

**FACTORS INFLUENCING SOCIAL EXCLUSION OF ELDERLY PERSONS IN
ALEGO-USONGA CONSTITUENCY, SIAYA COUNTY, KENYA**

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**A Thesis submitted to the Board of Post-Graduate Studies in partial fulfillment for the
requirements of the Masters of Arts degree in Sociology
(Community Development and Project Planning) of Egerton University**

EGERTON UNIVERSITY

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DECLARATION AND RECOMMENDATION

Declaration

This thesis is my original work and to the best of my knowledge has not been presented for the award of any degree in any University.

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DEDICATION

This work is dedicated to my family for their moral support and patience during my studies.

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ABSTRACT

This study sought to examine the factors that influence social exclusion of elderly persons in Alego-Usonga Constituency, Siaya County. Social exclusion can be defined as a process by which individuals or social groups are detached from key social realms that determine an individual's integration in the society. The problem manifests itself among elderly persons in form of weak social ties with members of the community; limited income; lack of proper home-based care; poor health and nutrition as well as lack of access to recreational and entertainment services. This study intended to establish the extent to which rural-urban migration of the elderly persons' offspring influenced social exclusion of the elderly in Alego-Usonga; examine the influence of elderly persons' limited access to ICT on their social exclusion and to evaluate the influence of the family and community support systems on elderly persons' social exclusion in Alego-Usonga. This study was guided by Disengagement Theory of Ageing and Modernization Theory of Ageing in illustrating elderly persons' social exclusion. In the methodology, this study applied both quantitative and qualitative methods of data collection and analysis, employing both structured interview schedules and in-depth interviews. The data generated from both tools was analyzed through descriptive statistics and complemented with qualitative analysis. A two-staged cluster sampling method was employed due to the expansive nature of the study area. This study found that elderly persons' social exclusion was influenced by the three factors, namely, migration of elderly persons' offspring to urban areas; elderly persons' limited access to ICT and ineffective family and community support systems. This study recommends policy and program interventions by development stakeholders aimed at strengthening rural-urban linkages, promoting elderly persons' digital literacy and revitalizing family and community support systems to better address the needs of elderly persons and promote their social inclusion.

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LIST OF ABBREVIATIONS AND ACCRONYMS

CBO	- Community-based Organization
CETRAD	- Centre for Training and Integrated Research in ASAL Development
CSPF	- Consolidated Social Protection Fund
DFID	- Department for International Development
FBO	- Faith-based Organization
GOK	- Government of Kenya
ICT	- Information and Communication Technology
KNBS	- Kenya National Bureau of Statistics
MIPAA	- Madrid International Plan of Action on Ageing
NASCOP	- National AIDS and STI Control Programme
NHIF	- National Hospital Insurance Fund
NSSF	- National Social Security Fund
NGO	- Non-Governmental Organizations
OPCT	- Older Persons Cash Transfer
SCIDP	- Siaya County Integrated Development Plan
UK	- United Kingdom
UN	- United Nations
VIPAA	- Vienna International Plan of Action on Ageing

CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

Social exclusion is an overarching social problem likely to be faced by elderly persons worldwide. It can be defined as a process by which individuals or social groups are systematically detached from social, economic and political spheres that determine an individual's integration in the society (Levitas, Pantazis & Gordon, 2006; Byrne, 2005; Levitas, 1998; Walker & Walker, 1997). In the late 1990s, Britain and other European countries embarked on incorporating social exclusion agenda into their social policy. Social exclusion was identified as a more appropriate term in seeking answers to the problems related to marginalization and lack of integration of various vulnerable groups. The Social Exclusion Unit (1998) in Britain defined social exclusion as:

...a shorthand term for what can happen when people or areas suffer from a combination of linked problems such as unemployment, poor skills, low incomes, poor housing, high crime, bad health and family breakdown (Social Exclusion Unit, UK, 1998 : 10).

The Social Exclusion Unit (1998) therefore viewed social exclusion broadly as a culmination of a wide range of social problems that played a role in the detachment of various social groups from the society. The set of problems enlisted in the above definition lends credence to the close relationship between social exclusion and poverty. However, social exclusion according to Byrne (2005) essentially addresses the aspects of individual or group detachment from social spheres. The author defined social exclusion as the relegation of a given social group from active involvement in key social, economic and political realms. This is in line with the definition by Walker and Walker (1997) who described social exclusion as:

...the dynamic process of being shut out, fully or partially, from any of the social, economic, political or cultural systems which determine the social integration of a person in society (Walker & Walker, 1997: 8).

In all the above definitions, individual vulnerability in form of social exclusion is considered a disadvantage emanating from limited participation in societal issues. According to Levitas *et al.*(2006), social exclusion includes aspects of poverty which translate to material exclusion. It is however important to make a distinction between poverty and social exclusion since the latter is multi-dimensional and includes elements of marginalization and limited social participation (Levitas *et al.*, 2006).

This study focused on social exclusion of elderly persons against the backdrop of Kenya's social Protection Policy 2011 and the National Policy on older persons and ageing 2014 which identify elderly persons as a vulnerable group with specific needs. According to the UN (2013), world demographic trend indicate a steady growth in the proportion of elderly citizens. In Kenya, the population of persons above the age of 60 in the year 2009 stood at 1.9 million and is projected at 2.6 million by 2020 (GOK, 2010). Elderly persons drawn from poor households are faced with a wide range of socio-economic challenges which include poor health and nutrition, limited access to sources of income and weak social ties with close family members within the context of the changing technological environment. In addition, they are vulnerable to degenerative health conditions such as non-communicable diseases (GOK, 2018; GOK, 2014).

In Kenya, an attempt to tackle social exclusion of the older persons has been made through formulation and implementation of National Policy on Older Persons and Ageing of 2014. This policy was partly informed by the Social Protection Policy of 2011 which provided broader guidelines addressing the social security, health insurance and social assistance of elderly persons and other vulnerable groups. The international policy framework which informs the Kenyan social protection policy and National policy on older persons and ageing of 2014 include, the Universal Declaration of Human Rights (1948) under Articles 22 to 27 which outline economic, social and cultural rights that everyone is entitled to as a member of the society. Other policy instruments that informed the Kenyan social protection policy 2011 and the National Policy on older Persons and Ageing of 2014 included the Vienna International Plan of Action on Ageing (VIPAA) (1982), The UN Principles of Older Persons (1991), The UN Proclamation on Ageing (1992) and the Madrid International Plan of Action on Ageing (MIPAA) (2002) (as cited in Mathiu & Mathiu, 2012).

In addition, Kenya is a signatory to the Livingstone Declarations of 2006, in Zambia which committed African Countries to revitalize structures for implementation of social protection programmes (GOK, 2012). The Constitution of Kenya under Article 57 guarantees the right of older persons in the society in participation in societal activities, individual development, living in dignity, respect and free from mistreatment as well as access to reasonable assistance from family and the state. Moreover, social protection forms part of the social pillar of Kenyan Vision 2030 development blue-print which provides for establishment of a consolidated social protection fund (CSPF).

Despite this comprehensive international, continental and national policy and legal framework geared towards tackling social exclusion of the elderly, there is very limited

intellectual discourse on the role of the traditional family and community support systems in preventing social exclusion. The Kenyan discourse on elderly persons' social support tends to be centred on administration of cash transfer by government and other development partners in the social development sector. Mwanzia (2015) in her study of the effects of older person's cash transfer programme in Nairobi, observed that institutionalization of elderly persons in Kenya was not a common practice thus placing the responsibility of care and support of elderly persons on family and community structures. However, Mwanzia (2015) observed that urbanization and modernity had contributed to the declining effectiveness of the family and community support systems as younger family members moved to towns and cities to seek better life opportunities. In Kenya, there has been little endeavor to study the influence of urbanization and modernity on elderly person's social support. The current study therefore sought to examine factors such as rural-urban migration patterns of elderly person's offspring; elderly persons' level of participation in the changing technological environment as well as the family and community support systems and how they influenced elderly persons' social exclusion in Alego-Usonga, Siaya County.

Alego-Usonga, Siaya presented a perfect case for interrogating the influence of outmigration of youthful population on elderly person's social exclusion. This was informed by Historical evidence corroborated by previous studies showing Siaya as one of the prominent net out-migration areas in the Country (Arudo, 1988; Oucho & Mukras, 1983; Oucho, Oucho & Ochieng, 2014). This prominence of out-migration from Siaya according to Cohen and Odhiambo (1989) dates back to the 1960s when Africanisation policies by the Post-Independent Kenyan Government encouraged most luos to move to urban centres to pursue available opportunities such as employment in government. It therefore justified this study's focus on the influence of such outmigration on elderly persons' social exclusion in Alego, Siaya. In addition, vulnerability of elderly persons in Alego according to GOK (2018) was manifested in terms of isolation, poverty, poor health and nutrition which corresponded to the social exclusion indicators investigated by this study. This study therefore examined the family and community support structures in Alego in terms of their capacity to provide for elderly persons' needs such as income security, health and nutrition, home-based care and entertainment.

Previous studies on outmigration of the youthful population (Avis, 2017; Estruch, Schwebel, Suttie & Hussein, 2017; Arosio, 2016) had focused more on the general effect on the rural community such as reduced rural productivity. There was limited intellectual focus on the influence of rural-urban migration of elderly persons' offspring on elderly person's social

exclusion particularly in Alego. This study was therefore able to bridge this gap by examining the influence of migration of elderly person's offspring on older persons' social exclusion. This study assumed that such migration patterns could cause reduced physical contact between older persons and the younger family members leading to isolation and marginalization of elderly persons. This was measured in terms of the duration of their offspring's absence from their rural homes and the elderly persons' view on how such absence contributed to their social exclusion.

GOK (2014) in the National Policy on Older Persons and Ageing observed that the number of persons reaching old age with limited ICT knowledge was still sizable. It was therefore necessary to promote involvement of elderly persons within the changing technological environment. A number of studies (Arenas, Peral & Ramón, 2015; Keränen, Kangas, Immonen, Similä, Enwald, Korpelainen & Jämsä, 2017; Quan-Haase, Mo & Wellman, 2017; Tsai, Shillair & Cotten, 2017) have documented the important role of ICT in maintaining social ties between friends and members of the family and having the potential of enabling elderly persons to live comfortable lives. ICT in particular has the potential of improving the lives of elderly through money transfer services such as M-pesa (KNBS, 2018). However, there was still lack of County specific data and particularly data relating to level of access to ICT by elderly persons in Alego. The current study sought to bridge that gap by examining elderly person's level of access to various forms of ICT with a view of determining possible influence on their social exclusion. This was evaluated by measuring their level of access to ICT platforms such as radio, television, mobile phones and computers as well as their usefulness in preventing social exclusion.

GOK (2014) in the National policy on older persons and ageing recognized the role of the traditional family and community support structures in providing care to elderly persons. The policy promotes community-based social support systems by endorsing the family as the fundamental social unit involved in the care of elderly persons as well as promoting community and home-based care of older persons. The policy intervention was in cognizance of the reducing effectiveness of family and community role in the care of elderly persons due to the changing family structures characterized by the widening of inter-generational gap and reduced interaction between elderly persons and the younger family members (GOK, 2014). Whereas previous studies (Haki jamii, 2014; Mwanzia, 2015) had observed the reducing effectiveness of the family and community support structures in the care of elderly persons, there was still limited literature on the influence of family and community support structures on elderly persons social exclusion particularly in Alego despite recent studies (GOK, 2018;

Teti, 2018) documenting elderly persons' state of destitute in the area. This study sought to bridge this gap by evaluating the influence of family and community support systems on elderly person's social exclusion in terms of their provision of elderly persons' needs such as income security, home-based care, healthcare, nutrition, recreational and entertainment services.

1.2 Statement of the Problem

Social exclusion among elderly persons is a problem in Alego-Usonga, Siaya County. It is characterized by lack of income security, reduced social ties with family and community members, lack of home-based care, poor health and nutrition as well as lack of access to recreation and entertainment services. Whereas there have been noticeable efforts by various development actors to implement programs targeting elderly persons, they have been limited in coverage and hardly address the socio-economic needs of all vulnerable elderly persons. Further, there has been limited intellectual focus on the current role of family and community support structures in the provision of elderly persons' social protection despite being the primary institution charged with the responsibility of providing for the welfare of its members. The current study therefore sought to bridge the gap by examining factors influencing social exclusion of elderly persons within the context of family and community support systems. These included outmigration of elderly persons' offspring; elderly persons' digital exclusion through limited access to ICT and the role of family and community support systems.

1.3 Study Objectives

1.3.1 Broad Objective

The broad objective of this study was to establish the factors influencing social exclusion of elderly persons in Alego-Usonga Constituency, Siaya County, Kenya.

1.3.2 Specific Objectives

The study was guided by the following specific objectives:

- i) To establish the extent to which rural-urban migration of the elderly persons' offspring influence social exclusion of the elderly in Alego-Usonga.
- ii) To examine how limited access to ICT influence elderly persons' social exclusion in Alego-Usonga.

iii) To evaluate how the family and community support systems influence elderly persons' social exclusion in Alego-Usonga.

1.4 Research Questions

The study was guided by the following research questions:

i) To what extent does rural-urban migration of the elderly persons' offspring influence social exclusion of the elderly in Alego-Usonga?

ii) How does elderly persons' limited access to ICT influence elderly persons' social exclusion in Alego-Usonga?

iii) How do the family and community support systems influence social exclusion of elderly persons in Alego-Usonga?

1.5 Justification of the Study

Firstly, social exclusion discourse addresses an overarching social problem faced by elderly persons. It is characterized by detachment of the elderly from key social and economic realms of the society. It is particularly a problem in Alego-Usonga in Siaya County, manifesting itself through lack of income security, poor health and nutrition, lack of access to effective home-based care, recreational and entertainment services. The Kenyan Constitution of 2010 and the Kenyan Vision 2030 advocate for social protection of elderly persons. In an attempt to achieve such goals and also comply with various international policy obligations, it is important for policy players in Kenya to not only understand the nature of social exclusion of the aged but also take into consideration emerging factors that influence elderly persons' vulnerability in the contemporary society such as outmigration, changing technological environment and the less effective family and community support systems. This study was able to address that evident research and policy gap.

Secondly, a number of outmigration studies have demonstrated the relationship between youth rural-urban migration and underdevelopment in rural areas with little attention to the influence of such outmigration particularly on the wellbeing of elderly persons left in the rural areas. To bridge that gap, this study examined the rural-urban drift among elderly persons' offspring and its influence on the elderly persons' social exclusion in Alego Usonga.

Thirdly, the Kenya National Policy on Older Persons and Ageing espouses the need to promote involvement of elderly persons within the changing technological environment. Studies have demonstrated the potential of ICT in building intimate social networks and

patterns of interrelations among individuals within a wide geographical area. There was however limited literature on elderly persons' access to ICT and their extent of digital participation particularly in Alego. The current study was therefore able to bridge that gap by examining the influence of elderly persons' limited access to ICT on their social exclusion.

Lastly, the family and the community support systems have traditionally played a primary role of providing care and protection of the elderly persons in the society. The Kenya National Policy on Older Persons and Ageing endorses the family as the primary care giving institution by encouraging intergenerational support. In the current times, modernity and urbanization have reduced the effectiveness of the family and community support systems to its members. However, there has been very limited intellectual focus on the influence of family and community support systems on social exclusion of elderly persons in particular, a gap that this study managed to address.

In conclusion, this study provides insights necessary for formulating more progressive social policies and programs to tackle the challenges faced by elderly person taking into account contemporary factors such as rural-urban-migration of elderly person's offspring, the emergence of ICT-based social ties and role of family and community support structures. The findings of this study are important to the Kenyan Government and other development stakeholder in formulation and implementation of policies and programs aimed promoting digital inclusion, reducing intergenerational gap within families, and empowering family and community support systems to adequately provide for the needs of the elderly persons which include, income security, health and nutritional support, home-based care, entertainment and recreational services.

1.6 The Scope and Limitation of the study

In terms of objectives, this study sought to establish the extent to which rural-urban migration of the elderly persons' offspring influenced social exclusion of the elderly; examine the influence of elderly persons' limited access to ICT on their social exclusion and to evaluate the influence of the family and community support systems on elderly persons' social exclusion. The study area was Alego-Usonga Constituency in Siaya County. The study population was comprised of elderly persons above 60 years whether or not one was a beneficiary of social safety net, the sample represented both categories. Due to the expansive nature of the study area, the sample was arrived at through a two-stage cluster sampling process in the interest of feasibility. The respondents were then systematically sampled from a household based sub-frame created in each of the selected clusters. The researcher ensured

gender representation among the respondents taking into consideration availability of eligible persons of either gender in the selected households.

With regard to limitation, this study only focused on the three factors influencing elderly persons' social inclusion which included outmigration of elderly persons' offspring; elderly persons' limited access to ICT and the family and community support structure. Therefore the study's limitation is that there could be other factors beyond the Sociological discipline such as physiological, psychological and political factors that might influence social exclusion of the elderly and which this study could not possibly examine.

1.7 Definition of Terms

Elderly persons: Refers to individuals who have attained the age of 60 and above (UN, 2013). The same definition is applicable in the current study.

Family and community support systems: Refers to the structures and strategies adopted by the members of the family and the community in providing emotional, material, and financial support of the older person (Social Exclusion Unit, 1998). In the current study, weak family and community support systems is measured in terms of limited provision for elderly persons' home-based care, healthcare support, nutritional support, entertainment and income security through remittances.

Information and Communication Technology (ICT): Technologies employed in collecting, storing, using or sending out information and include those involving the use of computers or any telecommunication system. In this, study access to ICT it was analyzed in terms to radio listening, television viewership, access to information on print media as well as access to mobiles phone services such as mobile money transfer and internet access.

Older Persons Cash Transfer Payment: Non-Contributory cash benefits received by vulnerable older persons paid by the Kenyan government as part of the social assistance program under the social protection policy (GOK, 2011). In the current study it included cash benefit received from NGOs, CBOs, and other development agencies involved in social protection.

