

**DYNAMICS OF HELP SEEKING AMONG BATTERED WOMEN IN SPOUSAL
RELATIONSHIPS IN NAKURU WEST SUBCOUNTY, KENYA**

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Award of Master of Arts Degree in Sociology (Peace Studies and Conflict Management) of
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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 either in part or full for examination or degree in this or any other University

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DEDICATIONS

This work is dedicated to my late father Douglas Wachira, who was enormously instrumental in ensuring I got basic education to assist me for future pursuits. Dad you were a gem in my life. To my late mother Theresa Wachira who was eager and anxious to see me finish this venture but your maker had better plans for you. Eternally grateful. To all victims of wife battering. Women who suffer for love and dedication to their families. May The Almighty God Reward you with His Unfailing Grace.

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ABSTRACT

Family stability is the nucleus to a functioning society. Wife battering has been recognized as a hindrance to this stability as it not only adversely affects women but also their children who are the future of any society. It was against this background that this study was carried out to examine the dynamics of help seeking among battered women in spousal relationships in Nakuru West Sub County, Kenya. Nakuru West Sub-County was purposively selected because though the vice occurs in many families in the area, very few cases are reported in the area thus making it necessary to identify factors influencing help seeking choices among battered women. The study was guided by three objectives namely; To examine the help seeking strategies used by battered women in spousal relationships in Nakuru West Sub County; To explore factors that influence help seeking among battered women in spousal relationships in Nakuru West Sub County and finally To identify ways by which battered women in spousal relationships access information on help seeking in Nakuru West Sub County. The study was guided by two theories; Battered Women Syndrome Theory and Survivor Theory. The sample size for the study consisted of 88 respondents. Snowball and purposive sampling methods were used to identify the sample size required. A qualitative research methodology employing an Interview Schedule, Focus Group Discussions and Key Informants Guides was employed as the tools of data collection and data was analyzed using descriptive statistics. Statistical Packages for Social Sciences (SPSS version 17) was used for analysis. The study found that majority (80.0%) of the battered women do not seek help. The respondents argued that a variety of factors deter help seeking including concern for children, protecting family, fear, culture, personal believes just to mention but a few. The study also found that women are not just passive actors in response to spousal abuse but also use a variety of informal and formal strategies of help seeking. Findings from this study indicate that majority 35 (58.3%) respondents do not have information of available help for battered women. The study also found that majority (84.9%) of women seek information on safety while only (16.1%) seek information on legal redress to the vice. Findings demonstrate that the main challenges (84.3%) to elimination of wife battering are culture and male dominance. This study recommends social solutions to wife battering because findings conclude that it is a social problem. The study recommends that policies administration on wife battering be more stringent to eliminate the vice thereby eliminating conflicts in homes and by extension ensure peace in families and ultimately a stable society.

TABLE OF CONTENTS

DECLARATION AND RECOMMENDATION	ii
COPY RIGHT	iii
DEDICATIONS	iv
ACKNOWLEDGEMENTS	v
ABSTRACT.....	vi
TABLE OF CONTENTS	vii
LIST OF TABLES	x
LIST OF FIGURES	xi
ABBREVIATIONS AND ACRONYMS.....	xii
CHAPTER ONE	1
INTRODUCTION.....	1
1.1 Background to the Study	1
1.2 Statement of the Problem	3
1.3 Objectives of the Study	4
1.3.1 Broad Objective.....	4
1.3.2 Specific Objective	4
1.4 Research Questions	4
1.5 Justification of the Study	4
1.6 Scope and Limitations of the Study	5
1.7 Operational Definition of Terms	7
CHAPTER TWO	8
LITERATURE REVIEW AND THEORETICAL FRAMEWORK	8
2.1 Introduction	8
2.2 Conceptualizing Help Seeking by Battered Women.....	8
2.3 Help Seeking Behaviour by Battered Women	11
2.4 Access to and Utilization of Information by Battered Women	16
2.5 Emerging Issues from Literature Review.....	17
2.6 Theoretical Framework	18
2.6.1 Battered Women Syndrome	18
2.6.2 Survivor Theory	19
2.7 Conceptual Framework	21

