several sessions with the counselor were happy anytime they talked to him and only 6% were not sure.

Table15: Women’s response anytime they talked to a counselor

	Frequency	Percentage
They were happy	66	94%
Not happy	0	0
They were confused	4	6%
Total	70	100%

The respondents who had seen a counselor more than three times were much better than before. Thus their comments were positive. This shows that the more sessions the victim has with a counselor the victim. Therefore it is important that victims need to realize the importance of more sessions with a counselor.

Table 16: Comments after seeing the counselor more than three times.

	Frequency	Percentage
Ability to make positive decisions	15	22%
No more bitterness	13	18%
Ability to identify and cope up with problems	16	22%
Ability to regulate and control herself	11	16%
Ability to care of her health and personal grooming	15	21%
Total	70	100%

Twenty two percent were able to make positive decisions, 18% had no bitterness, 22% were now able to identify and cope up with their problems, 16% could regulate and control themselves and 21% were able to take care of their health and personal grooming. This shows how important many sessions are to the client.

4.14 Respondent's confidence with the counselor

A counselor is a specialist who is trained to help the client to realize his problem. According to Rogers (1962) he empathises and enhances the client to realize and perceive his problem and creates the atmosphere in which the self evolves and realize the inherent potential in himself.

He also argues that an individual is always in a state of progress towards self actualization as a positive goal and constructive self regard.

The table below shows that 92% of the clients had confidence with the counselor and only 4% showed the negative. This shows that an overwhelming number of clients had full confidence that once they saw the counselor they would be fully rehabilitated.

Table 17: Confidence with the counselor

	Frequency	Percentage
Yes	65	92%
No	3	4%
Not sure	1	2%
Don't know	1	2%
Total	70	100%

4.15 Clients view of the counselors

The counselor offers emphatic understanding of the client and a “here and now” situation where the client is supposed to interpret and make sound decisions. A counselor treats a client as a “person of worth” and as a person capable of making appropriate decision for herself. The client must produce positive outcomes and demonstrate unconditional self regard and genuineness.

Table 18: The counselors as seen by the respondents

	Frequency	Percentage
Patient and allows one to cry	10	14%
Warm and tolerant	13	19%
Listener and empathetic	11	15%
Helpful and understanding	12	17%
Makes you worthwhile	10	14%
Appreciative	14	21%
Total	70	100%

Generally the respondents had something positive to say about the role of a counselor. Fourteen percent said that a counselor is patient, 19% said that he warm and tolerant, 15% said he is a good listener and empathetic, 17% admitted that a counselor is helpful and understanding, 14% said that a counselor makes you worthwhile and 21% said that he is appreciative.

4.16 Clients response anytime they talked to a counselor

The respondents were happy anytime they talked to a counselor as shown by the 95% of the respondents in the table below. This shows that clients get along well with the counselor and she is able to rehabilitate them positively.

Table 19: Client's response anytime they talked to a counselor

	Frequency	Percentage
Yes	65	95%
No	2	2%
Confused	3	3%
Total	70	100%

4.17 Whether they would seek the services of a counselor

Carl Rogers theory is based on the assumption that human nature has an innate string for self actualization. This further holds that the therapists function is to be immediately present and accessible to the client. Shertzer & Stone (1939) says that this approach is appropriate where the counselor should not be a judge but should establish a cordial relationship to facilitate individual growth and development. This characteristic will definitely make the client seek the services of a counselor and even recommend her to others.

The table below indicates that 90% of the respondents would seek the services of a counselor when they had a problem while 10% were not sure. This shows that most clients recognize the importance of counseling services and counselors in their efforts at healing.

Table 20: Whether they would seek the services of a counselor

	Frequency	Percentage
Yes	89	90%
No	0	0%
Not sure	11	10%
Total	70	100%

4.18 Respondent's suggestions on the steps taken to their violent spouses

Ayugi (2002) suggested that in order to get adequate help for his abusiveness, the batterer must undergo a two-step-process: One, experience negative consequences for the behaviour and two, undergo specialized spouse abuse counseling. If drugs abuse, and alcohol is involved the abuser must undergo successful rehabilitation for alcohol and drug abuse. Agugi (2002) felt that women must be given better paying jobs and punish the batterers.

These views concur with the findings in this study as shown in the table below. Forty six percent felt that women must be educated and be given better paying

jobs so that they are financially independent, 32% felt that their spouses needed counseling so that they may change. The majority that is 51% felt that the government must establish a law to punish their violent spouses. Women must know their rights and understand that marriage is not a must especially when in doubt.

Table 21: Respondent's suggestions on the steps taken to their violent spouses

	Frequency	Percentage
Denounce and leave them alone	9	1%
Be given counseling	23	32%
Educate and give women better paying jobs	32	46%
Establish a law to punish them	36	51%
Total	70	100%

4.19 Reasons for recommending a counselor

A large number of the respondents recommended a counselor for any counseling services. The table below shows that 36% recommended the counselor because he/she would help you cope with trauma and depression. Twenty one percent recommended him because he would share your problems, 16% because he/she

empathises with you and 19% because he would suggest alternatives for your suggestions.