Rural-Urban Migration: It is the movement of people from countryside/rural areas to urban areas/cities/towns (Abbott and Pollard, 2004). In the current study it particularly describes the transfer of elderly persons' offspring from Alego to urban areas outside Siaya County pulled by factors such as employment and business opportunities.

Social exclusion: Refers to detachment of individuals or social groups from economic and socio-cultural spheres that determine an individual's integration in the society (Levitas *et al.*, 2006; Byrne, 2005; Levitas, 1998; Social exclusion Unit (UK), 1998; Walker & Walker, 1997). In the current study it describes material aspects of exclusion such as lack of income security, poor health and nutrition, lack of home-based care as well as non-material aspects such as recreation and limited elderly persons' social contact with family members and the community

CHAPTER TWO

LITERATURE REVIEW AND THEORETICAL FRAMEWORK

2.1 Introduction

This chapter of the study presents a summary and a critique of the scholarly works around the study objectives. In addition, the chapter examines various theories that attempt to explain the nature of social exclusion among the elderly. It also presents a critique of the theories and a conceptual framework illustrating the interrelation between independent and dependent variables against the backdrop of key intervening variable.

2.2 Out-migration of elderly persons' offspring and social exclusion

One of the key aspects of modernity is urbanization which is mainly characterized by migration of youths from rural areas to urban areas in search for better life opportunities. Abbott and Pollard (2004) in Philippines observed that youth migrated to bigger towns and cities to look for more favourable socio-economic opportunities leaving behind older members of the rural population with relatively less energy and might to take up vibrant economic activities. These observations are quite consistent with the findings of recent studies (Estruch, Schwebel, Suttie, & Hussein, 2017) that show youth as having the tendency to migrate to cities due to limited employment opportunities in the rural areas.

These studies (Abbot and Pollard, 2004; Estruch *et al.*, 2017) were nonetheless concerned with understanding the influence of outmigration on the rural economy without focus on elderly persons' social exclusion in particular. That notwithstanding, their discussion acknowledged the negative influence of outmigration on the rural communities which by extension provokes a debate on the possible influence on elderly persons in particular. To address this knowledge gap, this study was able to narrow down to establishing the influence of outmigration on elderly persons' social exclusion in Alego-Usonga, Siaya which according to previous studies (Arudo, 1988, Oucho *et al.*, 2014) was among the regions that recorded the highest outmigration in Kenya.

In a study carried out in Nigeria, Adesiji *et al.* (2009) noted that substantial loss of active youth from the rural areas had a great impact on the rural agricultural economy as this affected food production occasioned by lack of manpower. In the same breath, Fapohunda (2002) viewed mass movement of individuals in Nigeria from the rural areas to towns in Nigeria as not only bringing about rural depopulation but also loss of economic vibrancy. Fapohunda (2002) further noted that emigrants were in most cases the most productive

members and therefore, their migration was a great hindrance to the rural development. Recent studies (Arosio, 2016; Avis, 2017) have also pointed out the influence of youth outmigration on general development of the rural economy. However the authors were mainly concerned with the influence of rural-urban migration on rural development. Whereas these studies did not necessarily bring into the picture the concept of social exclusion, the element of loss of active youth by rural communities was still critical in the analysis of elderly persons' social exclusion within the rural context, particularly in Alego, Siaya where such high outmigration has been recorded (Arudo 1988; Oucho *et al.*, 2014). Siaya County is predominantly inhabited by the members of the Luo community (GOK, 2010). Earlier studies on out-migration (Oucho and Mukras, 1983) observed that luos were more likely to migrate to urban centres in pursuit of wage employment as compared to other communities like Kikuyus who were inclined towards Agro-Economics. However, the influence of such outmigration on the elderly did not come under scrutiny, a gap that the current study was able to bridge.

Cohen and Odhiambo (1989) provided a historical backdrop of the relatively high outmigration recorded in Siaya. They observed that separation from the countryside due to outmigration of the youthful working class from Siaya, Alego dated back to the 1960s. Cohen and Odhiambo (1989) cited the Africanisation policy by the Post-Independent Kenyan Government of the 1960s as one of the factors that triggered Luo migration to urban areas in pursuit of employment opportunities available to Kenyan-Africans mostly in the government. Cohen and Odhiambo (1989) however reckoned that social ties between urban migrants in the past were hardly affected due to the strong cultural pressure on the urban migrants to make timely return visits to their rural homes. For instance, pressure was placed on urban migrants to return to their rural homes especially during vacations to perform certain activities of cultural significance such as home establishment, attending burials and giving birth. Cohen and Odhiambo (1989) noted that even though the period could be short, it was quite important in the 'resocialisation' of the returning urban migrant within that period of vacation. However, Cohen and Odhiambo (1989) did not critically consider the possible adverse influence of modernity and urbanization on the social ties between migrant offspring and the elderly persons left behind. They did not take into consideration the dynamic nature of culture and the future possibility of erosion of cultural aspects and obligations that had to be fulfilled by urban migrants. Therefore the current study came in handy by examining the influence of outmigration on elderly persons' social exclusion within the context of the

structural changes in the family and community support structures linked to outmigration, emergence of ICT and the weakened family and community support systems.

Adesiji *et al.* (2009) in Nigeria identified the causes of rural-urban migration. The authors explained that cities were seen as attractive due to the presence of better social amenities, perceived better living standards, and employment opportunities. The authors further contended that people migrated to the cities from the villages due to the labour intensive activities such as farming. In addition villages offered few job opportunities as compared to urban areas. In Alego, Siaya, Arudo (1988) linked the high level of out-migration of the working age groups and limited investment at home partly to harmful practices such as witchcraft. The name *Alego tat yien* (Alego the roof of medicine) is derived from the area's legendary dominance in traditional medicine and charm. Arudo (1988) in his study of outmigration in Siaya observed that:

....out-migration may be due to jealousy, clan conflicts, family feuds, suspicion and magic. This is a common setback among the Alego, Ugenya and Uyoma people. In some cases deaths suspected to have emanated from magic, mental retardation, setbacks in education and business life have all contributed to some people having one step at home another elsewhere. In actual fact, this has been a major setback to development in the district as few people would be willing and ready to invest without fear and suspicion of being bewitched causing loss to their entire capital investment... (Arudo, 1988: 77).

The above findings highlight the plausible connection between fear of harmful practices believed to have been prevalent in Alego and outmigration a finding that is also confirmed by Oucho *et al.* (2014) who reported that harmful cultural practices were among the drivers of outmigration in Siaya County. However there was less focus on the direct impact of such migration on elder persons' social exclusion. The current study therefore sought to bridge the gap examining the extent to which out-migration of elderly person's offspring influenced social exclusion of the aged left behind in Alego.

Bobrova, Shakhotska & Shymanovich (2012) in a study carried out in Belarus concluded that the elderly were among the groups mostly affected by migration patterns. Other groups affected according to their studies included children and single women considered economically inactive. The authors noted the inherent relationship between migration issues and welfare of the socially excluded groups. However, the authors made little attempt to relate outmigration to social exclusion of elderly persons in particular. Similarly, the same

knowledge gap existed in Alego hence necessitating this study's inquiry into the relationship between outmigration of elderly persons' offspring and social exclusion of the elderly.

Previous studies carried out in Kenya (Oucho *et al.*, 2014) indicate that Western region is dominant in terms of outmigration to the Country's capital City, Nairobi. Oucho *et al.* (2014) reported that Western part of Kenya accounted for the biggest proportion of net outmigration region as far as rural-urban migration in Kenya was concerned. Their study found that outmigration from Siaya County was also significant in the analysis of Kenya's internal migration dynamics. Oucho *et al.* (2014) also noted that departure of family members to towns reduced output in the rural areas since those left behind missed out on the skills that would have otherwise been provided by the migrant members. Oucho *et al.* (2014) reckoned that remittances from urban migrants did not necessarily compensate the loss manpower occasioned by outmigration.

In conclusion, the studies reviewed in this section corroborate the influence of youth migration to urban areas on the rural economy. The studies also justify the relevance of outmigration of youths from Siaya County in the current study as a possible factor in older person's social exclusion. However, the focus on the influence of outmigration on rural development is only at macro level. There is little endeavor to examine the direct impact of such outmigration on elderly persons' social exclusion at individual level. There is further absence of literature on elderly persons' perception with regard to the influence of outmigration on their social exclusion. Therefore, this provided a strong justification for the current study which sought to examine social exclusion of elderly persons in relation to migration of their youthful offspring to urban areas. The current study managed to establish level of outmigration, extent of dispersal to town as well as the nature of social ties between elderly persons and migrant offspring. In addition the current study managed to gauge the influence of outmigration of elderly persons' offspring on their social exclusion by gauging elderly persons own perceptions.

2.3 Elderly persons' access to ICT and social exclusion

Globally, ICT has been embraced as part and parcel of normal social interactions among individuals. An earlier study by Marlow (2005) on online social dynamics focused on the social ties created in digital platforms and how technology brought together people without prior contact. Marlow (2005) observed that technological advancements had basically transformed cyber space into virtual societies which provided platforms for both information sharing and social support. However, the author was more concerned with the process of

information flow in online network among people who did not necessarily have close connection both within and outside the internet. A process he referred to as media contagion. The discourse by Marlow (2005) presented limited analysis on the extent of online interaction between close family members as well as the level of participation of elderly persons in these online forums, which the current study was able to address.

Wellman, Haase, Witte & Hampton (2001) in an earlier study observed that reasonable access to ICT and internet strengthened social ties between friends and relatives who were geographically dispersed. The authors however, put more focus on internet effect on social capital. Social capital encompassed relationship with friends, relatives and the rest of the community that offered an individual both material and non-material support. Whereas the authors found that the internet played an important role in maintaining social ties among friends and relatives who were socially and geographically dispersed, their discourse paid little attention to the influence of limited elderly persons' access to ICT on elderly persons' social exclusion. Nevertheless, their conclusion that communication tended to be lower among geographically dispersed relatives supports the relevance of outmigration and ICT as important variable in gauging social exclusion of the elderly which formed the basis of the current study.

Watering (2004) projected that the elderly population would account for a third of the world population by 2050 yet they had been left out in this rapid change in the ICT environment. This according to the author could be attributed to the deterioration in cognitive skills that would have been handy in adaption to the changes in the ICT environment. Watering (2004) further reckoned that education and income level also play a big role in determining the ability by the aged to adapt to new technology. Other aspects of aging that hindered older person's ability to adapt to new technology are such as potential decrease in the sense of hearing and vision. Older persons would also perceive technology as something not actually meant for them as it was quite challenging for them to learn the mechanisms of these technological devices at an advanced age. Whereas Watering (2004) analyzed the extent of elderly persons' digital participation noting the social, economic and biological deterrents, the author did not necessarily link the limited participation to social exclusion, a gap that this study managed to address.

Eurostat (2011) reported that only 37% of people in Europe aged between the ages 55 and 74 used the internet at least once a week. This was compared to the 73% of individuals between the ages 25-54 who used the same internet at least once a week. These findings showed that a

greater proportion of the elderly persons in Europe lived in low income households as compared to the younger population and were less likely to access new technology which explains the digital divide that exists in the online community. The other hindrances to access to technologies were physiological challenges associated with the aging population (Eurostat, 2011). In the Kenyan context, GOK (2014) also viewed vulnerability of elderly persons in terms of digital exclusion pointing out the growing number of persons reaching old age with limited knowledge in ICT. Kimani (2017) additionally observed that factors such as poor infrastructure and weak network signals especially in the rural areas where most elderly reside hindered access to ICT. Whereas studies in Kenya (GOK, 2014; Kimani, 2017) estimated limited elderly persons' access to ICT, there was limited information in their literature linking elderly persons' level of access to ICT to their social exclusion, a gap that this study was able to address.

Feist and McDougall (2013) reported that the modern technological devices were not fully utilized by the elderly population yet it was actually the population that stood a chance of benefiting more from modern technology that could assist them in running errands more effectively. ICT according to Feist and McDougall (2013) had the potential of reducing isolation as well as enabling access to information especially for those with difficulty in physical mobility. Recent studies (Arenas *et al.*, 2015; Keränen, *et al.*, 2017; Quan-Haase *et al.*, 2017; Tsai, *et al.*, 2017) have concurred that ICT had the potential contribute to the improvement of the quality of the social welfare of older persons. The authors identified social networking, hobbies and home delivery services as having the potential of improving the quality of their lives.

These studies (Arenas *et al.*, 2015; Keränen, *et al.*, 2017; Quan-Haase *et al.*, 2017; Tsai, *et al.*, 2017; Feist and McDougall, 2013; Barbosa & Amaro, 2012) affirm that ICT can indeed play a big role in the livelihood of older persons. In addition, these studies lend credence to the fact that adoption of ICT by older persons greatly reduces their sense of loneliness as well as maintaining their cognitive abilities and that participation in online platform add values to elderly persons' social capital. In Kenya, ICT can similarly play a big role in promoting the welfare of elderly persons through access to information, socialization and access to money transfer services across mobile platforms. Therefore, limited elderly persons' access to ICT invariably influenced elderly persons' social exclusion as this study found.

In conclusion, the studies cited in this review demonstrate the relevance of elderly persons' access to ICT to the social exclusion discourse. The studies have demonstrated the potential of ICT in prevention of digital exclusion. However, the studies point to limited access to ICT by elderly persons. This provided the basis for interrogating the influence of elderly persons' limited access to ICT on their social exclusion. This study therefore assessed elderly person's level of access to various forms of ICT such as radio, television, mobile phones and computers as well as the effectiveness of their use in maintaining social ties with their relatives and members of the community. Lastly the study was able to gauge elderly persons perception on their social exclusion based on their level of access ICT access and digital participation.

2.4 Family and community support systems and social exclusion

Recent studies in Kenya (Mwanzia, 2015; Haki Jamii, 2014) have reported the declining effectiveness of the family and community support structures in providing for elderly persons social protection despite being the institution that has traditionally been charged with the responsibility of providing for the welfare of its members. Mboya (1963) had earlier on observed that whereas Kenya-Africans would migrate to urban centres to look for employment, they maintained strong social ties with their rural community and depended on these structures as informal social security systems but with strict social obligations to their members. These systems were mostly reliable during an individual's sickness and in old age. While the observations by Mboya (1963) were an accurate representation of *African Socialism* as it prevailed then in the Kenya-African traditional societies, a lot has changed in contemporary times as these family and community support structures have since been disrupted by modernity and urbanization factors (GOK, 2014).

In a study carried out in South Nyanza, Likaka (2012) observed that despite the changes in the social structures due to modernity, family and community support systems have remained intact. Likaka (2012) agreed that the family still maintained its primary role of ensuring social protection of the elderly persons placing responsibility on their children and the extended family. The author however notes that these structures have lately been under serious stress as result of modernity and rapid urbanization. Likaka (2012) contends that these socio-economic changes had a significant influence on not only the livelihood but also the status of the elderly persons. Evidently, Likaka (2012) focused on the declining of social roles of elderly persons with little emphasis on social exclusion. The author was also concerned with the coping strategies adopted by elderly persons in response to the socio-

economic changes. Whereas the study by Likaka (2012) provides some insights on various aspects of elderly persons' formal and informal social protection, the study's limitation was its less focus on social exclusion factors which the current study was able to address.

Mwanzia (2015) estimated a decline in the effectiveness of family institution in providing social protection to elderly members partly due to migration of younger members to cities and towns in search for employment and other better life opportunities. The author's perspective however focused on establishing the impact of older persons' cash transfer on the elderly concluding that it had a significant impact on their livelihood by enhancing their ability afford basic needs including nutritional and health services. Mwanzia (2015) also focused on challenges faced by elderly persons receiving cash transfers, observing that the services were not elderly persons friendly since majority had to travel long distance to receive such services. The author paid little attention to the influence of the weakened family and community support structures on elderly persons' social exclusion, a gap that this study was able to address by evaluating the influence of the family and community support systems on elderly person's social exclusion in Alego-Usonga.

In Kenya, social protection strategies have been formalized through explicit social security programs such as contributory pension schemes and health insurance cover (GOK, 2011). Abbott and Pollard (2004) in Philippines however noted that a considerable number of elderly persons in developing countries were not covered by pension schemes largely due to the casual nature of their life long occupations. This implied that the traditional family social support systems could still be relied upon as the main source of security. Nabalamba and Chikoko (2011) observed that in Africa, family and the community still continued to play a critical role in providing for the wellbeing of elderly persons not covered under the formal social security schemes. Nabalamba and Chikoko (2011) observed that there was need to create community based care systems in the provision of older person's services and needs. Nabalamba and Chikoko (2011) also estimated that increased job opportunities in rural areas would be an important step in reducing social exclusion of older person since that will have provided an incentive for the younger population to continue staying in the rural areas. They however reckoned that there was an unprecedented decline of the traditional family support system both in terms of cash and social support occasioned by aspects of social change such as urbanization. Whereas Nabalamba and Chikoko (2011) attempted to examine the changing family structure and the reduced elderly persons' networks, their study largely attributed their changing nature to the shrinking family size occasioned by adult mortality which was not an

area of focus in this study. Further, the study by Nabalamba and Chikoko (2011) paid little attention to social exclusion factors such as outmigration as well as elderly persons' digital exclusion in the context of the online social networks that have recently emerged, a gap that the current study was able to address.

Haki Jamii (2014) reported that social protection within the family and community support structures was growing weaker. The authors noted the traditional family and community support structure had become unreliable since remittances from family members were not automatic as the migrant offspring were mostly preoccupied by other pressing social responsibilities where they lived. The fewer family members with jobs could found it challenging caring for the rest. Other aspects of modernity which may have a negative influence the traditional family support system include economic shocks that have a direct bearing on the level of remittances. This lends credence to the changing family support structures as a result of modernity thereby vindicating the objective of the current study.