CHAPTER THREE	24
METHODOLOGY	24
3.1 Introduction	24
3.2 Research Design	24
3.3 Study Area.....	25
3.4 Population and Sampling Procedure	27
3.4 .1 Sample Size Determination	27
3.4.2 Sampling Procedure	27
3.5 Unit of Analysis.....	28
3.6 Data Collection Methods.....	28
3.6.1 Interview Schedules	28
3.6.2 Focus Group Discussions	28
3.6.3 Key Informants Interviews	29
3.7 Pre-Testing	29
3.8 Reliability and Validity of the Study.....	29
3.9 Data Analysis	30
3.10 Ethical Consideration	30
CHAPTER FOUR.....	32
RESULTS AND DISCUSSIONS	32
4.0 Introduction	32
4.1 Respondents Characteristics.....	32
4.1.1 Type of Employment for Battered Women.....	32
4.1.2 Education Level for Battered Women.....	35
4.1.3 Age Bracket of Battered Women	36
4.1.4 Religious Affiliations of the Respondents.....	36
4.2 Strategies of Help Seeking Among Battered Women	37
4.2.1 Whether Battered Women always Seek Help	37
4.2.2 Immediate Strategies of Help Seeking	38
4.2.3 Long Term Strategies of Help Seeking	41
4.2.4 Where Battered Women Seek Help.....	42
4.3 Factors Influencing Help Seeking Among Battered Women.....	47
4.3.1 Reasons why Battered Women do not always Seek Help.....	47
4.3.2: Reasons why Battered Women Seek Help.....	52
4.4 Sources of Information on Help Seeking for Battered Women	61

4.4.1 Type of Information sought by Battered Women	62
4.4.2 Awareness of Battered Women’s Rescue Centres	63
4.4.3 Rescues Centres Available for Battered Women	64
4.4.4 How Battered Women Accessed Information on Rescue Centres	64
4.4.5 How Rescue Centres Influence Help Seeking.....	65
4.5 Challenges to Stamping Wife Battering.....	68
CHAPTER FIVE	70
SUMMARY, CONCLUSION AND RECOMMENDATIONS	70
5.1. Introduction	70
5.2 Summary	70
5.3 Conclusions	73
5.4 Empirical Conclusions	73
5.5 Theoretical Conclusions	74
5.6 Recommendations	75
5.7 Suggestions for Further Research.....	77
REFERENCES.....	78
APPENDICES	91
APPENDIX I: INTERVIEW SCHEDULE	91
APPENDIX II: FOCUS GROUP DISCUSSIONS	94
APPENDIX III: KEY INFORMANT INTERVIEW GUIDE	96
APPENDIX IV: RESEARCH AUTHORIZATION FROM NACOSTI	97
APPENDIX V: RESEARCH PERMIT.....	98
APPENDIX VI COUNTY RESEARCH AUTHORIZATION.....	99

LIST OF TABLES

Table 3.1: Summary of Sampling Procedures	27
Table 4.1: Type of Employment for Battered Women	33
Table 4.2: Level of Education for Battered Women.....	35
Table 4.3: Age Bracket of Battered Women.....	36
Table 4.4: Religious Affiliations of the Respondents	37
Table 4.5: Whether Battered Women always Seek Help.....	38
Table 4.6: Immediate Strategies of Help Seeking from.....	39
Table 4.7: Long Term Strategies of Help Seeking	41
Table 4.8: Where Battered Women Seek help.....	43
Table 4.9: Why Battered Women do not Seek Help.....	47
Table 4.10: Why Battered Women seek Help	53
Table 4.11: Sources of Information for Battered Women	61
Table 4.12: Type of Information sought by Battered Women.....	63
Table 4.13: Battered Women Awareness of Battered Women’s Rescue Centres	64
Table 4.14: Rescues Centers Available for Battered Women.....	64
Table 4.15: How Battered Women get Information on Emergency Shelters	65
Table 4.16: Why Battered Women Seek help at Philadelphia Rescue Centre.....	65
Table 4.17: Reasons for seeking help at Nakuru Level Five Hospital and Nairobi Women’s Hospital.....	67
Table 4.18: Challenges to Stamping Wife Battering	68

LIST OF FIGURES

Figure 2.1: Conceptual Framework	22
Figure 3.1 Map of Nakuru West Sub-County.....	26

ABBREVIATIONS AND ACRONYMS

CDC	-	Centers for Disease Control and Prevention
CPO	-	Civil Protection Order
CREAW	-	Centre for Rehabilitation of Abused Women
ERT	-	Equal Rights Trust
FGDs	-	Focus Group Discussions
FIDA	-	International Federation of Women Lawyers
GBV	-	Gender Based Violence
GBVRC	-	Gender Based Violence Recovery Centre
IRIN	-	Integrated Regional Information Networks
KDHS	-	Kenya Demographic and Health Survey
KNHCR	-	Kenya National Commission of Human Rights
MoH	-	Ministry of Health
NFVS	-	National Family Violence Surveys
PRSP	-	Poverty Reduction Strategy Paper
PTSD	-	Posttraumatic Stress Disorder
RCT	-	Rational Choice Theory
SPSS	-	Statistical Package for the Social Sciences
UN	-	United Nations
USA	-	United States of America
WHO	-	World Health Organization

CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

According to the Centers for Disease Control and Prevention (2009) wife battering refers to physical aggression committed by a spouse to a wife. Further, the study demonstrated that wife battering manifests itself in a terrifying array of forms throughout the world and range from a single episode of hostility like slapping to ongoing battering. In addition, the study postulates that the vice is the single greatest cause of hurt to women. Disclosures by Yasir (2011) and Adewale (2007) admit that wife battering exists in many cultures and is considered a private matter in some societies. Adams *et al.*, (2007), adds it is the most widespread and publicly tolerated way in which women are deprived of their basic right. In addition, Dutton *et al* (2005) views it as a wrongdoing committed every fifteen seconds with a woman and possibly her children being victimized, most often in the one place where they should feel safe...the home. Crichton *et al.*, (2008) and Adams and Campbell (2005) corroborate the above cited authors and go further to ascertain that experience of violent intrusion - or the threat of such intrusion - is a common thread in the fabric of women's everyday lives in many societies around the world. Moreover, available evidence discloses that statistics exemplify that there are large numbers of women in marital unions who are enduring the vice (World Health Organization, 2013; Murdaugh *et al.*, 2004; Watts and Zimmerman, 2002). Moreover, notable is the reality that wife battering is a public health problem in many societies which has for long gone unnoticed, been tolerated or has been given attention sporadically (de la Rosa *et al.*, 2015). Moreno (2013) observes that just as it took many years for the public recognition of child abuse and neglect to emerge, the recognition of spouse/partner abuse has also been a long time coming.

In the United States, estimates of the prevalence of violence against wives suggests that between nine hundred thousand to three million women suffer physical cruelty at the hands of a partner each year (United States Department of Justice, 1998). In Europe, numerous studies on the prevalence of wife battering reveal the rife approximations ranging from 6% in Switzerland to 26.2% in the Netherlands (Romkens, 1997). In Africa, Asia, and the Middle East, reports show that it is difficult to get scientific information on the prevalence of violence against women, as it appears to be extremely under-reported (Porcerelli *et al.*, 2003; Chan, Ko, 2011; Manjoo, 2012). More specifically, Cattaneo *et al.*, (2007) assert that in

Africa due to the hidden nature of the problem, accurate statistics on wife battering is hard to come by. Research evolving from Africa displays a worrying situation regarding the levels of wife battering in various countries in the continent — levels that are quite high and place great financial burden on individuals, families and governments (Seedat, 2009). In sub-Saharan Africa, experiential proof disclose prevalence estimates for South Africa as 46 %, Tanzania 37%, Ethiopia 49% to point but a few (Dutton, 1994; Moreno, 2013). In addition, Edelson *et al*, (2007) argues that studies emerging from sub-Saharan Africa reveal under-reporting of the vice. The current study argues that based on the common occurrence of under-reporting in many studies in Africa, it would be safe to assume that the true frequency estimates in most countries are probably higher than what is reported and therefore the need of this analysis to establish factors determining actions by victims of wife battering in Kenya and more specifically the area under study.

Wife battering is reported by one in three women globally, but the prevalence is much higher in East Africa (Alhabib *et al*, 2009). Report by UN (2005) postulates that high prevalence of wife battering in Kenya led to women lobbyists in 2004 identifying the need for the establishment of gender desks for reporting the vice in police stations as critical to enhancing the wellbeing of the family. Further, the Republic of Kenya (2008) conjectures that the government is committed to fighting the vice as evidenced by the signing of international conventions on gender violence and developing various policies and strategies addressing the depravity. In 2005, a WHO multi-country study revealed that 20-66 percent of women in Kenya had not told anybody about spousal battering before the interview due to the limited availability of formal services and fear of stigma (Garcia-Moreno *et al*, 2005).