Table 22: Reasons for recommending a counselor

	Frequency	Percentage
Help you cope with trauma and depression	25	36%
Shares your problems	15	21%
Empathises with you	11	16%
Suggests alternatives for your decisions	19	27% ^S
Total	70	100%

Case Studies

Two case studies were done of Ruth and Atieno. These two were identified by the key informants who have been offering counseling services to them for more than a year now. When they started their sessions, they were traumatized victims who found their lives doomed but when they attended counseling services, they were fully rehabilitated and they now live full lives as shown in details below:-

Case Study I

Ruth* was a very successful Pharmacist who had worked in various hospitals around and out of the country. She was running a very successful chemist in one of the up market suburbs of Nairobi. Her husband was also a very successful career engineer working with one of the prominent airlines. His job was based in South Africa and was characterized with a lot of traveling. The couple had a very successful family with four very bright children. With time, John* the husband started mistreating Ruth and neglecting the family, he stopped paying school fees and providing generally for them. He had another affair in South Africa. He became very rough, very abusive and promiscuous.

Ruth and the children were really traumatized, and for her it is not trauma but she became HIV positive because her husband was living with an HIV positive girl in South Africa. Ruth could not come to terms with this until when she sought the services of a professional counselor. She started seeing a counselor since 2002. Today Ruth is a rehabilitated woman and thanks to her medical and nutritional background she now lives a full life.

Ruth, was identified by the key informants who was one of the counselors at the Nairobi Women's Hospital, as one of their constant victims of violence clients for over three years now. When she first attended the counseling session she was a very miserable woman who had lost weight, unkempt and badly needed counseling.

After several sessions of counseling she improved greatly and now lives a very normal life where nobody can identify her as a victim of domestic violence. She is one of those who strongly recommends the services of a counselor in rehabilitating the life of a traumatized woman.

Ruth herself has realized that she can be useful in the community and after attending counseling sessions, coupled with her medical profession is able to counsel the members of her church congregation.

This case study of Ruth demonstrates that she got rehabilitated and has come into terms with her abusive spouse and now lives a full life as a result of having several sessions with a counselor. This is a lesson to learn from Ruth's experience.

*John – not his real name.

*Ruth - not her real name.

Case Study 2

Atieno* a micro business lady, lost her husband 8 years ago. Before her husband's death, who was a lawyer, they had lived miserable lives because he used to mistreat her continuously by refusing to provide for the family, and by physically and emotionally violating her.

Even after his death, Atieno continued to live in denial and trauma, she was very miserable. She lost interest in herself, never took care of her personal grooming, never fed well and her life had become a standstill.

It is until she sought the services of a counselor that her life changed and became bright and her attitude towards life completely improved.

Today Atieno who has been seeing a counselor has brightened up and is able to take care of her family by taking small loans from micro financiers and has a lot of hope for her future and her family. She says, "Thanks a lot to my Counselor who is also a God fearing person who has introduced me to Christ" and since she became a born again Christian she has been rehabilitated and now copes up well with her life.

The researcher found out that Atieno is a person who has continuously kept in contact with her counselor for a number of months and that's why she has been able to be rehabilitated.

Atieno recommends the services of a professional counselor to all the women who undergo violence of any type including rape, car jacking and domestic violence.

She says she is a living witness of somebody who has seen the work that counselors do in rehabilitating women's lives who have been violated.

*Atieno not her real name.

Hypotheses Testing

According to Kerlinger (1964:20) her hypotheses are conjunctual statement of the relation between two or more variables. He notes that hypotheses are always in a declaration sentence form and they relate either generally or specifically variables to variables. The hypothetical statements contains two or more variables that are measurable and that they specify how the variables are tested. There are two types of variables, dependent and independent.

According to Singleton (1988:72), the dependent variable is the one the researcher is interested in explaining and predicting while the independent variable is the explanatory variable that does the influencing and explaining, that is the predictor variable. The independent variable is the presumed cause and the dependent variable is the presumed effect. Operationalization of variables specifies all the steps to be followed in measuring the variables. The interview schedule for the counselors were developed with reference to the variables.

Hypotheses

One: Counseling intervention rehabilitates women experiencing domestic violence

Two: Perception towards counseling assists women undergoing domestic violence

Table 23

Hypotheses	Type of variable	Variable	Indicators
1.	Dependent	Effect of counseling	Number of counseling sessions
	Independent	Factors that rehabilitate	Behaviour of a counselor
2.	Dependent	Perception towards counseling	Positive attitude Negative attitude
	Independent	Client's well being	Age / Marital status Clients recommendation of a counselor Clients confidence with a counselor

Hypotheses 1

Counseling intervention rehabilitates women experiencing domestic violence.