However, a conflicting perspective against the notion of weakened of family support system was held by Knodel and Saengtienchai (2005) in Thailand who contended that the traditional family support systems are still strong. Knodel and Saengtienchai (2005) coined the concept of a 'modified extended family' to describe the relationship between the rural parents and their migrant adult offspring. Knodel and Saengtienchai (2005) noted that the ties between rural parents and their migrant offspring did not necessarily dissolve. The view is informed by the fact that family ties could be maintained notwithstanding the distance, courtesy of modern communication means. Knodel and Saengtienchai (2005) pointed out that instances of deserted older persons were exceptional. While the study by Knodel and Saengtienchai (2005) points to the significance of technology in maintaining close social ties, what was missing in their works was a detailed analysis on the extent of elderly person's utilization of various forms of ICT. Oucho *et al.* (2014) however presented both the positive and negative impact of out-migration on the family unit. They observed that while on one hand migration of older person's offspring to urban areas had the potential of improving the family living standards, on the other hand it presented potential problems in the urban areas such as mushrooming of slums. The study did not however assess the extent of communication between elderly persons and their migrant offspring and extent of social and financial support to corroborate the affirmation of improved wellbeing being of those left behind resulting from outmigration.

In conclusion, the studies reviewed in this section provide great insight on the potential of the traditional family and community systems as sources of informal social protection. Whereas the authors acknowledge the critical role of the family and community support systems in providing informal social protection for the elderly, there is very little endeavor to examine the influence of these weakened family and community support structures on older persons' social exclusion. To address this gap, this study examined the family and community support structure in terms of their capacity to provide elderly persons' income security, home-based care, nutritional support, health support as well as recreation and entertainment.

2.6 Theoretical Framework

This study was guided by ageing theories to illustrate factors influencing social exclusion of elderly persons. The theories applied in this review are the Disengagement Theory of Ageing and the Modernization Theory of Ageing.

2.6.1 Disengagement Theory of Ageing

The theory was developed by Cumming and Henry (1961) basing their propositions on findings of a study they carried out on older persons of Kansas City in the United States. The Disengagement theory states that the elderly inevitably undergo a process of adjustment as they have to retire from important community roles and narrow their life spheres to only friends and relatives. The theory suggests a favourable withdrawal or retirement of older persons from active participation in social realms. Cumming and Henry (1961) pointed out that disengagement theory implies voluntary withdrawal of older persons from active participation in socio-economic and political realms. Cumming and Henry (1961) were however keen to acknowledge the role of socialization by social structures and institutions into accepting withdrawal by older individuals from active involvement in key societal realms. This lends credence to the influence of social structures and institutions on disengagement of the elderly from societal activities.

The theory postulates the inevitability of ageing and therefore suggests the reduction of participation of the aged as well as interaction between them and other members of the community. The theorists observed that the process of disengagement is quite natural and acceptable. This was the first theory of Gerontology that was developed to offer explanation on the socio-psychological implications of ageing. The following are a set of arguments that were advanced by the proponents of the disengagement theory. Firstly, they observed that every individual in the society expects to grow old and therefore one's strengths are expected to deteriorate and by extension weakening their ties with the mainstream society. Secondly,

they postulate that the process of disengagement becomes a self-perpetuating process given that the aged who form a minority group would enjoy the freedom from norms that would have otherwise applied to them if they had stronger interactions.

Thirdly they acknowledge the varied level of disengagement between men and women given the different roles they play in different societies. They also assert that due to ego changes, the aged are likely to experience deterioration of their skills overtime and therefore it is necessary to have young crop of individuals take over their roles as they retire. The theory emphasizes that the process of disengagement of individuals is in tandem with societal expectations and that if either the society or the individual is not ready then continued engagement prevails.

The proponents of the theory further postulate that the centrality of roles is such that if one is not able to discharge his roles effectively then he does not live to fulfill his purpose, therefore disengagement provides the old with an opportunity to discharge new roles which they are likely to fulfill. Disengagement is necessary for the individual because of brevity of life and time as loss of passion and energy to continue discharging old roles grows. On the other hand society may accept disengagement due to various social and occupational requirements. The theorists note that disengagement is likely to reward the individual as the vertical solidarity transforms to horizontal solidarity. Lastly they hold that the process of disengagement is determined by the social structures.

In the current study, of primary concern were the factors influencing social exclusion of elderly persons. While disengagement and social exclusion are not synonymous, their implications on the livelihood of elderly persons are quite similar. The element of reduced social contact between the elderly and their migrant offspring is consistent with the nature of disengagement contemplated by the disengagement theorists. Disengagement also corresponds with the systematic nature of social exclusion of the elderly characterized by existence of norms and values that promote limited participation of the aged in various social realms. The current study relies on this theory to explain reduced social contact and weakened social ties between older persons of Alego and their migrant adult offspring. Alego in Siaya (which is predominantly rural and is characterized by return migration of elderly individuals upon reaching retirement age coupled with outmigration of elderly person's offspring) presents the element of disengagement of the elderly from active participation in development thus justifying examination of elderly persons' wellbeing within the context of disengagement theory. Society generally views rural areas as the ultimate retirement destination for individuals a perspective which is in harmony with the disengagement theory.

The theory also illustrates the limited elderly person's involvement in more demanding income generating activities caused by deterioration in might and skills. The income concept is quite important in gauging social exclusion since low income level or poverty is key component of material exclusion and therefore making the theory relevant in analyzing the socio-economic status of the elderly persons. The current study assumes that less participation by the elderly in economic activities implies increased vulnerability given the limited coverage of pension schemes but the situation is worsened by the ineffective family and community support systems.

The theory is also relevant in explaining how society views elderly person's limited access to ICT and participation in online platforms as normal while on the other hand, making it imperative for members of the younger age groups to participate in online interactions a situation that leads to what social media studies refer to as the digital divide.

In conclusion, the disengagement theory is quite relevant in explaining the systematic detachment of elderly persons from societal realms a situation which smartly corresponds with key aspects of social exclusion of elderly persons such as weak social interaction with family and community members. However, the theory does not effectively illustrate social exclusion of the elderly in terms of its connection to contemporary factors such as outmigration of elderly persons' offspring and the weakened family and community support structure as better illustrated by Modernization theory of ageing in the next section.

2.6.2 Modernization Theory of Ageing

Modernization theory borrows largely from the works of the 19th Century Sociologists. Two Scholars are credited for developing the theory in aging context in the 1970s. They are Donald Cowgill and Lowel Holmes. Their perspective was premised on the argument that society in the 20th Century was experiencing a shift from a craft or peasant production to a more complex one characterized by industrialization and sophisticated modes of production. The theory identified four main components of modernization namely health technology; economics; industrialization; urbanity and education. The theory postulates that improved health led to the increase in the life expectancy and by extension an increase in the proportion of individuals within the aged bracket. Increased life expectancy however according to the theory did not necessarily translate to increased longevity of service since societies had formally defined retirement age. This meant that older workers were no longer required to offer their services in their respective organizations. Retirement thus denoted decline in the role and status of the aged individuals. This however identifies more with European societies

where majority of older persons are pensioners, but relates to Alego when it comes to the aspect of return migration by pensionable individuals upon reaching retirement age.

It is further postulated by Modernization theorists that as a result of advancement in the economy and rapid increase in industrialization as well as technology, new occupations and roles are created that only the young can readily adapt to. The younger acquire skills and move to the locations of these factories. The roles of the older people on the other hand are rendered obsolete and aged is therefore relegated to less prestigious roles. It is noted that while in the traditional societies, the higher status ascribed to the older persons meant the young ones were dependent on the aged, the changes occasioned by industrial labour market dynamics have made older persons more dependent on the young. This can be used to explain the dependency of elderly persons on their migrant offspring who had moved to towns in search of better life opportunities.

The theory postulates that urban areas and especially factory locations highly attract the younger population. Rapid urbanization thus leads to isolation of the older family members in the rural areas and also reduces the social ties that previously existed in the traditional extended family. This also goes a long way with radical change in the role and status of the older members. The theory goes further to outline that the situation has increased the spatial distance between the young and the old as well as changed radically the nature of intergenerational relations. The theorists view that upward mobility of the young is associated with the downward social mobility of the aged. It illustrates the influence of the weakened family and community support systems on elderly persons in Alego who are left behind by their migrant offspring.

Further, the theorists observed that emphasis on scientific knowledge at the expense of indigenous form of knowledge has the potential of creating inequalities in knowledge base and conflict in the understanding of social realities, an aspect that further increases the generational gap. Therefore, development of science and technology to a great extent rendered the traditional roles ascribed to the old as obsolete given their peripheral position in the industrial economy. Modernization theory hence suggests a lineal relationship between modernization and the decreasing status of the aged in the society.

The theory was relevant in this study as it illustrated the social construct of elderly persons' retirement from the labour market. It cites modernization as the key driver of the systematic relegation of the old from active participation in key social spheres. However the theory

relies on the assumption that activity only means employment. It disregards self-employment which may not have a stipulated retirement age. The theory also ignores why certain positions in both private and Public sector continue to be occupied by the old and more experienced even with the advancement of technology.

Secondly, modernization theory is very relevant in explaining how aspects of modernity such as urbanization and development of ICT have influenced the decline in the status of the aged and deterioration in social wellbeing due to the migration of the young to urban centres in search of better life opportunities leaving the old behind in rural areas. This phenomenon smartly corresponds with the situation in Alego which is characterized by outmigration of persons of working age group to more industrialized town.

In conclusion the theory is quite relevant since it illustrates the relationship between modernity and the status of older persons. The theory was relevant to this study in terms of explaining the possible linkage between social exclusion of the aged and aspects of modernity such as outmigration of older person's offspring, elderly persons' access to ICT and the weakened family and community support structures.

2.6.3 Synthesis of the Theories

The current study has used both the Disengagement theory of Ageing and Modernization theory to illustrate the nature of social exclusion of the elderly and to understand the role of social structures in perpetuating such exclusion. Both theories are in harmony with the view that ageing process is connected to reduced participation of older persons in societal activities. Further, both theories highlight the lead role played by social structures in determining reduced participation of individuals as they age. Whereas disengagement theorists view older person's retirement as normal process of ageing, dictated by social structures, modernization theory goes further to associate the decline in the status of older persons to modernization as an aspect of social change. This possible influence of modernity on aging is the point at which modernization theory makes up for the limitation of disengagement theory in explaining social exclusion within the context of outmigration, ICT and weakened of the family and community support systems. Therefore, while decline in the status of the elderly is perceived by the Disengagement theorists as traditional, modernization theorist view possible decline as contemporary. It is however critical to note the linkage between weakened on social ties and aging process as brought out by both theories. This was

quite relevant to the case of the elderly persons in Alego who experienced reduced contact with their migrant offspring.

Further, both theories are useful in explaining migration tendencies of youths in urban areas. Modernization theory cites aspects of modernity such as technology, industrialization and urbanization that mainly serve as pull factors when it comes to youth migration to urban areas creating a digital divide between migrant offspring and the elderly persons left behind. The limited participation of elderly persons in digital platform is also explained by disengagement theory which contemplates reduced participation of the elderly in social activities as well as social ties with younger population group that tends to be technologically savvy.

Lastly, both theories focus on the role of social structures in influencing social exclusion of the aged. The family just like any social institution has greatly been influenced by aspects of modernity. Modernization is linked to the changing family and community structures such as weakened social ties among family and community members which accelerates disengagement of older persons from societal realms.

In conclusion, modernization theory of aging and disengagement theory serve to illustrate the situation in Alego whereby aspects of modernity such as migration trends of the youths, changes towards ICT assisted interactions as well as the weakened family and community support structures had an influence on elderly persons' social exclusion.

2.7 Conceptual Framework

This section provides a diagrammatic representation of the relationship between independent and dependent variables and also identifies the intervening variable.

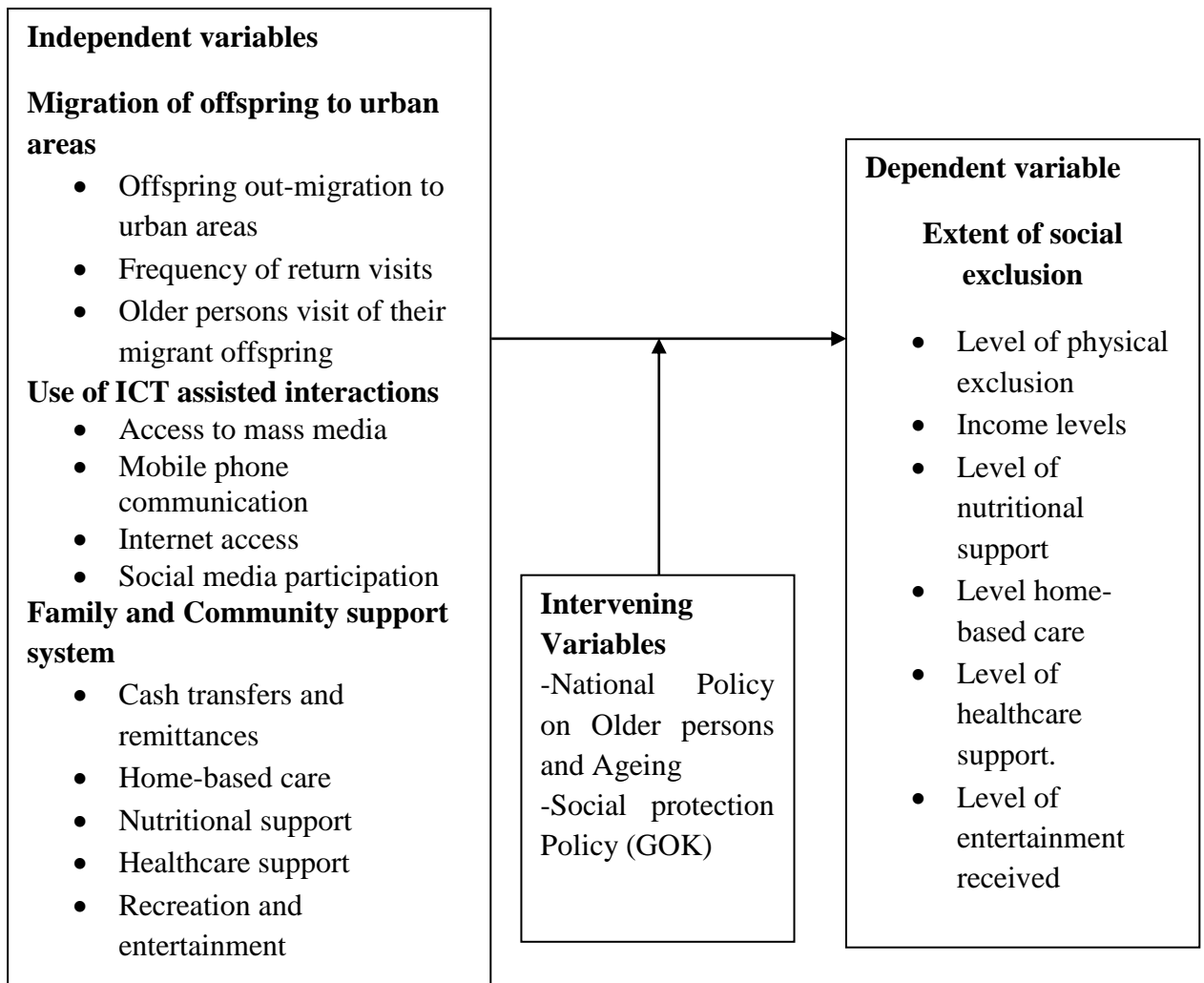


Figure 2.1: Conceptual Framework

Independent variables include rural-urban migration of elderly person's offspring which is assessed in terms of the influence of offspring out-migration to urban areas, frequency of return visits and elderly persons' visit of their migrant offspring in relation to elderly persons' social exclusion. Access to ICT is measured in terms of use of elderly persons' use of various ICT platforms such as to mass media, mobile phone communication, internet access and social media participation. The third independent variable (family and community support systems) is measured in terms of provision of elderly persons' social protection services which include cash transfers and remittances, home-based care, nutritional support, healthcare support entertainment are recreation.

All the three independent variables are analyzed in relation to how they influence levels of social exclusion (dependent variable) among the elderly in context of the National Policy on Older Persons and Ageing as well a National Social Protection Policy (intervening variables) which provides guidelines for provision of elderly persons' services.

CHAPTER THREE

METHODOLOGY

3.1 Introduction

This Chapter provides a description of the Study Area, Research Design, Study Population, Sampling Procedure, Methods of Data Collection, Unit of Analysis, Methods of Data Analysis and Ethical Considerations.