Government statistics in Kenya Demographic and Health Survey (KDHS) demonstrate that in Kenya 47% of ever-married women report having experienced physical hostility from their husbands (GBVR, 2012). Similarly Convention on the Elimination of All Forms of Discrimination against Women (2006) established that more than half of rural Kenyan women experience battering in their lifetime. Further Human rights sources echo that ferocity against women in Kenya is widespread and a recurrent practice (Amnesty International, 2007; Freedom House, 2007). The Executive Director of the Centre for Rehabilitation of Abused Women (CREAW) states that wife battering is commonplace in Nakuru west Sub County especially Kaptembwo and often condoned in many families (Amnesty International, 2007). In addition, the Kenya Female Advisory Organization (KEFEADO) designates in its annual report that the number of cases of wife battering increased in 2006 in Rhoda area of

Nakuru municipality (Freedom House, 2007). That notwithstanding WHO (2005) found that 42 percent of women in Kenya were regularly beaten by their husbands. However, FIDA Kenya hypothesizes that the true figure should be closer to 70 percent. Data from Gender Violence Recovery Centres in Nakuru exhibit that cases of gender violence have increased steadily over the last four years in Nakuru (FIDA, 2012; FIDA, 2013).

Runguma and Mwabu (2015) reveal violence against women as a significant problem in Kenya. It is within this background that FIDA-Kenya, in partnership with Equal Rights Trust (ERT) developed the “Improving Access to Justice for Victims of Gender Discrimination Project” in 2011, now implemented in 33 counties across Kenya. In a midterm evaluation undertaken between March-April 2015 the analysis reports that 2,225 women are survivors of physical violence. While validating the previous study, in their annual reports on complaint on violation of human rights KNCHR (2014) recorded a slight increase of 39 female complaints on battering from the previous year. The report stresses that most complaints were from the Rift valley region followed by Nairobi while the least number of complaints was received from the Western region.

A 2013 study by Gender Violence Recovery Centre (2013) exhibited that majority of gender-based cases (about 64 per cent) occur within the victims’ homes by their spouses and adds that physical violence around the country varies with Nyanza being the highest at 54 per cent, Western is at 50.1, Rift Valley at 39.8, Central at 35.1, North Eastern at 32.8, Eastern at 31.5, Nairobi at 24.6 per cent and Coast Province with the lowest at 18%. In addition, a survey by Ministry of Health (MOH), Kenya (2013) revealed on average that 113 cases of physical assault against women are recorded daily on the daily occurrence register at the gender recovery desk at the level four hospital. The current study argues that based on the views of the above cited authors it is evident that spousal brutality is significantly rampant in the rift valley and more so in the area of study. However there were limited documentation on the subject of wife battering in the rift valley and more so the area of study thereby the need for this study.

1.2 Statement of the Problem

Harmonious co-existence between spouses is central to peace in families. Spousal battering is a threat to peace in families, as it not only leads to interpersonal conflict between spouses but may also result to intrapersonal conflicts among children thus impacting adversely on their development. Wife battering is highly prevalent in Nakuru West Sub- County. Despite efforts

by government and other stakeholders to encourage help seeking by battered women very few victims seek help. Hence the need for this study which analysed the dynamics of help seeking among battered women in spousal relationships in Nakuru West Sub County.

1.3 Objectives of the Study

1.3.1 Broad Objective

The broad objective of this study was to analyze the dynamics of help seeking among battered women in spousal relationships in Nakuru West Sub-County- Kenya.

1.3.2 Specific Objective

This study was guided by the following specific objectives:

- i. To examine the help seeking strategies used by battered women in spousal relationships in Nakuru West Sub County.
- ii. To explore factors that influence help seeking among battered women in spousal relationships in Nakuru West Sub County.
- iii. To identify ways by which battered women in spousal relationships access information on help seeking in Nakuru West Sub County.

1.4 Research Questions

This study was guided by the following research questions:

- i. What are the strategies used in help seeking by battered women in spousal relationships in Nakuru West Sub County?
- ii. What factors influence help seeking by battered women in spousal relationships in Nakuru Sub County?
- iii. In which ways do battered women in spousal relationships access information on help seeking in Nakuru West Sub County?

1.5 Justification of the Study

This study was justified based on the following reasons:

First, though Wife battering continues to be a prevalent problem in the world today, very few cases are reported. Again, though research into spousal violence has been extensive, our understanding of women's actual experiences with the vice is still lacking. Thus the need for deeper understanding of this exceedingly important social problem.

Secondly, the core of any research is to discover and expand knowledge thereby increasing man's power to understand. This study will provide information that would add to the scanty

knowledge available on the dynamics of help seeking by battered women. It is hoped that the outcome of this study would arouse further interest and research into other aspects of domestic violence as it affects not only Nakuru Sub County but the entire human society.