The study clearly found out that 95% of the victims who had received counseling were happy and friendly and this depended also on the number of sessions that they had with the counselor. Those who had few sessions were still to be fully rehabilitated.

Various types of violence had been experienced by the respondents. These included verbal physical, emotional, financial, and social. As a result of this the respondents accepted having different types of symptoms of trauma, some of which were self explanatory. Twenty percentage of the women exhibited anger, 10% confusion, 22% self blame and shame, 20% denial and withdrawal and 28% depression.

All of them admitted of being violated and the majority (45 years old) accepted having been violated very frequently. When they were asked the effects of counseling 95% reported that they were happy and friendly. This has a clear indication that counseling had rehabilitated them. Most of the respondents also recommended other victims to see a counselor, 35% said that she helped them cope up with trauma and depression, 21% said that the counselor shared the problems with them 16% said that he empathized with them and 27% said that he helped them get alternatives for the decisions that they made for their lives.

So generally all the clients who had seen the counselor had something positive to say about him. This study also found out that those respondents who had seen the counselor more than once were more rehabilitated than those who had seen him only once. 22% confessed that they were now able to make positive decisions for their thoughts and actions and were more active than before. 18% admitted that after counseling they no longer had any grudge or bitterness towards their spouses but were working towards enhancing their lives positively and living meaningful lives; 22% were able to identify their problems and cope up with them and 16% were able to regulate and control themselves. 21% were able to take care of themselves and were very keen on personal health, grooming and appearance.

Hypotheses 2

Perception towards counseling helps rehabilitate women undergoing domestic violence.

Testing the second hypothesis showed that those women who had a positive attitude towards counseling were able to cope with their life experiences normally. The research found out that 70% of the victims recommended the services of a counselor showing that the attitude determines the rehabilitation of the women who undergo domestic violence.

This was clearly demonstrated by the case study of Ruth and Atieno. These ladies have been able to go on with their lives more efficiently and normally despite the violence they had received from their spouses. According to Atieno counseling "had done her wonders" otherwise her life had reached a dead-end.

This study found out that the client's perception were different but all positive. Thirty percent cited that a counselor is a person who helps you cope with depression and trauma and 22% said that he is a person who empathises with you when you have a personal problem. All of them felt that a counselor provides some kind of help to them showing a positive attitude towards him.

Ninety two percent expressed confidence with the counselor which is an overwhelming number of respondents who had a positive attitude. Those who were not sure and didn't have a positive answer to give more often had first seen the counselor once or had not talked to him and therefore didn't know what to expect. Perception towards counseling helps rehabilitate women undergoing domestic violence. This is elaborated by 90% that responded that they would seek the services of a counselor anytime they had a problem. This shows that the respondent's perception is positive and they seek him confidently that they would be helped.

The hypotheses are therefore confirmed since;

Respondent's confidence – 92%

Those who would seek the services of a counselor – 90%

Those who are happy with the services of a counselor were - 95%

In a nutshell the perception towards counseling helps rehabilitated women undergoing domestic violence

CHAPTER FIVE

5.0 Conclusion and Recommendations

5.1 Conclusion

This study aimed at investigating the role of counseling in rehabilitating women experiencing domestic violence and the processes that they undergo to access counseling services, the procedure and existing services taken in offering counseling services and to find out the perception that women victims have of counseling services.

The study established that most women undergo a lot of trauma in their relationships. They experience physical abuse, mental, emotional abuse, financial neglect and social abuse. This has led them to suffer physically, mentally, emotionally and otherwise. Most of the women live in the relationship because of financial support and due to love for their children. Others still live because they expect their spouses to change for the better and still others live because they loved their spouses.

From the responses given the study concluded that the women victims of domestic violence and other forms of abuse go through untold anguish and suffering in order to survive. Most of them suffer battered wife syndrome. But counseling has succeeded in rehabilitating them to whole human beings where they change their attitude positively, and live full lives.

Counseling has made them realize their worthiness and has helped them cope with these difficult situations. It has also made them realize alternatives and involvements so that they do not always mourn about their miseries.

The research found out that age and marital status of counselors affected the counseling process. This is because they are taken as young and inexperienced and would not be in a position to understand the problems of older women. Hence this made them unacceptable to the clients.

It was also concluded that after the clients had several sessions with the counselor they had changed the attitude and perception towards counseling. They were found to be happier and stopped blaming their spouses. Rather they concentrated on more meaningful things and made appropriate choices to cope with their problems and make use of their time in a more meaningful way.

Counseling had not only helped them improve their personal and proper grooming but it had also made them recommend counseling to those who experience domestic violence of any kind, for they believed without counseling they would not have coped with their violent spouses and improved their lives.

5.2 Recommendations

- ❖ There is need for stringent punishment of women abusers
- ❖ There is need to create awareness to the whole society about the availability of counseling services for abused women.
- ❖ Women need to be exposed to their rights so that they guard against abuses.

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