3.2 The Study Area

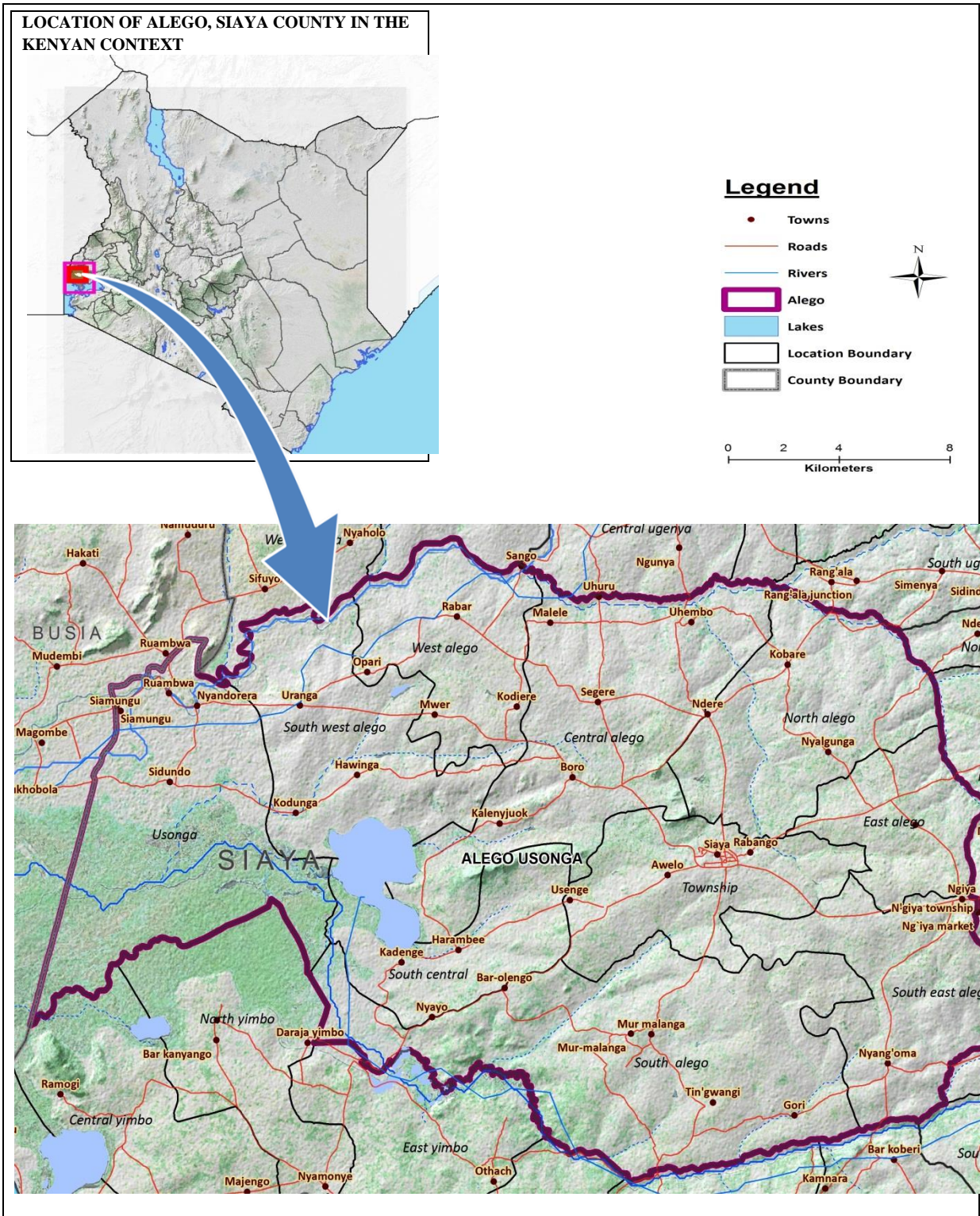
The area of study is Alego Usonga Constituency which hosts Siaya County headquarters. Siaya County is one of the 47 Counties created under the Constitution of Kenya (GOK, 2010). It is located in the Western part of Kenya as depicted on the map appended in page 29. The neighbouring Counties are Busia to the North, Vihiga and Kakamega to the North East and Kisumu to the South East. The relatively longer distance of Siaya County from the Country's capital city, Nairobi, to which majority of youths migrate made the study of social exclusion of the aged in Alego-Usonga relevant due to the resultant limited contacts between the older persons and their migrant offspring .

According to studies (Arudo, 1988; GOK, 2018) the growth of Siaya town which is the Sub-County headquarters of Alego has been relatively slow as compared to the neighbouring towns such as Homabay, Bondo and Busia despite being among the oldest towns in the Western region. The slow economic growth can be attributed to the outmigration by locals who are reluctant to invest back at home for various reasons. This has been a common trend in Alego since independence as explained in the literature review section. According to GOK (2018), over 90% of the Alego and Siaya County at large is rural. In addition, Oucho *et al.* (2014) viewed the area as one of the leading outmigration centres in Kenya, making possible influence of such migration on elderly persons relevant. According to GOK (2018) some of the challenges faced by the elderly persons in Alego included lack of income, poor health and nutrition as well as lack of access to social security. These factors formed the basis of inquiry into elderly persons' social exclusion in this study.

In Alego, Siaya, there is hardly any reliable statistics on the proportion of elderly persons receiving pension benefit as well as those enrolled in social protection programs by NGOs or CBOs. As for the National Safety net provided by GOK, there were about 637 households with older persons receiving the Older Persons Cash Transfer fund according to Siaya Sub-County Social Development office as at January 2018. The eligibility criteria for those

receiving the non-universal cash transfer are that: one has to be above the age of 65, poor and vulnerable. Those who meet the criteria have to be resident of the County for 12 months prior to application for enrolment into the program. The universal cash transfer that was earmarked for persons above the age of 70 years had not been operationalized as at January, 2018 during the field data collection for the current study. The eligibility criteria inevitably leave out those between the ages 60-64 who also fall within the category of elderly persons according to the definition of the UN (2013) including all persons of 60 years and above. The program scope is only limited to provision of the OPCT fund with very little focus on strengthening community-based care for protection of elderly persons' wellbeing.

Majority of elderly men and women are likely to be socially excluded due to limited social contact with their close relatives, and are most likely not covered under formal social protection schemes such as NHIF and NSSF given that majority had not been in formal employment during their active years. Most elderly live in abject poverty, while the rest depend on the traditional family support structures for survival (GOK, 2018). There was however limited data of elderly person's access to ICT services as well limited literature on the role of family and community support structures in protection of elderly persons in Alego. The current study was thus able to bridge these gaps by examining how rural-urban migration of the older persons' offspring; elderly persons' limited use of technology and the weakened of the tradition family and community support systems had an influence on elderly persons' social exclusion.



Source: CETRAD (2016)

3.3 Research Design

The study adopted both quantitative and qualitative designs. Through a quantitative approach, the study mainly applied cross-sectional survey method as it was concerned with understanding the characteristics of the study subjects as they exist at one point in time as well as reliance on existing differences between study subjects as opposed to investigating change of characteristics resulting from any intervention. Further, survey allowed sampling of a few subjects with a view of obtaining information that was representative of the study population. Nyandemo (2012) posits that survey concentrates on the frequency of responses on the same question as opposed to attributes of a single case. On the other hand, qualitative design was mainly implemented using in-depth interview of purposively selected key informants, namely the Director of Social services, County Government of Siaya and the Chairperson of Siaya Elderly Persons' welfare Association. The qualitative data corroborated and complemented the quantitative data.

3.4 Study Population

According to GOK (2010) the population of persons above the age of 60 years in Siaya County as a whole was 63,299 and was projected at 72,523 by 2017. The study population was comprised of elderly persons in Alego above the age of 60 years estimated at around 16,134 persons in 2017.

3.5 Sampling Procedure

The study area, Alego was selected purposively, supported by historical evidence of outmigration in the area (Arudo, 1988: Oucho *et al.*, 2014). This study adopted a two-stage cluster sampling where the initial step was to divide the study area, Alego Constituency into ten clusters adopting the 10 administrative units (Locations) namely Siaya Township, East Alego, South Alego, South-East Alego, North Alego, Central Alego, South-Central Alego, West Alego, South-West Alego and Usonga Locations. Subsequently, the researcher purposively selected five locations/clusters so as to only include clusters that were predominantly rural from the list of ten clusters identified. The five selected clusters were South East Alego, South Central Alego, North Alego, East Alego and Usonga.

The next step involved the selection of elderly persons to be interviewed from each of the five sampled clusters through the following procedure; in each of the five selected clusters, a sub-frame consisting of about 600 households (headed by elderly persons) was adopted from the household cluster frames designed by the Kenya National Bureau of Statistics. Household-based identification was more effective due to unavailability of alternative lists of

elderly persons. Lastly, based on the sample interval of 30 selecting every 30th person, a sample of 20 elderly persons (respondents) from each of the five selected clusters was drawn systematically bringing the total sample to 100 respondents. Sample interval of 30 was arrived at by dividing 600 by 20 respondents to be interviewed per cluster. According to Mugenda and Mugenda (1999) the researcher obtains a sample interval by dividing the population by the sample size.

The sample size for the study was informed by the formula by Yamane (1967) shown below;

$$n = \frac{N}{1 + N(e)^2}$$

$$n = \frac{16,134}{1 + 16,134 (0.10)^2}$$

$$n = \frac{16,134}{1 + 161.34}$$

$$n = \frac{16,134}{162.34}$$

$$n = 99.38 \Rightarrow 100 \text{ Respondents}$$

Where N is the estimated population size, n is the sample size and e is the degree of precision (error margin). From the above formula the sample size from an estimated population of 16,134 persons calculated at 95% confidence interval, using a desired degree of precision of ±10% generated a sample size of 100 respondents.

3.6 Unit of Analysis

The units of analysis in this study were elderly persons in Alego-Usonga, who were above 60 years of age and were decision makers at household level.

3.7 Methods of Data Collection

The main tool for data collection in this study was an interview schedule. The researcher administered the interview schedule by asking the questions, probing and inputting the appropriate response in the interview schedule. The supplementary tool was an in-depth interview administered to key informants who included the Director of Social Services, County Government of Siaya and the Chairperson of Siaya Elderly Persons Welfare Association. Qualitative data from the in-depth interviews complemented the quantitative data generated from the interview schedule and also controlled possible bias emanating from one technique.

3.7.1 Interview Schedule

The Interview schedule was the main data collection tool for this study. Nyandemo (2012) observed that this particular tool is very much like a questionnaire tool with difference only apparent when it comes to administration. In schedules, an enumerator poses the questions to the respondent and fills in the appropriate responses in the tool. Nyandemo (2012) noted that this method was more likely to generate reliable results due to the extensive probing, cross-examination and clarifications that the respondent benefits from a competent enumerator. The interview schedule adopted in the current study had the following components; demographic characteristics of the study subjects, migration Patterns of older person's offspring, level of elderly person's participation in ICT based social interactions, and evaluation of the nature of Family and community support structures.

3.7.2 In-depth Interview

This tool was semi-structured with questions that allowed for greater flexibility in terms of response. In this study, the tool generated a richer qualitative data around the study objectives. To facilitate analysis, the audio information was transcribed to written form. This was also complemented by note taking during the interview to sieve information that is most important for onward qualitative analysis.

3.8 Data Analysis

Data analysis was both qualitative and quantitative. Quantitative data was generated from the structured interview schedule, analyzed and presented in form of descriptive statistics such frequencies and percentages since the study adopted a descriptive research design. The researcher applied data analysis software known as statistical package for the social sciences (SPSS). To facilitate data entry, the researcher first created an SPSS file and at the SPSS code book, defined the codes which would represent the values to be measured. Data from duly completed structured interview schedule was then entered into the SPSS data view. Once all the data had been entered the researcher run the data to generate frequency tables. According to Mugenda and Mugenda (1999) frequency tables indicates the number of times a given response occurs or the number of subjects representing a given category.

In this study, tables enabled presentation of frequencies of the characteristics studied under each of the specific objective. Under the first objective (outmigration of elderly persons' offspring), the researcher analyzed; the extent of outmigration within the family, extent of dispersal, push and pull factors of outmigration, frequencies of return visits by migrant offspring as well as frequencies elderly persons visit of migrant offspring. Under the second

objective (elderly persons' ICT access), the researcher analyzed frequencies for access to various media sources namely, newspaper, radio, television, phone and internet. Further, the researcher gauged frequencies of various ICT uses as declared by the respondents. Under the third objective (family and community support structure), the researcher similarly gauged the frequencies in terms of access to various social protection services provided by the family and community, namely home-based care, healthcare, nutrition, entertainment as well as cash assistance. Lastly, the study was able to gauge elderly persons' perception on their social exclusion in relation to all the three independent factors (outmigration of offspring, ICT access and weakened family and community support structures).

On the other hand, qualitative data was generated from the audio content that was recorded in the course of in-depth interview, transcribed and presented in form of excerpts to complement the quantitative data. The narratives were presented around the study objectives namely; migration patterns of older person's offspring, level of elderly person's participation in ICT based social interactions, and evaluation of the nature of family and community support structures

3.9 Ethical Considerations

The current study was guided by the ethical consideration and principles in social research. Firstly was to ensure that the researcher obtained voluntary consent from the study participants before either tool of data collection was administered. Upon meeting the respondent, the researcher introduced himself, stated the purpose of the study and the institution that the current study was affiliated to. The respondents were also guaranteed confidentiality of the information they provided. Following the approval of the study by Egerton University and the ethical committee, the researcher was able to obtain a research permit from the National Commission for Science Technology and Innovation (NACOSTI) and an introductory letter from the County Commissioner, Siaya informing the subjects that the study was authorized.

CHAPTER FOUR

RESULTS AND DISCUSSIONS

4.1 Introduction

This chapter presents the results of the study as well as a discourse on the findings around the study objectives and the research questions. The results section covers the respondents' demographic information; out-migration of elderly person's offspring; elderly persons' access to ICT; the nature of the family and community support systems and how they influence social exclusion of the elderly in Alego-Usonga. The discussion section does the evaluation of the results in line with the study objectives setting ground for the study's conclusions.

4.2 Results

4.2.1 Respondents' demographic information

It was important for the study to first and foremost examine the respondents' demographic information. This provides a contextual description of the study subjects in terms of gender, age, marital status, religion, level of education and employment status during their active years. It lays ground for understanding the general characteristics of the study's unit of analysis.

4.2.1.1 Respondents' gender

The gender information of the elderly persons was necessary as it enabled comparison and analysis of social exclusion among both male and female categories of elderly persons. The results on gender characteristics of the respondents are as shown in the table below and forms part of subsequent analyses.

Table 4.1: Gender

Gender	Frequency	Percent (%)
Male	46	46
Female	54	54
Total	100	100

Table 4.1 shows that 46 % of the respondents were males and 54 % were females. The gender composition indicates that the number of women respondents was slightly higher than their male counterparts.

4.2.1.2 Respondents' ages

The study examined the age characteristics of the study subjects. The descriptive statistics relating to the variable age is shown in the table below.

Table 4.2: Elderly persons' age descriptive statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Male	46	61	101	71.85	9.06
Female	54	61	89	71.52	8.16
Overall	100	61	101	71.67	8.54

Table 4.2 shows that youngest elderly person was 61 years while the oldest was 101 years. The average age of the elderly persons was 71 years for both males and female respondents. The overall standard deviation was 8.54. The standard deviation for men was 9.06 and that of women was 8.16. This implies that the data set was fairly spread as opposed to being clustered around the mean hence fairly distributed.

4.2.1.3 Marital status

The study established respondents' marital statuses whose frequencies are as shown in the table below.

Table 4.3: Marital status

Marital Status	Frequency			Percent
	M	F	Total	%
Single	1	1	2	2
Married	20	15	35	35
Divorced	1	1	2	2
Separated	1	1	2	2
Widowed	23	36	59	59
Total	46	54	100	100

Table 4.3 shows that 2% of elderly persons reported being single, 35% were married, 2% were divorced, 2% were separated and 59 % were widowed. The data shows that majority of the elderly persons were widowed at 59% with men accounting for 23% and women 36%.

The results show that among those who were widowed, women were more than men. This is likely due to the gender variation in life expectancy skewed against men.

4.2.1.4 Respondents' religion

The study also sought to establish the respondent's religious affiliation. The results are as shown in the table below.

Table 4.4: Respondents' religion

Respondents' religion	Frequency			Percent
	M	F	Total	%
Catholics	24	23	47	47%
Protestants	22	31	53	53%
Total	46	54	100	100

Table 4.4 shows that 47% (comprising of 24% men and 23% women) of elderly persons reported being Catholics while 53% (comprising of 22% men and 31% women) reported being Protestants. There was nil representation of other religion such as Islam, Hindu and traditional religious groups. The data therefore shows that the study participants were mainly Catholics and Protestants.

4.2.1.5 Respondents' level of education

The study also sought to establish the level of education among study subjects. The results are as shown in the table below.

Table 4.5: Level of education

Level of Education	Frequency			Percent
	M	F	Total	%
Never Attended school	13	19	32	32
Primary	14	23	37	37
Secondary	6	5	11	11
Vocational Training	4	8	5	5
Middle level College	8	6	14	14
University	1	0	1	1
Total	46	54	100	100

Table 4.5 shows that 32% of the elderly persons never attended school at all, 37% only attended up to Primary School level, 11 % attended Secondary, 5% attended up to vocational training level, 14% Middle level college and only 1% attended University. Overall, the results point to low education levels among both male and female elderly persons as shown in the disaggregated data. This is likely to be due to the low school enrollment of persons of older cohorts in Alego during their childhood and youth. Given such low levels of education, a substantial proportion of elderly persons in Alego are likely to have minimal digital literacy thereby hindering their capacity to fully participate in the changing technical environment.

4.2.1.6 Respondents’ employment sector during active years

The current study also attempted to establish the employment sector in which the respondents mainly derived their earnings during their active working period. The results are as shown in the table below.

Table 4.6: Employment sector retired from

Employment sector during active years	Frequency			Percent
	M	F	Total	%
Formal	19	15	34	34
Informal	27	39	66	66
Total	46	54	100	100

Table 4.6 above shows that 34% of elderly persons had mainly worked in the formal sector while 66% worked in the informal sector. The results further indicate that for both men and women, a greater proportion had worked in the informal sector as compared to those who had worked in the formal sector during their active years. The results show that majority of elderly persons retired from informal sectors and therefore less likely to be covered by social security.

4.2.2 Out-migration of elderly persons’ offspring and social exclusion

The first specific objective of the current study was to establish the extent to which rural-urban migration of elderly persons’ offspring influence social exclusion of the elderly in Alego. Towards that end, the study examined elderly persons’ social exclusion against the following variables; the extent of outmigration in elderly persons’ household, the level of dispersion due to the outmigration, the pull and push factors influencing outmigration,

frequency of visits by migrant offspring and the frequency of elderly persons' visit to the migration destinations. Lastly under this section, the study gauged the view of elderly persons on their social exclusion given the extent of outmigration of their offspring.

4.2.2.1 Offspring migration status

The study attempted to establish the level of outmigration in elderly persons' household by their offspring. The results are as shown in the table below.

Table 4.7: Offspring migration Status

Outmigration destinations	Frequency			Percent
	M	F	Total	%
All living with the respondent	5	4	9	9
Some or one living with the respondent and others elsewhere	27	25	52	52
All living somewhere else	9	10	19	19
Does not have any living offspring	5	15	20	20
Total	46	54	100	100

Table 4.7 above table shows that 9% of the respondents were living with all their offspring, 52% reported migration of at least one offspring, 19% reported that all their offspring were living elsewhere while a further 20% did not have any living offspring. The results indicate that 71% of the elderly persons reporting total or partial outmigration of offspring representing a fair share of outmigration reported by both male and female respondents as evidenced by the gender disaggregated data. This provided the basis for interrogating the influence of such outmigration on elderly persons' social exclusion as corroborated in subsequent sections.