Thirdly, wife battering is a complex problem that needs to be understood within the wider social context because public perceptions and attitudes shape the climate in which the vice takes place and either perpetuate or deter its occurrence. It is the assumption of this study that reduction or eradication of the problem cannot be achieved without addressing societal attitudes leading to tolerance or justification of the problem. It is therefore hoped that information derived from this study will enhance better understanding of public attitudes which has been increasingly recognized in international research as crucial in preventing the vice.

Finally, the family as a basic institution of society requires smooth environment within which it contributes to an optimally functioning society. However in instances where wife battering occur, family systems break down and the basic needs of the family previously met by the family may not be realized leading to dysfunctional families and marriages which can become easy prey to anti-social elements. This study is sociologically significant in that the safety, support and wellbeing of a society's women are deemed paramount to the smooth running of the institution of family which is a key pillar of any society. It's hoped that findings of this study will assist in understanding and supporting the process of help seeking by victims of wife battering thus appropriately meeting the needs of victims, their families and ultimately the society

1.6 Scope and Limitations of the Study

This study was confined to Nakuru West Sub County, Kenya. The study area consists of six County Assembly Wards namely Barut, London, Kaptembwo, Kapkures, Rhoda and Shabab. The study analysed the dynamics of help seeking among battered women in intimate relationships.

A major limitation anticipated was that due to the fact that context may differ the study findings, may not be generalized to other areas in the country. However, the study elicited information that may reveal knowledge gaps that can be used in carrying out other studies in other areas of the country as well as other parts of the world.

Another limitation that was encountered in this study is language barrier as the population under study consists of different ethnic communities. While this was overcome by having all of the research tools translated into Swahili, some words in English do not have their exact equivalent in Swahili. However effort was made to ensure that the tools have all of the wording done properly to the closest meaning.

Finally, due to the sensitive nature of spousal battering, it is possible that there could be confidentiality issues related to participants' disclosure of information, especially because some of the interviews were conducted in public locations. To counter this, the researcher ensured and upheld confidentiality of the information gathered by de-linking the data collected from the individual respondents by removing all identifying features from the interview schedules and focus group discussion items.

1.7 Operational Definition of Terms

Spousal Battering: Is physical violence by an intimate partner on a marital partner (Douglas and Lee, 2003).

Domestic Violence: Is the inflicting of physical or emotional injury by one family or household member on another (Sokoloff, & DuPont, 2005).

Dynamics: Pattern of change or growth of an object, or force or intensity of a phenomenon.

Help Seeking: Is a form of social behaviour emitted to seek assistance from others (Halket *et al*, 2013).

Intimate Partner Violence: Describes physical, sexual, or psychological harm by a current or former partner or spouse (Sokoloff, & DuPont, 2005).

Physical Violence: Is the intentional use of physical force with the potential for causing death, disability, injury, or harm (Stephens & Sinden, 2000).

Social Support: Are those social interactions, which provide individuals with assistance (Rose *et al*, 2000).

Spouse: A person's partner in marriage (Stephens & Sinden, 2000).

Violence: Actions or words that are intended to hurt people (Varnar Bjorkly, 2008).

Wife beating: Is physical abuse of a woman by her present or former husband or male companion (Heinisch-Hosek, 2009).

Wife battering: Refers to repeated violent acts which could be psychological or physical assault by a man against his wife made with the intention of controlling her by inflicting fear or pain on her (Varnar Bjorkly, 2008).

CHAPTER TWO

LITERATURE REVIEW AND THEORETICAL FRAMEWORK

2.1 Introduction

This chapter presented a review of literature, theoretical and conceptual framework of the study. The literature review covered the theme on dynamics of help seeking by battered women.

2.2 Conceptualizing Help Seeking by Battered Women

Wife battering has generated considerable debate and discussion, and several studies have formulated models to represent the multifaceted influences around it (Cornhill, 2010). The study further describes wife battering as behaviours characterizing physical abuse such as pushing, slapping, hitting, threatening with a weapon and threatening to injure the intimate partner's family or friends. Currently, the issue of spouse battering is critically important to households and societies experiencing its effects as it impacts both the economic and health sectors. Moreover World Health Organization (2005) identifies the vice as the most common form of violence against women worldwide. Bui (2003) argues that just like other people who experience negative occurrences are rarely passive, battered women are no exception and therefore victims of wife battering, too must cope and respond to the vice.

Empirical evidence reveals that victims of wife battering respond and cope with the vice in a variety of ways (Das Dasgupta, 1998; Horton & Johnson, 1993; Davies and Lyon, 1998). Odera and Abigail (2014) list battered women coping strategies as including actions such as seeking information, redefining the situation, seeking help from family, friends, and legal or social service organizations, and leaving the relationship temporarily or permanently (Davis,2005; Waldrop ,2004). The current study concurs with the above reviewed studies that battered women respond to the abuse in diverse ways in other parts of the world but further went further to identify the specific coping strategies used by victims in the area of study.

Goodman *et al* (2003) dichotomizes coping strategies for battered victims as active or passive. He depicts the observable behaviours as efforts that are categorized as active while unobservable or cognitive efforts as passive strategies. Further, Hirschel & Buzawa (2002) and Goodkind *et al* (2003) highlight active help seeking strategies as a battered woman's engagement of the criminal justice system such as calling the police, filing a petition for a civil protection order (CPO), filing criminal charges, attaining a temporary restraining order,

testifying against the abuser in court. Other documented reports show evidence on victimization cases being reported to the police but not always by the victims (Hassouneh-Phillips, 2001; Haight *et al*, 2007; Dutton *et al* 2007; Hazen and Soriano, 2007; Heckert and Gondolf, 2004). The current study while concurring with the cited authors that seeking legal redress is commonly used by battered women, however notes that there is no consensus among the writers on when and why battered women seek the justice system and went a step ahead to ascertain reasons why a battering victim fails to seek help and other people do so on their behalf.

Magen *et al* (2001) and Haight *et al*. (2007) distinguish between long-term protective strategies and immediate protective responses in the context of a physical assault. They enumerate leaving the house or escaping from the scene of the assault as immediate protective strategies. Further they outline long term strategies commonly used by battered women to involve a woman speaking to her children while others try to teach their children to make nonviolent choices in their own relationships in future. This present analysis is of the view that it is evident from the reviewed works that there is a growing body of research on the various situational strategies used by women in different circumstances. It was therefore necessary to conduct a household level study to understand factors that inform the choice of either immediate or long term help seeking choices by victims in the area of study.

Available literature hypothesize that many victims' specific concerns about others have been used to address battering than the battered women's safety and concerns (Haight *et al* , 2007; Bonanno, 2004; Erez & King, 2000). Other studies report that many women delay terminating their relationship because of batterers' threats to kill or harm their companion animals or children if they left (Hamby, 2008; Griffing *et al.*, 2005). The current study while concurring with the cited authors that many battered women chose to remain in abusive relationships for the sake of others went further to identify the people that may be the reason battered women don't report battering and reason for not reporting.

Hamby, 2008 noted that seeking social support has been instrumental in aiding the psychological well-being of victims of battering. Moreover Bradley *et al*, (2005) and Kasturirangan (2008) reported that social support has been used to alleviate some of the self-blame that victims often impose upon themselves. Other works describe social support as actions that provide women with needed validation, another perspective on a situation, support around safety planning, assistance with holding the abusive partner accountable,

places to stay, financial assistance and places to store belongings in case of emergency (Goodkind *et al* 2003; Levendosky *et al*, 2004). This study concurs with the above cited works that social support is a core strategy employed by battered women as it provides psychological reassurance and enhances resilience of battered women. The current study went a step forward find out if there is a relationship between social support and resorting to help seeking.

Thavolia & Cabanilla (2011) show resorting to spiritual guidance as key refuge to many battered women. In their opinion prayer and spiritual guidance is a great source of strength for women from many cultural and ethnic backgrounds. Further, Lipsky (2006) found that faith in God was important to the coping of the battered women. According to Mwenesi *et al* (2004) and Hassouneh-Phillips (2001), spiritual practices are reported more frequently by women of African American origin and Muslims. Hamby & Gray-Little, (2007) exemplified that culturally specific spiritual practices may play an important role in the process of healing and protection. The current study observes that despite the fact that quoted authors identify the use of prayer as important in building resilience among victims of wife battering little is known about the magnitude and extent it is used by women of different cultural background in the study area. The current study filled this gap using data collected from the women within the area of study.

Available data show that fairly large numbers of battered women seek help from professional service providers (Magen *et al*. 2001; National Network to End Domestic Violence, 2008). They outline such service providers to include psychologists, social workers, physicians and social service providers. However they add that there may be ethnic or cultural differences in the use of these services. This study while concurring with the cited authors that seeking professional service providers' help when culturally appropriate can offer another forum for avoiding multiple risks and working out solutions to trauma caused by battering went a step further to explore the specific professional service providers available in Nakuru Sub County and identify the services they offer.