4.2.2.2 Extent of dispersion of migrant offspring and its influence on elderly persons' social exclusion

The study sought to establish the extent of dispersion of migrant offspring by asking the farthest migration destination towns or market centres. This applied only to elderly persons who had reported outmigration of their offspring. The results are as shown in the table below.

Table 4.8: Destinations of migrant offspring

Outmigration destinations	Frequency			Percent
	M	F	Total	%
Nairobi	11	21	32	45.1
Mombasa	13	5	18	25.4
Other towns outside Nyanza region	4	4	8	11.3
Kisumu and other towns within Nyanza region	4	4	8	11.3
Nearby market Centre	3	1	4	5.6
Not Known	1	0	1	1.4
Total	36	35	71	100

Table 4.8 above shows that of all migration cases 45.1 % reported the farthest town of migration as Nairobi, 25.4 % reported Mombasa, 11.3 % reported Kisumu, and another 11.3 % reported other nearby towns while only 5.6 % reported the furthest destination as nearby market Centre and the migration destination of 1.4 % is not known. In terms of gender, there was quite a significant difference, in that, more women than men who reported Nairobi to be the farthest outmigration destination while more men reported Mombasa to be the farthest migration destination as compared to the female respondents as shown in the gender disaggregated data. In total about 70.4 % of the respondents reported the farthest migration towns as being either Nairobi or Mombasa. The findings of the current study demonstrate high level of dispersion of migrant offspring, which denotes longer spatial distance between

the migrant offspring and the elderly persons left back at their rural homes therefore likely to contribute to elderly persons’ social exclusion.

4.2.2.3 Out-migration factors and their influence on elderly persons’ social exclusion

The study attempted to ascertain the factors influencing outmigration of elderly persons’ offspring in cases where the question was applicable. The results are as shown in the table below.

Table 4.9: Main reason for out-migration

Main reason for out-migration	Frequency			Percent
	M	F	Total	%
Employment	30	24	54	76.1
Education	4	2	6	8.5
Business	0	7	7	9.9
No house at home	0	1	1	1.4
Domestic feuds	2	1	3	4.2
Total	36	35	71	100

Table 4.9 above shows that of the migration cases reported, 76.1% mainly migrated in search of employment opportunities, 8.5% migrated for education purposes, 7% migrated to pursue business ventures, 1% cited not having rural houses as the main cause of offspring outmigration. While 3% was because of not being in good terms with the parents. No case was reported on migration mainly influenced by negative cultural practices. In terms of gender, a substantial difference existed among those who reported business to be a migration factor with nil response recorded for males against 7 for female respondents as shown in the gender disaggregated data. Overall the results show that outmigration factors were mainly employment and business opportunities.

A female respondent aged 82 years reported that:

“Joka ne odhi manyo. Dine abed kodgi kae, de onge kaka gikonyre. Gin kuro to seche moko ginyalo bedo modich ema omiyo ok gihiny dwogo” [“They migrated to look for opportunities to develop themselves. If they were to stay here with me, they would

have no sustainable basis of livelihood. They may be busy out there which explains why they hardly return”]. Source: Respondent 19 January 2018.

The above findings confirm that outmigration was mainly due to pull factors such as search for employment, business opportunities and education.

4.2.2.4 Frequency of rural home visits by migrant offspring

The study sought to examine the frequency of the rural visits by migrant offspring in cases where the question was applicable. It covered visits made within a span of one year.

Table 4.10: Frequency of rural home visits by migrant offspring

Frequency of home visits	Frequency			Percent
	M	F	Total	%
Never	10	4	14	19.7
Yearly	20	25	45	63.4
Monthly	4	4	8	11.3
Weekly	2	2	4	5.6
Total	36	35	71	100

Table 4.10 above shows that within one year preceding the study, 19.7% of the respondents reported no visit by any of their migrant offspring, while 63.4% reported a yearly visit, 11.3 % reported a monthly visit and 5.6 % reported weekly visits by their migrant offspring. The findings demonstrate substantial social exclusion among elderly persons of both gender with a majority figure of 63.4% reporting being visited only once in a year and another 19.7% reporting no visit at all by any of the migrant offspring. This indicates less physical and social contact between elderly persons and their migrant offspring.

4.2.2.5 Last visits spanning more than a year

A question was asked to respondents who did not report offspring’s visit within a period of one year to assess the offspring visits that were not recent. The results are as shown in the table below.

Table 4.11: Last visits spanning more than a year

Last Visits	Frequency			Percent
	M	F	Total	%
2-5 years ago	6	2	8	57.1
6-10 years ago	2	2	4	28.6
Over 10 years ago	2	0	2	14.3
Total	10	4	14	100

Table 4.11 above show that 57% of the less recent visits were between periods of 2 to 5 years ago, 28.6% were between 6 to 10 years ago and 14% made over 10 years ago. The findings provide additional insight on the limited nature of return rural visits with some dating back for more than 10 years which further corroborate the extent of physical exclusion of elderly persons as a result of outmigration.

A 72 year-old widower reported that:

Adak kenda, nyithinda budho ga saidi ka pok olima. Gidar kabisa, kata tudruok onge, sani igni osekalo mangeny to ok gi shughulika koda [I stay alone and my offspring haven't visited me for a very long time. They have migrated and there is hardly any communication, for a long time they haven't been concerned about my welfare].

Source: Respondent 19 January 2018.

From the above response and the data presented, it can be deduced that limited home visits by migrant offspring have had a significant bearing on elderly persons' social exclusion, both materially and non-materially.

4.2.2.6 Frequency of elderly persons' visit of migrant offspring

The study attempted to establish the frequency of elderly persons' visit of their migrant offspring's destination towns, in cases where the question was applicable. The result is as shown in the table below.

Table 4.12: Elderly persons' visit to offspring's destination towns

Frequency of Elderly persons' visits	Frequency			Percent
	M	F	Total	%
Weekly	0	1	1	1.4
Monthly	2	1	3	4.2
Semi-annually	1	2	3	4.2
Annually	4	2	6	8.5
Once in two years	1	2	3	4.2
Never	28	27	55	77.5
Total	36	35	71	100

Table 4.12 above shows 1.4% of elderly persons visited their migrant offspring less than a week prior to the study, 4.2% monthly, 4.2% semi-annually, 8.5% annually, 4.2% once in 2 years, 77.5 % never. The results indicate the limited nature of elderly persons' visit of their migrant offspring with 77.5% reporting not ever visited their offspring. This contributes to the limited social contact between the migrant offspring and the elderly persons.

4.2.2.7 Elderly persons' perception on the influence of outmigration on their social exclusion

The study sought to understand the respondents' perception on their level of exclusion as a result of the outmigration patterns of their offspring, in cases where outmigration was reported. The results are as shown in the table below.

Table 4.13: Elderly persons' perception on social exclusion

Level of social exclusion	Frequency			Percent
	M	F	Total	%
Completely excluded	7	12	19	26.8
Somewhat excluded	8	9	17	23.9
Fairly involved	11	11	22	31.0
Strongly involved	10	3	13	18.3
Total	36	35	71	100

Table 4.13 above shows that out of the total outmigration cases reported in 71% of the households 26.8% of elderly persons viewed themselves as completely excluded, 23.9% as somewhat excluded, 31% fairly involved while only 18.3 % affirmed strong involvement. The findings above indicate significant physical exclusion of elderly persons in relation to outmigration of elderly persons' offspring based on the elderly persons' own assessment.

The findings were corroborated by the Chairperson of Siaya County Older Persons' Association who reported that:

Migration is an area of concern to the livelihood of elderly persons. Elderly persons during their productive years raise their children with the expectation that they (elderly persons) will get something in return and that the children would provide some sort of social security in their sunset years. When the offspring mature they need to migrate to towns to look for employment opportunities due to scarcity of such opportunities in the rural areas, the elderly person is thus left behind.

Once migration has taken place and the offspring have settled in their destination towns, there is the tendency of the urban migrants to forget or ignore the welfare of the elderly persons left behind. This causes the elderly persons to suffer socially, financially and psychologically especially when they reflect on how they worked hard to raise the migrant offspring only to end up in solitude in old age. This largely contributes to the vulnerability of elderly persons. Source: Respondent 29 March 2018.

The responses above lend credence to the significance of outmigration of offspring in the analysis of elderly persons' social exclusion. The evidence adduced in this section confirms that indeed outmigration of elderly persons' offspring influenced social exclusion of both male and female elderly persons as corroborated by the disaggregated data.

4.2.3 Elderly persons' access to ICT and social exclusion

The second specific objective of the study was to examine the influence of elderly persons' limited access to ICT on their social exclusion. The study was particularly interested in gauging elderly persons' literacy statuses, access to print media, radio audience, Television viewership, phone ownership, internet access as well as analyzing the various ways in which access to ICT has influenced their social exclusion statuses.

4.2.3.1. Elderly persons’ literacy levels, access to ICT and their influence on social exclusion

The study sought to establish the elderly persons’ access to ICT. The results are as shown in the table below.

Table 4.14: Elderly persons’ literacy levels

Ability to read and write	Frequency			Percent
	M	F	Total	%
Able to read and write	28	28	56	56
Not able to read and write	18	26	44	44
Total	46	54	100	100

Table 4.14 above shows that literacy level, measured in terms of the respondents’ ability to read and write in any language, and was reported at 56%. The finding shows that a substantial proportion (44%) of the elderly of both gender that were illiterate which greatly affects elderly persons ability to access ICT and by extension propagating digital exclusion.

Table 4.15: Access to ICT and its influence on social exclusion

Access to ICT	Frequency			Percent
	M	F	Total	%
Access to newspaper	15	7	22	22
Radio audience	36	36	72	72
TV Viewership	20	15	35	35
Phone ownership and use	29	30	59	59
Internet access	10	3	13	13
Social media	7	2	9	9
Email services	6	2	8	8

Table 4.15 show that only 22% of elderly persons had access to newspapers, 72% listened to radio, 35 % viewed television, 59% owned mobile phones, 13% had internet access, only 9% participated in the social media and only 8% use of email services. The result further show gender variation in access to newspaper, internet and social media participation skewed

against females as shown in the gender disaggregated data. Overall, the results shows low elderly persons' access to various ICT services namely, newspaper, television, internet, email services as well as very low participation in social media platforms. This demonstrates substantial social exclusion since ICT plays a significant role in maintaining social ties and information access in the changing technological environment.

This digital exclusion was corroborated by a key informant, Chair Persons of Siaya Older Persons Welfare Association who reported that:

There are various modern means of communication such as cell phones that have the potential of improving the welfare elderly persons through increased interaction with their migrant relatives and the community at large. However, majority of elderly persons have limited access to these devices mainly due to low proficiency in their use and lack of ownership. In addition, physical or biological changes associated with ageing hinder elderly persons' capacity to utilize ICT in their day to day activities. This denies them access to information and limits their communication thus affecting them both socially and materially. Source: Respondent 29 March 2018.

As corroborated by the response above, majority of elderly persons in Alego had limited access to ICT. This was characterized by low literacy levels and limited access to mass media channels such as newspaper, radio and television as well as lack of phone ownership and limited internet access. This can be deduced to be having a significant influence on elderly persons' digital exclusion and by implication social exclusion.

4.2.3.2. Influence of ICT access on elderly persons' social exclusion

Over and above establishing elderly persons' level of access to ICT, the current study sought to gauge the influence of such level of access on elderly persons' social exclusion by examining a number of indicators, namely, money transfer from offspring, money transfer from relatives, money transfer from friends, communication with offspring, communication with relative, communication with friends, access to information/news, online chats. The results are as shown in table 4.16.

Table 4.16: Influence of ICT access on elderly persons' social exclusion

Influence of Elderly persons' ICT access	Frequency			Percent
	M	F	Total	%
Enabled money transfer from migrant offspring	25	27	52	52
Enabled money transfer from other relatives	20	22	42	42
Enabled money transfer from friends	15	13	28	28
Ease of communication with migrant offspring	25	27	52	52
Ease of communication with other relatives	20	28	48	48
Ease of communication with friends	19	20	39	39
Enhanced knowledge of current affairs	15	17	32	32
Enhanced participation in online platforms	9	3	12	12

Table 4.16 shows how the respondents benefited from ICT given their level of access to various forms of ICT. It shows that only 52% reported money transfer from their migrant offspring, 42% reported money transfer from other relatives, 28% reported money transfer from their friends, 52% reported enhanced their communication with their offspring, 48% reported enhanced their communication with their relatives, 39% reported enhanced communication with friends, 32% reported enhanced knowledge of current affairs and only 12% reported having maintained social ties assisted by the social media. The gender disaggregated data show low digital participation among both male and female elderly persons. In general, findings indicate that majority of elderly persons were still not benefiting from ICT as a result of their limited access.

The results suggest that majority of elderly persons had limited access to information, had less communication with other family members and the community at large as well as limited access to important services such as mobile money transfer services. This provides compelling evidence pointing to elderly persons' digital exclusion.

In comparison, those who reported more access to ICT reported how they have really benefitted from their ICT use. One of such respondents, a 72 year-old retired teacher reported that:

An kod sime omiyo anyalo tudra gi osiepe koda wede gi yore manyasani maber. Ayudo kaka atudra gi osiepe koda anyuola makare. Tudruok konya ngeyo weche piny kaka chalo. Bet e mbuyi ema omiyo angeyo weche matimre e piny ka kendo omiyo tudruok obedo mayot. Omiyo an makare nikech angeyo gima timore e aluora na kendo anyalo tudra gi ji e yor tudruok ma nyasani [I own a phone and therefore communication with my friends and relatives using modern means is effective. Access to ICT has enabled me to keep tabs with current affairs and has also enhanced effective communication. I therefore feel involved because I am well informed and capable of utilizing modern communication tools]. Source: Respondent 20 January 2018

As seen in the above response better access to ICT had the potential of improving information access as well better communication between elderly persons with such access and the community and thereby preventing social exclusion. It corroborates the fact that reasonable access to ICT can strengthen social ties between friends and relatives who are geographically dispersed. Therefore, limited access to ICT as shown by the current findings implies substantial social exclusion.

4.2.3.3 Elderly persons' perception of social exclusion in relation to their ICT access

The study sought to understand the respondents' perception on their level of exclusion as a result of their level of access to ICT. The results are as shown in the table below.

Table 4.17: Elderly persons' social exclusion in relation to access to ICT

Level of social exclusion	Frequency			Percent
	M	F	Total	%
Completely excluded	15	22	37	37
Somewhat excluded	12	14	26	26
Fairly involved	16	17	33	33
Strongly involved	3	1	4	4
Total	46	54	100	100

Table 4.17 above shows that 37% of the elderly persons felt completely excluded, 26% felt they were somewhat excluded, 33% felt they were fairly involved while only 4% felt strongly involved. These findings show considerable level of social exclusion of majority of both male and female elderly persons in relation to their limited access to ICT based on the disaggregated data.

One of the respondents, 71 years-old widow reported that:

Aonge sime koro tudruok kodgi tek. Ka po ni adwa tudra gi nyikwaya to nyaka akwa ngato simu eka aflash to seche moko aenono ka chal ma achando jirani gi kwayo simu. An akia ngeny, gik manyasani, ok an dijitol kaka jok ma tinde. Bende nikech ok anyal tudra kod ji e yore ma nyasani weche mangeny ayudo mana ka osekalo. Awinjo nyakalondo kadichiel nikech nyiewo betri ok yot [I do not own a phone and therefore effective communication with my offspring is hindered. Whenever I need to communicate to my migrant family members I have to borrow a phone from my neighbours. Generally I am not quite proficient in modern means of communicating especially the digital platforms. Because of that, I hardly keep tabs with current affairs. I hardly listen to the radio too because I cannot afford batteries on a regular basis]. Source: Respondent 20 January 2018.

As seen in that response and statistics provided in this section, limited access to ICT as well as low proficiency in the use of ICT considerably influenced social exclusion of the elderly within the digital context as also confirmed by the elderly persons' perception on the influence of their limited digital participation on their social exclusion. The gender disaggregated data also confirm that both male and female elderly persons suffered exclusion in an equal measure.

4.2.4 Family and community support systems and social exclusion

The third specific objective of the study was to evaluate the influence of the weakened family and community support systems on elderly persons' social exclusion in Alego-Usonga. This was achieved by examining access to income in elderly persons' households derived from either formal or informal sector employment or both, effectiveness of family and community-based social protection systems as well as the existence of Institutional-based social protection services and their effectiveness in terms of how the elderly persons perceive the quality of service received.

4.2.4.1 Elderly persons' access to Employment and social protection income

The study sought to establish elderly persons' access to employment and social protection income by examining possible formal and informal sector employment, access to pension income, cash transfers and monthly remittances from family members as shown in the table below.

Table 4.18: Elderly persons' access to employment and social protection income

Elderly persons' access to Employment and social protection income	Frequency			Percent
	M	F	Total	%
Formal sector employment in elderly persons' household	15	13	28	28
Informal sector employment in elderly persons' household	19	24	43	43
Elderly persons receiving pension income	13	9	22	22
Elderly persons receiving cash transfer	11	7	18	18
Elderly persons receiving remittances from family members	19	22	41	41
Elderly persons who view remittances as adequate	5	6	11	11

Table 4.18 shows that 72% of elderly persons did not have any single household member employed in the formal sector while 57% of elderly persons did not have any single household member employed in the informal sector. The data shows high level of unemployment among both male and female elderly persons. This demonstrates material exclusion lack of employment denotes lack of income necessary to sustain the livelihood of the elderly persons.

The data further shows that 78% of elderly persons' household did not have any single member receiving pension income. The result shows a significant lack of access to pension income by a substantial proportion of both male and female elderly persons. This has a significant bearing elderly persons' material exclusion.

The results also show that 82% of households of elderly persons did not receive any cash transfer payment offered by any program as at January, 2018. Taking into consideration the level of unemployment and lack of pension income by a majority of elderly persons as shown above, limited access to cash transfers which would have otherwise alleviated their situation contributes to their material exclusion.