Available evidence state that ending the relationship by moving out or divorce is a protective strategy used by many battered women (Orloff and Little, 1999; Cronholm, 2010; Neff *et al*, 1995). Relationship termination is measured in a number of ways by different scholars. For instance reports by Flynn (1990) and Magen *et al*. (2001) document that many victims end their relationship in one-month or less following the first episode of violence while others

divorce or separate with their spouses after two years. However notable is the finding by Griffing *et al* (2005) which documents that majority of women later return to the batterer thereby demonstrating both how many would like to leave and also the extent of the obstacles many confront in ending the relationship. The current study concurs with the researches reviewed that leaving an abusive relationship may be a commonly used strategy by abused women and proceeded to examine the factors that inform the level at which leaving an abusive relationship is necessary.

Ramsay *et al*, (2009) asserts that though not used by all victims, emergency shelters serve as an important protective strategy, especially for the most severely abused women and those with the fewest financial and social resources. West (1998) argue that though human service agencies are often thought to be the gateway for help for victims of violence, they are not as universal as sometimes thought because they are few and more often than not usually full. A national survey in the USA on shelter services found that in a single day there were more than 4,000 unmet requests for shelter (National Network to End Domestic Violence, 2008). Other documented evidence reveals limitation of age of children accompanying mothers to shelters thereby excluding many victims in need of shelter (Wolf *et al*, 2003; Borwanka *et al*, 2008). This study is in agreement with the above cited works that there could be grave limitation to the use of shelters but goes a step forward to ascertain the characteristics of women who use shelters in the area of study. Further this study identified the rescue shelters available in the study area and explored hindrances to their use.

Davies (2008) argues that although shelter is the service most closely identified with anti-domestic violence programs, most programs offer a variety of other services usually at no cost. In addition existing data suggests that the most commonly utilized domestic violence-related services include providing information about domestic violence services, transportation, court accompaniment, counseling and referrals to other organizations (Allen *et al*, 2004; Belknap, 1995). The studies also posits that too little attention has been paid to this important function of service provision and more importantly the role played by police in domestic violence and therefore the need for the current study.

2.3 Help Seeking Behaviour by Battered Women

Naved *et al*. (2006) outlines the many domains of a battered woman's life as her financial stability, the well-being of her children, her social status, and her psychological health, sense of self-worth, her hopes and dreams for the course of her life. They proceed to affirm that the

threats to these domains may in some cases be greater than the threats of physical pain. Pence & Paymar (1993) when exploring battered women's protective strategies noted that several factors have been highlighted as being instrumental in the choices pursued by a victim. Earlier studies revealed that coping for a battered woman is a shifting and not a static process in that individuals employ varying strategies according to the nature of the stressors, appraisal of the available coping resources and other situational factors (Straus and Gelles, 1986; Pencer and Paymar, 1993). The current study while concurring with the above reviewed studies that several domains of a battered woman influence help seeking, sought to highlight the specific domains influencing help seeking in the area of study. It also sought to determine the situational factors influencing the shift in help seeking strategies and how they do so.

Hamby (2008) identifies the batterer's behavior as a key factor that complicates a battered woman's help seeking choices. To him the batterer's attempts to maintain power and control over the victim manifest themselves in many ways, such as threats to kill the victim if she leaves or attempts to make other changes in their relationship and fear of loss of custody of children. Recorded evidence proves that leaving often entails significant risks especially to women with the most aggressive or emotionally unstable partners. In addition Pence & Paymar (1993) reported that contrary to the widespread assumption that leaving is the best way to increase safety, evidence proves that much violence is initiated or worsens after separation as the batterer redoubles efforts to maintain control over the victim. Further documented evidence report that some abusive partners use the scripture to enhance power and control over their victims thus deterring them from disclosing the abuse (Mahoney, 1991; Thavolia and Cabanilla, 2011). The current study while concurring with the previous writers that domineering behaviour of a batterer can deter exposure in spousal abuse, went a step further to ascertain ways in which the batterer influences decision to seek help by battered wives in the area of study.