The data also shows that only 41% of elderly persons' household received remittances from their migrant relatives. This further demonstrates elderly persons' material exclusion considering their limited access to formal sources of income

4.2.4.2 Elderly persons' access to cash transfers

The study further sought to establish the amount of monthly cash transfers received from sources other than the family and community among the 18% of respondents who reported being beneficiaries of such assistance. The descriptive statistics are as shown in the table below.

Table 4.19: Elderly persons' access to cash transfers

Gender	N	Minimum (Ksh)	Maximum (Ksh)	Mean (Ksh)	Std. Deviation
M	11	1000	2500	3,545.45	1916.4
F	7	2000	6000	2,071.	188.98
Overall	18	1000	6000	2,972.22	1649.2

The table 4.19 shows that only 18 out of 100 respondents received monthly cash transfer from any source other than the family. The minimum amount was Ksh. 1000 while the maximum amount was Ksh. 6000. The average amount received in form of cash transfers was Ksh. 2972. 22. This was still not sufficient to meet elderly persons' needs. A standard deviation of 1649.2 implies significant disparity in the amount received by the beneficiaries. Overall, the results show limited access to cash transfers by elderly persons thereby denying them the opportunity to alleviate material exclusion.

4.2.4.3 Elderly persons' monthly remittances from family members

The study also sought to establish amount received by elderly persons as cash remittances. The descriptive statistics are as shown in the table below.

Table 4.20: Elderly persons' monthly remittances from family members

Gender	N	Minimum (Ksh)	Maximum (Ksh)	Mean (Ksh)	Std. Deviation
M	19	500	10,000	3,763.16	3128.6
F	22	200	30,000	4,486.36	6492.8
Overall	41	200	30,000	4,151.22	5164.3

The table 4.20 shows that only 41 respondents reported having received remittances from family members. The minimum amount received as cash remittance was Ksh. 200 while the maximum amount reported was Ksh. 30,000. The overall standard deviation of 5164.3 indicates a big disparity in the amount received as remittances from family members. The variation in cash remittances to the elderly persons may be attributed to the income disparity between members of the extreme ends of the socio-economic strata. Overall the results show minimal remittances from family members which has a bearing on elderly persons' material exclusion.

4.2.4.4 Family and community support structures' provision of social protection services

The study sought to establish the existence family-based welfare programs aimed at assisting elderly persons and to establish the level of access to various family and community-based services aimed at promoting the welfare of elderly persons. These services included; timely financial contributions, home-based care, recreation and entertainment, healthcare support, family get-togethers and elderly persons' feeding arrangements. The results are as shown in the tables below.

Table 4.21: Family and community support structures

Family and Community Support structures	Frequency			Percent
	M	F	Total	%
Elderly persons benefiting from some form of family and community support service	15	11	26	26
Timely financial contributions	10	10	20	20
Home-based care	3	2	5	5
Recreation/Entertainment	1	0	1	1
Family healthcare support	12	11	23	23
Family get together	5	2	7	7
Family nutritional support	1	0	1	1

Table 4.21 shows that only 26% of elderly persons benefited from at least one form of family and community support service. The nature of support included timely financial contribution by family members aimed at promoting their welfare which was reported by 20% of elderly persons. In addition, only 5.0% of elderly persons reported the existence of a home-based care supported by family members; only 1% reported access to recreational service, 23% reported healthcare support; only 7% reported family get-togethers and only 1% nutritional support. Overall, the results show limited financial support, limited home-based care, lack of recreation and entertainment services, inadequate family healthcare support, limited social contact and poor nutritional support. This demonstrates the ineffective nature of the family and community support structures in providing the vital social protection services to the elderly.

A 74 year-old widow reported that:

Nyithinda ojwanga bende tudruok mara kod osiepe kod anyuola ma moko tin saidi. Bende yuto mar jogweng tin kendo chandruok ng'eny e gweng. Kata ngato ka ni kod sida to iyudo ka sida okwako ji mangeny to koro dhano ok ni thuolo gi jowetegi. Ng'ato ka ngato odich gi chadruo manitie e dalane.

Konyruok mayudo koa kuom nyuola kod aosiepe tin. Mondo abudh kod ji e yo makare en man aka liel oneno eka wan achiel. Kata kamano, tinde ati kendo ji matin madwa winjo pacha e weche mag oganda. Limbe mangeny bende tinde ok anyal. Magi te orocho tudruok kod bedo kanyakla gi oganda kachiel kuom yudo kony. Omiyo an aonge ngat ma nyalo konya, akonyra kenda awuon [My children have neglected me and my social contact with friends and other relatives is quite limited. There is low household income in this village and therefore economic hardship is a common challenge. Everyone is therefore concerned with his personal problem. I get very limited social support from friends and relative. It takes social events such as burial for me to benefit from favourable social contact with friends and relatives. Be that as it may, I am getting old and my opinion on community issues is hardly sought after. I also find travelling these days quite challenging. All these factors contribute to my social exclusion. I am fending for myself]. Source: Respondent 26 January 2018.

The view above and the data provided in this section corroborate the ineffective nature of the family and community support structures demonstrated by limited financial support, limited home-based, lack of recreation and entertainment services, inadequate family healthcare support, limited social contact and poor nutritional support. It points to the influence of the weak family and community structures on elderly persons' social exclusion.

4.2.4.5 Social protection coverage by institutional service providers

The study further attempted to establish social protection services provided by Institutions/organizations other than family. Whereas the family and community support systems maintain their primary responsibility of care and protection of elderly persons, the complementary role of other institutions is fundamental. It was therefore important to gauge the effectiveness of such institutions in the protection of elderly persons. These institutions include the Government of Kenya, NGOs, CBOs, FBOs as well as private persons engaged in elderly persons' philanthropy. The results are as shown in the tables below.

Table 4.22: Elderly persons' access to Institutional Social Protection service

Elderly persons' access to Institutional Social Protection service	Frequency			Percent
	M	F	Total	%
Access to any Institutional social protection service	20	26	46	46
GOK Social protection service	5	4	9	9
NGO Social protection service	4	0	4	4
CBO Social protection service	11	17	28	28
FBO Social protection service	9	19	28	28
Individual charity programs	3	6	9	9

The table 4.22 shows that 46% of elderly persons received some form of social protection service from at least one institution. It also shows that 9% reported access to government funded social protection program, similarly 9% reported access to NGO funded social protection program, 28% reported access to CBOs social protection program, 28% of elderly persons were beneficiaries of social protection program implemented through FBOs and 9.0 % of elderly persons were beneficiaries of social assistance by individual philanthropists who were non-relatives. The data shows limited coverage of institutional social protection services which has significant influence on the social exclusion of the elderly considering the less effective role of the family and community support structures.

4.2.4.6 Variety of institutional social protection services

The study further attempted to establish access to social protection services provided by various organizations and individuals other than family and community members. These include; home-based care, health care, feeding programs, entertainment and cash transfer. The results are as shown in the tables below.

Table 4.23: Variety of institutional social protection services

Institutional social protection services	Frequency			Percent
	M	F	Total	%
Access to Institutional Social protection service	20	26	46	46
Institutional home-based care	5	2	7	7
Institutional healthcare support	12	22	35	35
Institutional nutritional support	9	11	20	20
Institutional entertainment service	4	2	6	6
Cash transfer	13	24	37	37

Table shows level of access to various institutional based social protection services. It indicates that only 7% of elderly persons reported access to home-based care, 35% reported having received healthcare support, 20% of elderly persons benefited from institutional-based feeding programs, only 6 % of elderly persons reported access to entertainment and 37% reported access to some form of cash transfer payment by Institutional service providers. The limited coverage by these entities was reported by both male and female with no huge variation as shown by the gender disaggregated data. The data however corroborates limited coverage in terms of specific services offered by institutional service providers which has a bearing on elderly persons' social exclusion considering the limited nature of support derived from the family and community structures as demonstrated in previous section.

4.2.4.7 Elderly persons' perception effectiveness on family and community support systems

The study sought to establish the effectiveness of the various social support services received either from government or community/family or from any other source. The results are as shown in the tables below.

Table 4.24: Level of satisfaction with home-based care

Satisfaction with home-based care	Frequency			Percent
	M	F	Total	%
Good	2	0	2	2
Fair	3	2	5	15
No care at all	41	52	93	93
Total	46	54	100	100

The table 4.24 above shows that a whopping 93% of elderly persons reported lack of access to access to home-based care at all, 5% rated home support as fair while only 2% as good. The results show that majority of elderly persons were fending for themselves with no support in terms of access to home-based care thereby having significant bearing on elderly persons' social exclusion.

Table 4.25: Level of satisfaction with healthcare support and caregiving

Satisfaction with healthcare support	Frequency			Percent
	M	F	Total	%
Excellent	0	1	1	1
Good	8	4	12	12
Fair	5	11	16	16
Poor	6	7	13	13
None at all	27	31	58	58
Total	46	54	100	100

The table 4.25 shows that only 1 % of elderly persons rated the healthcare support as Excellent, 12 % rated the quality of such support as Good, 16 % as Fair, 13 % as Poor, while a significant proportion of 58 % did not receive healthcare support at all. The results illustrate limited or lack of support by family and community in provision of necessary healthcare thereby likely to contribute to elderly persons' social exclusion.

Table 4.26: Level of satisfaction with nutritional support

Nutritional satisfaction	Frequency			Percent
	M	F	Total	%
Excellent	2	2	4	4
Good	3	3	6	6
Fair	3	4	7	7
Poor	1	2	3	3
Not receiving at all	37	43	80	80
Total	46	54	100	100

The table 4.26 above shows that only 4% of elderly persons rated the level of nutritional assistance as excellent, 6% as rated good, 7% as fair, 3% as poor while a whopping 80% did not receive nutritional support at all. The findings confirm the nutritional vulnerability of elderly persons which demonstrates by the ineffective nature of the family and community support structures in addressing elderly persons' nutritional and food security needs.

Table 4.27: Level of satisfaction with entertainment Services

Entertainment and recreation services	Frequency			Percent
	M	F	Total	%
Good	1	1	2	2
Fair	2	1	3	3
Poor	1	0	1	1
Not receiving at all	42	52	94	94
Total	46	54	100	100

The table 4.27 above shows that only 2% of elderly persons rated the entertainment services as excellent, 3% rated as good, 3% rated as fair, 1% as poor while a whopping 94 % did not receive entertainment services at all. There was no significant gender difference in how recreational services were rated as shown by the gender disaggregated data. The results show the limited access to recreational facilities for male and female elderly persons. This similarly points to the ineffectiveness of family and community support structures in provision of recreational services to elderly persons which is a contributing factor to their social exclusion.

4.2.4.8 Elderly persons' perception on their social exclusion in relation to family and community support structures

The study sought to understand the elderly persons' perception on their level of exclusion based on the role of the family and community support structures. The results are as shown in the table below.

Table 4.28: Elderly persons' perception on their social exclusion

Level of social exclusion	Frequency			Percent
	M	F	Total	%
Completely excluded	19	36	55	55
Somewhat excluded	12	8	20	20
Fairly involved	10	5	15	15
Strongly involved	5	5	10	10
Total	46	54	100	100

Table 4.28 above shows that 55% of elderly persons viewed themselves as completely excluded given the quality of support they received from the family and the community. 20% viewed themselves as somewhat excluded, while only 15% and 10% viewed themselves as fairly involved and strongly involved respectively. The data shows elderly persons majority of elderly persons confirmed the ineffectiveness of the family and community support structures had an influence on their social exclusion. The findings were corroborated by a key informant, the Chairperson of Siaya County Older persons' association who reported that:

The role of the family in social assistance is important to every human being including elderly persons. For elderly persons, it is more critical given the special challenges associated with ageing coupled with reduction in the level of productivity. However, in reality this role has tremendously reduced in its effectiveness, instead the older persons sometimes find themselves taking care of sickly family such a people living with AIDs who have retreated to their rural homes for care. Elderly persons also end up taking care of orphans and vulnerable children. The family in modern times has therefore not lived up to its expectation of providing effective social protection to the elderly.

There is a substantial decline in the family's provision of social protection of its elderly members unlike in the olden days when the kinship system and the social ties

among members of the community were strong. Modernity and urbanization leading to migration has negatively impacted on the nature of the family and community support systems. Majority of migrant family members are unknown to other members of the community thus community members are out of touch with socio-economic realities faced by their kinsmen. This is different from how it used to be in the olden days. Source: Respondent 29 March 2018

As seen in the above observation, weakened family and community support systems influenced elderly persons' social exclusion. Majority of elderly persons are already disadvantaged due to lack of access to formal social security as well as limited scope of social protection services offered by other institutions other than the family and community. This coupled with limited assistance from the family and community, in terms of activities aimed at promoting elderly persons' wellbeing, greatly contributes to their social exclusion as shown in their responses. The findings indicate that both male and female elderly persons suffered social exclusion in an equal measure based on the disaggregated data.

4.3 Discussions

The broad objective of the current study was to establish the factors influencing social exclusion of elderly persons in Alego-Usonga Constituency in Siaya County, Kenya. This section presents discussions on the findings of the current study in the context of the specific objectives.

4.3.1 Out-migration of elderly persons' offspring and social exclusion

The first specific objective of the current study was to establish the extent to which rural-urban migration of elderly persons' offspring influenced social exclusion of the elderly in Alego. In the current study, outmigration of elderly persons' offspring was reported by 71% of elderly persons with 19% representing cases where there was migration of all offspring to urban areas and a further 20% representing elderly persons with no living offspring. There was limited social contact between elderly persons and their migrant offspring as a result of greater spatial distance created through outmigration thereby perpetuating elderly persons' physical exclusion. The results of this study augment the findings of previous studies (Arosio, 2016; Bobrova *et al.*, 2012) that noted that elderly persons were among the groups likely to be affected by migration patterns. However, the authors were particularly concerned with understanding how spatial distance affected social interaction between the migrants and the rural community at large without focus on elderly persons' social exclusion.

The study also went further to interrogate both the pull and push factors influencing outmigration. The findings reveal that rural-urban migration of elderly persons' offspring was mainly driven by the search for employment opportunities, business opportunities and education. Employment was the leading cause of outmigration as reported by majority of the elderly. Whereas the study showed limited social contact between elderly persons and their migrant offspring, the affected elderly persons concurred that their offspring's migration to urban areas was inevitable as the migrants had to migrate to look for employment opportunities to develop themselves. The elderly persons reckoned that without migration, their offspring would have no sustainable basis of livelihood due to the limited opportunities in the rural areas. The results confirm findings of previous studies (Avis, 2017; Oucho and Mukras, 1983; Abbot and Pollard, 2004; Adesiji *et al.*, 2009) on youth outmigration from rural areas. However, these studies focused more on the impact of outmigration to the rural economy in general with limited focus on the influence on elderly persons and thereby providing the basis for the current study.

To further corroborate the influence of outmigration of elderly persons' offspring on elderly persons' social exclusion, the current study also looked at the frequency of rural visits by migrant offspring. The findings showed less frequent or no visits by migrant family members which further demonstrate the extent of physical exclusion. This finding is contrary to the observations by Cohen and Odhiambo (1989) who in an earlier study in Siaya, indicated that cultural pressure tended to compel migrant members to make more frequent return visits which then provided a reliable basis of maintaining social ties between migrant members and those left at home. The findings of the current study on the other hand suggest little influence of cultural ties on offspring return visits thereby reiterating elderly persons' social exclusion. This is further corroborated by limited elderly persons' visit of their migrant offspring with the resultant effect being limited contact between migrant offspring and the elderly persons. These finding augments recent findings by Estruch *et al.* (2017) that affirmed weak rural-urban linkages caused by outmigration of youth.

Lastly, the study examined elderly persons' perception on their social exclusion based on the extent of their interaction with their migrant offspring. Elderly persons felt socially excluded as a result of limited social contact with their migrant offspring. The respondents reported loneliness and limited visits by their migrant offspring, aggravated by limited communication. These observations thus confirmed the influence of outmigration on elderly persons' social exclusion. The findings therefore confirmed that indeed migration of elderly

persons' offspring to urban areas influenced social exclusion of the elderly in Alego-Usonga Constituency, Siaya County due to the negative impact on both male and female elderly persons. This vindicates the specific objective of the current study which sought to establish the extent to which rural-urban migration of elderly persons' offspring influenced social exclusion of the elderly in Alego-Usonga.

4.3.2 Elderly persons' access to ICT and social exclusion

The second specific objective of the study was to examine the influence of elderly persons' limited access to ICT on their social exclusion. The findings show limited access to ICT which by extension influenced their limited digital participation in online social networks by a majority of elderly persons. This influenced elderly persons' social exclusion within the context of the changing technological environment. The findings indicate that 44% of elderly persons could not read and write in any language. Low literacy levels among elderly persons which had an influence on their digital inclusion since literacy plays a critical role in access to ICT. The current finding is in concurrence with GOK (2014) which reckoned that there was a growing population of elderly persons in Kenya with limited literacy and numeracy skills which restricted their involvement within the changing technological environment. However, GOK (2014) had not empirically established the influence of such functional literacy on elderly persons' ICT use which the current study was able to accomplish.

In addition, the findings of the current study show limited elderly persons' access to information through the mass media. For the purpose of this current study, digital inclusion not only involved the use of telecommunication devices like phones and computers but also access to media information that determine an individual's level of participation in online social networks. This study therefore examined elderly persons' level of access to a variety of mass media services which included access to newspaper, television, mobile phone information services, internet access and utility of email services. The findings of the current study show limited elderly persons' access to these services therefore having far reaching implication on their digital participation in terms of limited communication with friends and relatives; limited use of mobile transfer services; limited access to information; limited access to internet services and social media participation. This informed their perception on why they felt socially excluded. In Alego, there was limited information in literature about elderly persons' level of access to ICT in the Kenyan context however the findings of this study are in harmony with previous studies (Barbosa and Amaro, 2012; Watering, 2004) who in an

earlier study found that majority of elderly persons in Europe hardly used computer and the internet linking that phenomenon to their functional illiteracy.

Lastly, this study examined elderly persons' perception on their social exclusion in light of their level of access to ICT. The findings revealed that elderly persons felt socially excluded given their limited access to ICT and by extension digital participation. Recent studies (Arenas *et al.*, 2015; Keränen, *et al.*, 2017; Quan-Haase *et al.*, 2017; Tsai, *et al.*, 2017) have indicated the role ICT can play in improving the welfare of elderly persons. The authors observed that elderly persons could benefit through communication with relatives living part; managing errands such as door-to-door delivery services; maintenance of social ties and financial assistance through money transfer services. Therefore, limited elderly persons' access to ICT as was found in this study meant that elderly persons missed out on critical services that could improve their wellbeing.

In conclusion, the findings of the current study confirmed that limited ICT use by elderly persons had influence on elderly persons' social exclusion. This vindicates the specific objective of the current study which sought to examine the influence of elderly persons' limited access to ICT on their social exclusion.

4.3.3 Family and community support systems and social exclusion

The third specific objective of the study was to evaluate the influence of the weakened family and community support systems on elderly persons' social exclusion in Alego-Usonga. Firstly, it was important to establish elderly persons' income levels derived from either formal or informal sector. The results show limited income by elderly persons derived from gainful employment and therefore implying vulnerability and material exclusion. The findings of this study further showed limited coverage by formal pension schemes with 78% reporting lack of access to pension income. This demonstrates lack of social security by majority of elderly person therefore having far reaching implications on their material exclusion. These findings are in concurrence with findings of previous studies (GOK, 2018; Haki Jamii, 2014; Mathiu & Mathiu, 2012; Abbott & Pollard, 2004) which observed that majority of elderly persons were not covered by pension schemes due to the casual nature of their life long occupations.

The other important source of income examined among the elderly was cash transfers. The results show that 82% were not benefitting from any cash transfer program as at 20th January

2018 as the universal cash transfer had not yet been implemented. Besides, the universal cash transfer only covered elderly persons above 70 years of age. This implies that a larger proportion of elderly persons between the ages of 60 to 70 not benefitting from the universal cash transfer were still left out since both GOK (2010) and UN (2013) define elderly persons as individuals who have attained the age of 60 years. Teti (2018) in a recent study in parts of Siaya observed the positive impact of cash transfer on the livelihood of vulnerable families. Since majority of elderly persons in Alego were not covered under formal pension schemes, limited access to cash transfers by vulnerable elderly persons as was found by this study, inevitably translates to material exclusion.

Remittances from family members were also critical in assessing elderly persons' income. The findings of the current study show that majority of elderly persons reported receipt of little or no remittances from their migrant relatives. The non-receipt of remittances by a substantial proportion of elderly persons thus confirmed material exclusion of the elderly persons since cash remittances serve as an informal social security especially among elderly persons with limited or no access to formal sources of income. The findings of the current study concur with Haki Jamii (2014) which observed the unreliable nature of remittances from family and community due to their weakened support structures.

The current study further examined the nature of the family and community support structures as well as the social protection services they provided. These services included financial support, home-based care, recreation and entertainment, healthcare and nutritional support. The results showed elderly persons' negative perception on the effectiveness of the family and community support structures in provision of these services. These findings are in agreement Nabalamba and Chikoko (2011) who observed a decline in the effectiveness of the family and community support systems in the care and provision of elderly persons' social protection.

The study also assessed the complementary role of formal institutions offering social protection to elderly persons. These institutions include the Government of Kenya, NGOs, CBOs, FBOs as well as private persons engaged in elderly persons' philanthropy. The results of the current study show limited coverage of social protection services offered by these institutions. This finding is in concurrence with Likaka (2012) who noted limited coverage by NGOs and CBOs in social protection services. In addition, the services by institutions including the Kenyan Government were only limited to cash transfers. The non-committal

nature of majority of institutions in elderly persons care resonates with policy by (GOK, 2014) that tends to discourage institutionalization of elderly persons' care services by placing primary responsibility of care on the family and community support structure.

The current study was also able to gauge the effectiveness of the various social support services received either from government or community/family or from any other source. This was achieved by gauging the elderly persons' perception through qualitative rating of various social protection services accessed. These included home-based care, healthcare support, nutritional assistance, and recreational entertainment services. In view of the evidence presented in the previous section, the current study found less elderly persons' satisfaction with the quality of services with a substantial proportion reporting lack of access to some of these services at all. This was corroborated by elderly persons' negative perception as to the effectiveness of family and community structures in meeting their health, nutritional, recreational needs as well as home-based care. This logically informed their perception on how these family and community support structures influenced their social exclusion. The current findings agree with other previous studies (Darkwa & Mazibuko, 2002; Nabalamba & Chikoko, 2011; Mwanzia, 2015) on the reducing effectiveness of family and community support structures in the care and protection of elderly persons.

In conclusion, the findings of the current study show little effectiveness of the family and community support systems in the care and protection of elderly persons. This was measured by evaluating their role in provision of elderly persons' needs such as financial support, home-based care, recreation and entertainment, healthcare and nutritional support. In addition, the social protection services of formal institutions were not adequate to compensate for the failure of the family and community structures to effectively protect the elderly persons. The evidence provided confirms that indeed the weakened family and community support systems have greatly influenced the social exclusion of both female and male elderly persons hence vindicating the specific objective in that regard.

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter summarizes the specific objectives of the study and makes conclusion based on the findings presented in Chapter Four. In addition, it gives recommendations for policy intervention and areas that require further research. Broadly, the study sought to establish factors influencing social exclusion of elderly persons in Alego-Usonga Constituency, Siaya County, Kenya.

5.2 Summary

The broad objective of the study was to establish factors influencing social exclusion of elderly persons in Alego-Usonga Constituency, Siaya County, Kenya. The specific objectives of the study were, firstly, to establish the extent to which rural-urban migration of the elderly persons' offspring influence social exclusion of the elderly in Alego-Usonga. Secondly, to examine the influence of elderly persons' limited access to ICT on their social exclusion and lastly, to evaluate the influence of the family and community support systems on elderly persons social exclusion in Alego-Usonga.

5.2.1 Out-migration of elderly persons' offspring and social exclusion

The first specific objective of this study intended to establish the extent to which rural-urban migration of the elderly persons' offspring influenced social exclusion of the elderly in Alego-Usonga. According to the findings of this study, migration of elderly persons' offspring had an influence on the livelihood of the elderly persons left behind by their migrant offspring. As revealed by the evidence presented in the previous chapter, the study found out that outmigration by elderly persons' offspring was quite substantial to justify the inquiry into its possible impact on elderly persons' wellbeing. It established that migration was largely motivated by the search for employment opportunities in urban centres. This was due to limited employment opportunities in Siaya which is largely rural and lacked enough opportunities to absorb the unemployed youth. This coupled with rural hardship and the negative attitude of the younger population towards rural farm-based activities contributed to out-migration from Siaya at large.

The study also established limited physical contact between migrant offspring and the elderly persons left behind which was characterized by the limited nature of rural visits by the migrant offspring as well as the minimal visits of the elderly visit to the migration

destinations to interact with their migrant offspring. Lastly the study established that majority of elderly persons felt socially excluded as a result of migration of their offspring to urban areas.

Therefore, the findings confirm that indeed migration of elderly persons' offspring to urban areas influenced social exclusion of the elderly in Alego-Usonga Constituency Siaya County due to the negative impact it poses to the elderly social wellbeing, based on the evidence presented in the previous chapter.

5.2.2 Elderly persons' access to ICT and social exclusion

The second objective of this study sought to examine the influence of elderly persons' limited access to ICT on their social exclusion. As demonstrated by the evidence presented in the previous chapter, the study found out that there was low literacy among a majority of elderly persons which inherently limited their access to ICT. In addition, the study established limited access to information over the radio, television as well as lack of phone ownership among the elderly persons. The study further established elderly persons' limited access to the internet. As a result of the limited access to ICT, elderly persons were limited in access to information; experienced limited social contact with migrant family members and the community as well as receipt of little or no mobile-based cash assistance from whichever source. This had a substantial influence on elderly persons' digital participation with a majority perceiving themselves as socially excluded given their level of access to ICT.

5.2.3 Family and community support systems and social exclusion

The third specific objective this study was to evaluate the influence of the family and community support systems on elderly persons' social exclusion in Alego-Usonga. As showed in the previous section, the study found high level of unemployment in elderly persons households both in the formal and informal sector. In addition, few elderly persons' households received either pension income or cash assistance from whichever source. The few who received such assistance perceived the amount to be inadequate to meet their daily needs. The study established the lack of effectiveness of family and community support structures in the care and protection of elderly persons. Taking into account the limited nature of complimentary services provided by other institutions other than the family and the community, as evidenced in the previous chapter, the findings corroborate elderly persons' social exclusion as a result of ineffective family and community support systems.

5.3 Conclusions

5.3.1 Empirical conclusions

Firstly, this study has established that migration of elderly persons' offspring to urban areas actually had an influence on social exclusion of the elderly in Alego-Usonga Constituency Siaya County as a result of the negative influence it had on the livelihood of elderly persons. The findings confirmed existence of greater spatial distance between elderly persons and the migrant offspring which pointed to physical exclusion. In addition, elderly persons' physical exclusion was contributed by limited return visits by migrant offspring and further corroborated by elderly persons' own perception on the influence of their offspring outmigration on their social exclusion. Secondly, the study has established that limited access to ICT by majority of elderly persons influenced their social exclusion in the context of the changing technological environment. The study established elderly persons' limited access to ICT and by extension limited communication, limited access to information as well as restricted use of critical services such as mobile money transfers services. This was also supported by elderly persons' own perception which showed they felt socially excluded in light of their limited ICT access. Lastly, the study has also established that family and community support systems which are charged with the primary responsibility of providing care and protection of elderly persons also had an influence on the social exclusion of the elderly persons in Alego-Usonga, Siaya County, Kenya. This was measured in terms of their provision of elderly persons' social protection services such as financial assistance, home-based care, health and nutritional support, entertainment and recreational services. This was further augmented by elderly persons' negative perception on the effectiveness of the family and community support structures in the provision of elderly persons' social protection services such as home-based care, financial support, nutrition, health and entertainment.

5.3.2 Theoretical Conclusions

This study was firstly guided by the disengagement theory of ageing. The theory is indeed critical in understanding social exclusion in the context of ageing. It promotes understanding of the role of social structures and institutions in endorsing disengagement of elderly persons which by implication promotes social exclusion of elderly persons. The second theory that guided the study was the modernization theory of ageing which postulates that due to rapid industrialization, urbanization and increased technology, new roles that are only adaptable by the younger members are created in urban centres. This triggers the tendency of the younger persons to move to these urban centres leaving behind the elderly persons who are not likely

to adapt to the modern roles which then leads to the isolation of elderly persons left behind in the rural areas and the weakening of social ties that had previously existed within the kinship system. It also leads to increased spatial distance between the elderly and their migrant offspring as well as age inequality in technological knowledge.

The two theories are in concurrence with the findings which, firstly, corroborate disengagement of elderly persons with the consequence being their social exclusion. Secondly, the findings confirms the perspective that changes in the social structures such as those brought about by migrations of elderly persons' offspring, advancement in ICT (which majority of elderly persons are less adapted to) as well as the weakened family and community support systems, have an influence on elderly persons' social exclusion as in the case of Alego-Usonga in Siaya County, Kenya.

5.4 Recommendations

5.4.1 Policy Recommendations

- i. This study established that majority of elderly persons in Alego-Usonga experienced social exclusion as a result of limited social contact with their migrant offspring. There is need for development stakeholders in Alego-Usonga to promote strong rural-urban linkages by providing incentives for young urban migrants to equally invest their time and resources back home thereby redressing intergenerational gap between elderly persons and their migrant offspring. There is need to develop policies and programs aimed at creating employment opportunities in rural areas to control outmigration.
- ii. This study found that there was low digital literacy among majority of elderly persons in Alego due to their humble educational and technical background. There is need for development stakeholders in Alego-Usonga to promote digital literacy programs targeting elderly person to enhance digital inclusion. This can be done through establishment community resource centres providing free training on the use of digital devices such as phones and computers and access to various forms of mass media such as newspaper, radio and television.
- iii. This study established the role of family and community support structures on elderly persons' social exclusion in Alego. There is need for development stakeholders in Alego-Usonga to strengthen family and community-based social protection structures to address elderly persons' needs such as income security, home-based care, health

and nutritional support, recreation and entertainment. There is also need to scale up social assistance programs to cover all elderly persons above 60 years as well as developing guidelines for the establishment and management of institutions to accommodate more vulnerable elderly persons.

5.4.2 Areas for Further Research

- i. This study focused on elderly persons in rural areas, there is need for a study that examines elderly person's social exclusion within the urban context interrogating other factors other than outmigration such as family and urban community support structures.
- ii. This study was concerned with social exclusion of elderly persons. There is need for further research examining social exclusion of other vulnerable persons such as orphans and persons with disability with a view of evaluating the role of the family and community support structures in meeting their special needs.
- iii. This study focused mainly on the influence of outmigration, ICT access among elderly persons and the weakened family and community support structures. There is need for a study focusing on other aspects of vulnerability among elderly persons' such as widowhood, disability and barrenness how they influence elderly persons' social exclusion.

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APPENDICES

Appendix I: Interview Shedule

(ENGLISH VERSION)

Section1. DEMOGRAPHIC CHARACTERISTICS

1. Name.....

2. Sex..... (i) Male (ii) Female

3. Age.....

4 Marital Status..... (*Tick appropriately*).

(i)single (ii)Married (iii)Divorced (iv)Separated (v)Widowed (vi)Other
(specify).....

5. Religion..... (*Tick appropriately*).

(i)Catholic (ii) Protestant (iii) Muslim (iv) Hindu (v) Traditionalist (vi) other

6. Level of Education

(i) Not attended (ii) Primary (iii) Secondary (iv) Vocational Training (v) Middle level college
(vi) University

7. Were you mainly employed in the Formal or informal Sector before attaining the age of
60? (*Provide clarification to respondent if necessary*)

(i) Formal (ii) Informal

8. What was your main occupation?.....

Section 2: Migration of older person's offspring

1. Do you have children of your own either living with you or living elsewhere?

(i) Yes all living with me (ii) Some/one with me and other(s) elsewhere (iii) All living elsewhere (iv) Does not have any living offspring (*if i or iv skip to section 3*)

2. Which of the following towns is the furthest your offspring(s) has migrated to?

(i) Nairobi (ii) Mombasa (iii) Kisumu and other town in Nyanza Region (iv) Other town outside Nyanza region (v). Nearby market Centre (vi) Not known

3. What was the main reason for migration by the offspring(s) not living with you?

(i) Search for Employment (ii) Education (iii) Business venture (iv) Does not have a house at home (v) Not in good terms with parent (vi) Fear of witchcraft and other harmful practices (vii) other (specify).....

4. How often does any of your offspring come to visit you **in a year**?

(i) Never (ii) Once or twice a year (iii) Monthly (iv) Weekly (v) Daily

5. (*if i in 4 above*) When was the last time that any of your migrant offspring came to visit you?

(i) 2-5 yrs ago (ii) 5-10 years ago (iii) over 10 years ago

6. When was the last time that any of your offspring sponsored your trip to visit them?

(i) Less than a week ago (ii) about a month ago (iii) About 6 months ago (iv) A Year Ago (v) More than two years ago (vi) never

7. In your assessment how would you rate your level of exclusion in connection to migration of your offspring? (*Read the choices to the respondents*)

(i) Completely excluded (ii) Somewhat excluded (iii) Fairly involved (iv) strongly involved

8. State reason(s) for the response in (7) above

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Section 3: Access to ICT

1. Are you able to read and write?

(i) Yes (ii) No

2. If yes, do you read a newspaper or magazine at least once a month? (i) Yes (ii) No

3. Do you always listen to radio every day? (i) Yes (ii) No

4. Do you always watch television at least once a Week? (i) Yes (ii) No

5. Do you own a phone?

(i) Yes (ii) No

6 Have you ever accessed internet? (*Clarify to the to the respondent what internet is if necessary*)

(i) Yes (ii) No

7. (*If Yes in 6*) have you accessed internet in the last one month from any device even if not your own?

(i) Yes (ii) No

8. (*if code i in 7*) which of these have you used in the **last one month**?

(Multiple choices allowed, read out the options to the respondent and provide clarifications if necessary)

(1.)Email (eg Gmail, yahoo) (2) Social media platform (eg facebook, twitter) (3) other (specify).....

9. (*If yes in 5*) In which of these ways has your phone assisted you?

(Multiple choices allowed, read out the options to the respondent and provide clarifications if necessary)

- (i) Facilitated Money transfer from offspring (ii) Facilitated Money transfer from relatives
- (iii) Facilitated money transfer from friends and members of the community (iv) Enhanced Communication with offspring
- (v) Enhanced Communication with relative (vi) Enhanced Communication friends (vii) Information/News (viii) Online chats (v) other (*specify*)

10. In your own assessment, how would you rate your level of exclusion resulting from your level of access to ICT? (*Read out the options to the respondent*)

- (i) Completely excluded (ii) Somewhat excluded (iii) Fairly involved (iv) Not excluded at all

11. Give reasons for the answer above

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Section 4: Family and Community support structures

1. Is any Member of this household living under this roof/compound/homestead in Formal Employment?

- (i) Yes (ii) No

2. Is any member of this household living under this roof/compound/homestead in informal employment (Jua Kali/casual labour)?

- (i) Yes (ii) No

3. Is any member of this household receiving pension?

- (i) Yes (ii) No

4. **(If No in 1,2 and 3)** Does any individual living in this household receive cash transfer payment?

(i) Yes (ii) No **(go to 6)**

5. How much does your household receive per month (in Ksh).....

6. **(If No in 4)** do you or your spouse receive any cash assistance from a family member living in town or elsewhere?

(i) Yes (ii) No

7 **(If Yes in 6)** How much does your household receive per month (in Ksh)

8. Is the amount adequate in your opinion in meeting your needs?

(i) Yes (ii) No

9. Does your family organize social assistance activities with an aim of taking care of your social welfare as an old person? (i) Yes (ii) No (iii) Does not have any known relative **(if ii or iii move to Q 11)**

10. What social support projects/activities does the family welfare group carry out that benefit you as an old person? **(Multiple choices allowed, read out to the respondent and provide necessary clarification)**

(i) Financial contributions (ii) Home-based care (iii) Recreation and entertainment (iv) Health care support (v) Get together parties/feasts (vi) Feeding programs (vii) others (specify)

11. Do you receive social protection services from other organizations/Individuals? **(Multiple choices allowed, read out to the respondent)**

(i) Government (ii) NGO Program (iii) CBO (v) FBO (vi) Private individuals (vi) None at all

12. *(If Affirmative in 11 above)*. Do you receive the following social assistance services?
(Multiple choices allowed, read out to the respondent)

(i) Home-based care (ii) Health care (iii) Feeding program (iv) Entertainment (v) Cash transfer (vi) Others (specify).....

13. Kindly rate your level of satisfaction with the following social support services either government or community/family or from any other source?

a) Home-based care

(i) Excellent (ii) Good (iii) Fair (iv) Poor (v) None

b) Healthcare support

(i) Excellent (ii) Good (iii) Fair (iv) Poor (v) None

c) Nutrition

(i) Excellent (ii) Good (iii) Fair (iv) Poor (v) None

d) Entertainment

(i) Excellent (ii) Good (iii) Fair (iv) Poor (v) None

e) Cash Transfer from any source

(i) Adequate (ii) Not Adequate ((iii) None

14. In general how would you rate the level of exclusion given the nature of family and community support system for your care and protection?

(i) Completely excluded (ii) Somewhat excluded (iii) Fairly involved (iv) Strongly involved

15. Give reasons for your answer in (14) above

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Appendix II: Interview Shedule

(LUO VERSION)

Section1. DEMOGRAPHIC CHARACTERISTICS

1. Nyingi en ng'a.....
2. Gender (*En Dichuo koso Miyo*) (i) Dichuo (ii) Miyo
3. In ja igni adi?.....
- 4 Chenro mari mar kenya en nade?..... (*Tick appropriately*).
(i) Pok akendo/Pok okenda (ii) Akendo/okenda (iii) Weruok e yor chik (divorced) (iv) Weruok ma ok mar chik (separated) (v) Chi liel
(vi) Other (specify).....
5. In ja din mane?..... (*Tick appropriately*).
(i) Catholic (ii) Jo Kristo mamoko (iii) Islam (iv) Jahindi (v) Luo kit gi kod timbe gi
(vi) Moro (Specify).....
6. Isomo nyake e okang' mane?
(i) Okasomo kata matin (ii) Praimari (iii) Sekondari (iv) kar tiegruok mar tij lwedo (v) Kolej
(vi) Mbalariany
7. Kind Tij andika kod tij lwedo, ng'enyne nitiyo kure e thwolo mapok nichopo igni pra auchiel? (*Provide clarification to respondent if necessary*)
(i) Tij andika (ii) Tij lwedo
8. Ne itiyoch mane?.....

Section 2: Migration of older person's offspring

1. Be in kod nyithindo ma meki modak kodi dala ka kata modak oko?

- (i) Kamano, duto odak koda (ii) Moko/Achiel odak koda to moro(moko) odak kamachielo
(iii) Duto odak kamachielo (iv) Aonge nyathi moroamora (*if i or iv skip to section 3*)

2. Ere taon mabor saidi ma nyithindi/nyathini nodar odhie?

- (i) Nairobi (ii) Mombasa (iii) Kisumu and other towns in Nyanza Region (iv) Other town outside Nyanza Region (v). Nearby market Centre (vi) Not known

3. Ne en wach mane manomiyo nyithindi/nyathini nodar?

- (i) Manyo tich (ii) Somo (iii) Ohala (iv) pok oloso ot e dala (v) gwenyuok gi jonyuol (vi) Luor mar weche kaka bilo kata juok (vii) ma moko (lerna).....

4. Nyithindi/nyathini man oko limi ga nyadi di (thuolo mar iga)?

- (i) ok lima ga (ii) Dichiel kata diriyo e iga(iii) Dwe ka dve (iv) Juma ka juma (v) Pile

5. (*if i in 4 above*) En kar ang'o mane nyithindi/nyathini nolimi mogik?

- (i) Igni 2-5 mokalo (ii) Igni 5-10 mokalo (iii) Mokalo igni 10.

6. En kar ang'o mogik mane nyathini/nyithindi man kapango oloso chenro ma idhi ilime kuro?

- (i) Matin ne juma achiel mokalo (ii) madwa rom kod dve achiel mokalo (iii) Madwa rom kod dweche 6 mokalo (iv) Iga achiel mokalo (v) Mathoth ne igni ariyo mokalo (vi) Podi

7. Gi pachi iwuon, iwinjo nade kalure gi dar mar nyinthindi/nyathini kadhi kapango? (*Read the choices to the respondents*)

- (i) Ojwang'a saidi (ii) Ojwang'a matin (iii) An makare (iv) An makare kabisa

8. Yie ilerna gimomiyo iwacho kamano (*No.7 Above*)

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Section 3: Access to ICT

1. Be inyalo somo koda ndiko?

(i) Kamano (ii) Ok kamano

2. Ka en kamano, be isomo ga oboke (newspaper or magazine) kata dichiel e dwe?

(i) Kamano (ii) Ok kamano

3. Be iwinjo ga nyakalondo (radio) pile? (i) Kamano (ii) Ok kamano

4. Be ineno ga tipo (television) kata dichiel e juma? (i) Kamano (ii) Ok kamano

5. Be in kod simb ongwe yamo?

(i)) Kamano (ii) Ok kamano

6 Be iseyudo ga thuolo mar yudo weche e yor mbui (internet)? (*Clarify to the to the respondent what internet is if necessary*)

(i) Kamano (ii) Ok kamano

7. (*If Yes in 6*) E thoulo mar dwe achiel mokalo be iseyudo weche e yor mbui (internet) kitiyo gi sime kata mashin moro amora kata ma ok mari?

(i) Kamano (ii) Ok kamano

8. (*if code i in 7*) Eke moko kuom yore gi mane itiyo go e nwango kata oro weche (*last one month*)?

(Multiple choices allowed, read out the options to the respondent and provide clarifications if necessary)

- (i) Email (eg Gmail, yahoo) (ii) Social media platform (eg facebook, twitter) (iii) other (specify).....

9. *(If yes in 5)* Eke moko kuom yore gi ma simbi osekonyi godo?

(Multiple choices allowed, read out the options to the respondent and provide clarifications if necessary)

- (i) Kopo mar pesa mowuok kwom nyithindo (ii) Kopo mar pesa kowuok kwom anyuola ma moko (iii) Kopo mar pesa kowuok kwom osiepe koda jogweng' (iv) Tudruok malong'o kod nyithindo (v) Tudruok malong'o koda anyuola (vi) Tudruok malongo koda osiepe gi jogweng (vii) Thuolo mar nwango weche e yo manyangafu (viii) goyo mbaka e yor mbuyi (ix) ma moko (*specify*)

10. Sani iwinjo nade kalure gi nok/thoth mar nwango weche kod tudruok e yore ma nyasani (ICT)? *(Read out the options to the respondent)*

- (ii) Ojwang'a saidi (ii) Odwa jwang'a matin (iii) An makare (iv) An makare kabisa

11. Yie ilerna gimomiyo in kod paro ma kamano

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Section 4: Family and Community support structures

1. Be nitie ngat angata ma ja odni/dala ni ma ondik e tich (*Formal Employment*)?

- (i) Kamano (ii) Ok kamano

2. Be nitie ngat angata ma ja odni/dala ni ma ondik e tij kibarua (Jua Kali/casual labour)?

(i) Kamano (ii) Ok kamano

3. Be nitie ngano mora mora e odni ma nwang'o penson?

(i) Kamano (ii) Ok kamano

4. **(If No in 1,2and 3)** Be nitie ng'ano moro amora mayudo pes kony mar jodogo ?

(i) Kamano (ii) Ok kamano **(go to 6)**

5. Od ni yudo pesa marom nade e dwe (in Ksh).....

6. **(If No in 4)** Bende in kata jaodi uyudo kony mar pesa koa kwom nyithindu/Nyathiwu moro amora modak kapango? (i) Kamano (ii) Ok kamano

7 **(If Yes in 6)** Uyudo pesa marom nade e dwe kowuok kwom kony ma kamano (in Ksh)

8. Be pesa no romi e timo dwachi malong'o?

(i) Kamano (ii) Ok kamano

9. Be anyuola ni oloso chenro maro amora mar neno kaka iyudo kony kaka jaduong? (i) Kamano (ii) Ok kamano (iii) Aonge anyuola moro amora **(if ii or iii move to Q11)**

10. Chenro mage ma anyula ni osebedo ka konyi godo? **(Multiple choices allowed, read out to the respondent and provide necessary clarification)**

(i) Kony mar pesa (ii) Rito jaduong e dala (iii) Chenro mar yudo mor (entertainment) (iv)Chenro mar arita ngima makare (v) Chenro mar bedo kanyakla kaka anyuola (vi) Chiemo ma kare (vii) others (specify).....

11. Kaka jaduong,' be iyudo kony kata arita moro amora koa kuom riuruok (organization) kata ng'ato ma ok en anyuola? **(Multiple choices allowed, read out to the respondent)**

(i) Sikral (ii) Riuruok ma ok mar Sirkal (iii) Riuruok mar oganda (v) Riuruok mag kanise (vi) Kony mowuok kuom ng'ato (vi) Onge kata matin

12. *(If affirmative in 11 above)*. Kony miyudo gin machalo kaka mage? *(Multiple choices allowed, read out to the respondent)*

(i) Kony mar rito jaduong e dala (ii) Arita seche ma atuo (iii) Chiemo ma kare (iv) Chenro mar yudo mor (Entertainment) (v) Kony mar pesa (vi) Others (specify).....

13. Yie imiya pachi e wi rang'iny ma iyudo go kony mopogore opogore koa kwom anyuola/gweng kata kamachielo?

a) Kony mar rito jaduong e dala (Home-based care)

(i) Ber mokalo (ii) Ber (iii) Ma Kare (iv) Rach (v) Onge kata matin

b) Kony mar rito ngima makare (Healthcare support)

(i) Ber mokalo (ii) Ber (iii) Ma Kare (iv) Rach (v) Onge kata matin

c) Chiemo ma kare (Nutrition)

(i) Ber mokalo (ii) Ber (iii) Ma Kare (iv) Rach (v) Onge kata matin

d) Chenro mar yudo mor (Entertainment)

(i) Ber mokalo (ii) Ber (iii) Ma Kare (iv) Rach (v) Onge kata matin

e) Kony mar Pesa (Cash Transfer from any source)

(i) Moromo (ii) Ok oromo ((iii) Ok ayud kata matin

14. Gi pachi iwuon, iwinjo nade kalure gi kony mar anyulo gi oganda?

(i) Ojwang'a saidi (ii) Ojwang'a matn (iii) An makare (iv) An makare kabisa

15. Yie ilerna gimomiyo in kod paro ma kamano? *(14 above)*

Appendix III: Indepth Interview Guide for Key Informants

SECTION A: MIGRATION OF ELDERLY PERSON'S OFFSPRING TO URBAN AREAS

Kindly give your views on migration of younger members of the society as it relates to elderly person's social wellbeing. Please elaborate and give enough examples for each question.

1. What is your general perspective on out-migration of the younger members of the society from Alego to other urban areas and how does that affect the older members of the society left behind?
2. What are the effects of such migration on rural development?
3. What are the effects of such migration on the welfare of elderly persons?
4. What in your opinion are the **(Pull factors)** the things that attract the migrants to the urban areas?
5. What in your opinion are the **(Push factors)** the things in the rural areas that trigger the urge of the youth to migrate away from the rural areas?
6. Do you agree with the notion that Luos especially from Alego Siaya are more likely to migrate to urban centres and Cities? Kindly, explain in detail
7. What in your general analysis is the relevance of youth outmigration from rural areas in the discussion of elderly persons' welfare and what should be done to mitigate the negative impacts of migration on the livelihood of elderly persons?

SECTION B: ELDERLY PERSONS AND ICT

Kindly give your views on the issue of ICT access as it relates to elderly person's social wellbeing. Please elaborate and give enough examples for each question.

1. Has technology improved social networks and connection between friends and relatives who are geographically dispersed and how has that improved?
2. What are the various means of communication and their features that have the potential of improving social ties between friends and relatives?
3. What in your opinion is the level of access of elderly persons to ICT and how has that contributed their social exclusion or otherwise?

4. Which inherent economic, social or biological attributes may hinder elderly persons' access to ICT?
5. What in your opinion are the negative impacts of elderly persons' limited access to ICT on their welfare and how should that be mitigated?

SECTION C: FAMILY AND COMMUNITY SUPPORT STRUCTURES FOR THE ELDERLY

Kindly give your views on the issue of family and community support structures as it relates to elderly person's social wellbeing. Please elaborate and give enough examples for each question.

- i. In detail analysis, what is your perspective on the role of the family and Community in the social protection of elderly persons? Give examples of such roles
- ii. Are there any changes in the society that may have affected these family and community support structures? Kindly give an analysis on how each of these changes has affected the care and protection of elderly persons?
- iii. What is the role played by Government, NGOs, CBOs and individuals in the social protection of elderly persons?
- iv. Kindly give a detailed analysis on the various forms of social assistance programs that are currently available to the elderly both at the Community and at Institutional level? Eg Home-based care, cash benefits, Feeding program, healthcare, entertainment etc. What is your view on the level of access to these elderly person's services and how can there access be improved?

Appendix IV: Research Publication

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Factors Influencing Social Exclusion of Elderly Persons in Alego-Usonga Constituency, Siaya County, Kenya

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Abstract: Social exclusion is a process by which individuals or social groups are detached from key social realms that determine an individual's integration in the society, through poverty, loneliness and lack of effective family and community social support systems. The current study intended to establish the extent to which rural-urban migration of the elderly persons' offspring influence social exclusion of the elderly; examine the influence of elderly persons' limited access to ICT on their social exclusion; and to evaluate the influence of the weakening family and community support systems on elderly persons' social exclusion in Alego-Usonga. The study applied both quantitative and qualitative designs employing both structured interview schedules and in-depth interviews. The data generated from both tools was analyzed through descriptive statistics and complemented with qualitative analysis. A two-staged cluster sampling method was employed to draw a sample of 100 elderly persons from the selected clusters. The findings confirm that migration of elderly persons' offspring to urban areas, mainly in search for employment opportunities had a significant influence on the livelihood of the elderly persons left behind. The increased spatial distance created alongside limited rural visits by the migrants greatly contributed to elderly persons' social exclusion. Further, elderly persons' limited access to ICT influenced their social exclusion mainly through lack of information, limited communication with migrant family members and the community as well as little or no remittances received through mobile platforms. Elderly persons' social exclusion was also influenced by the weakening of the family and community support systems which provided limited or no elderly persons' needs, considering the limited elderly persons' access to formal social protection services. This study recommends greater sensitization on the role of family and community support systems in social protection of elderly persons within the context of the changing technological environment and urbanization.

Keywords: Social exclusion, elderly persons, offspring, rural-urban migration, Information and Communication technology (ICT), family and community support structures.

INTRODUCTION

Social exclusion can be defined as a process by which individuals or social groups are systematically detached from key social spheres that determine an individual's integration in the society. It is multi-dimensional and may include material aspects such as poverty as well as non-material exclusion such as marginalization and limited social participation in key societal spheres [1-5]. The current study focused on social exclusion of elderly persons within the context of Kenya's social Protection Policy of 2012 and the National Policy on older persons and ageing of 2014. The UN [6] observed a steady global growth in the proportion of elderly citizens. In Kenya, the population of persons above the age of 60 in the year 2009 stood at 1.9 million and is projected at 2.6 million by 2020 [7]. Elderly persons drawn from poor households are faced with a wide range of socio-economic challenges which

include reduced social interactions with close family members, poor health and limited access to sources of income. In addition, they are vulnerable to degenerative health conditions such as non-communicable diseases [8, 9].

In Kenya, protection of elderly persons is anchored in both the Kenyan Constitution of 2010 and the Vision 2030 blue print. In addition Kenya has the National Policy on Older Persons and Ageing of 2014 as well as the Social Protection Policy of 2012 which provide broader guidelines addressing the challenges of elderly persons and other vulnerable groups. The International policy framework informing the two key Kenyan policies include the Livingstone Declarations of 2006 which committed African Countries in Zambia to revitalize structures for implementation of social protection programmes and the Universal Declaration

Appendix V: Research Permit

THIS IS TO CERTIFY THAT:
MR. AUSTINE OCHIENG DIETO
of EGERTON UNIVERSITY, 0-40600
Siaya, has been permitted to conduct
research in Siaya County

on the topic: FACTORS INFLUENCING
SOCIAL EXCLUSION OF ELDERLY
PERSONS IN ALEGO CONSTITUENCY,
SIAYA COUNTY, KENYA

for the period ending:
17th August, 2018


Applicant's
Signature



Director General
National Commission for Science,
Technology & Innovation

Permit No : NACOSTI/P/17/82431/18317
Date Of Issue : 18th August, 2017
Fee Received :Ksh 1000

CONDITIONS

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3. Upon request of the Commission, the Licensee shall submit a progress report.
4. The Licensee shall report to the County Director of Education and County Governor in the area of research before commencement of the research.
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NAIROBI-KENYA

Ref. No. **NACOSTI/P/17/82431/18317**

Date: **18th August, 2017**

Austine Ochieng Diato
Egerton University
P.O. Box 536-20115
EGERTON.

RE: RESEARCH AUTHORIZATION

Following your application for authority to carry out research on “*Factors influencing social exclusion of elderly persons in Alego Constituency, Siaya County, Kenya*” I am pleased to inform you that you have been authorized to undertake research in **Siaya County** for the period ending **17th August, 2018**.

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

Kindly note that, as an applicant who has been licensed under the Science, Technology and Innovation Act, 2013 to conduct research in Kenya, you shall deposit a **copy** of the final research report to the Commission within **one year** of completion. The soft copy of the same should be submitted through the Online Research Information System.

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

Copy to:

The County Commissioner
Siaya County.

The County Director of Education
Siaya County.