Institutional obstacles have also been outlined as basic factors influencing a battered woman's help seeking behavior (Rhodes and McKenzie, 1998). Davis (2005), notes that many services are primarily organized around helping women leave their relationship and therefore if victims do not wish to leave they may find few relevant institutional services available to them. At the same time Van Hook (2000), argues that the fact that many cases require multiple court appearances for women is a deterrent to help seeking. The current study, like the highlighted works is of the opinion that institutional obstacles may limit their

use by battered women because women may be seeking help to aid them survive as they remain with their spouses and therefore not willing to give them up. The study went further to state that there are few or no documented works on institutional obstacles to help seeking in Africa and more so the area identified for the study thus the need for this study.

The Criminal justice interventions can have both therapeutic and anti-therapeutic effects for battered women thereby encouraging or discouraging help seeking (Downs 2005). West (2005) enumerated therapeutic benefits as providing temporary safety, legal intervention, validates a victim's right to be free from violence, sends the message that domestic violence is criminal, informs victims of other services and enhances feelings of empowerment and liberation (Farah *et al*, 2009). However Tjaden and Thoennes (1998) posit that although situational factors prompt battered women to report battering to the criminal justice systems the process may be anti-therapeutic as it involves a more arduous and adversarial experience. In addition Vidales, (2010) corroborates with the reviewed studies and add that other practical concerns such as financial support may make it difficult for them to seek out help. This study posits that though seeking the criminal justice system may be therapeutic it may be counter-productive especially if court sessions may involve children observe their parents accuse one another in a court of law.

Available literature infers that police response plays a critical role in situations of wife battering because they not only serve as gatekeepers to the criminal justice system but also channel deserving cases for prosecution (Wolf *et al*, 2003). In addition the study documents that women who had positive experiences with police were more likely to reuse the system in the future. The current study concurs with the above cited authors that the initial contact with the police is critical because victims of wife battering take the next step based on their first experience with the police.

Bent-Goodley (2001) pointed at cultural values and norms as key influencers in battered women's help seeking choices, thereby prescribing the range of coping strategies available or acceptable to them. The study adds that some cultures prohibit the use of certain active strategies and may incur serious familial or societal sanctions. In addition, the National Network to End Domestic Violence (2008) hypothesized that in some cultures wife battering is an accepted practice. In his view Romkens (1997) argue that in communities where violence against women is widely accepted, the victims may be reluctant to seek help since this would be a break with social norms. However if violence against women is strongly

condemned in the community, battered woman will be more likely to seek help since domestic violence will be considered intolerable (Vidales, 2010; Porcerelli *et al*, 2003). The current study is in agreement with the above mentioned writers that cultural and religious affiliations often limit the help seeking choices of battered women as such cultures may advocate for compromise rather than competition in conflict resolution. However this study notes that there is no agreement by the cited authors on the how culture impacts on help seeking choices of battered women and therefore hoped to fill this gap in the current study area. The study went further to identify the specific cultural strategies used by battered women of different cultural backgrounds in Nakuru West Sub - County.

According to Feder *et al* (2006) relational factors may also influence help-seeking by battered women. To support this fact Orloff and Little (1999), points to the lack of social support from family and friends as a significant obstacle to cooperating with criminal prosecution of women in battering incidents. Other researchers have argued for the importance of social support in enabling battered women to effectively cope with the demands of engaging the justice system in response to their abuse without which following through with prosecution would be difficult if not impossible (Horton & Johnson, 1993). This study explored the types of social support needed by battered women and also determined how its provision can influence help seeking.

Hamby (2008) hypothesizes that personal value such as beliefs that divorce is wrong can complicate women's choices as they try to remain true to their ideals. Yasir (2011) adds that the costs of giving up these values can be substantial both psychologically and socially to battering victims. Ramsay *et al* (2009) concurs with the highlighted writers and adds that battering victims may also fear their church or other organization rejecting them for breaching its values. Available data further infer that different socio demographic characteristics of women influence the help seeking choices (Seedat *et al.*, 2009; Johnson, 1995). They argue that women with different socio demographic traits may see the violence differently. For example, women in younger age who are usually more educated and exposed to the concept of gender equality may be more likely to agree that violence against women is not acceptable and adopt active strategies to stop or reduce it. (Cattaneo *et al*, 2007; Yasir, 2011; Whitaker *et al*, 2007). This study concurs with the above mentioned scholars that personal values may impact on battered women's help seeking strategy in that at times active strategies may contradict their values thereby leading to intra-personal conflicts and consequent delays or totally avoid revealing battering. However, this study examined how

personal values influence help seeking in the area of study. In addition the study sought to shed light on how specific demographic characteristics are associated with help seeking among battered women.

Other individual differences that influence help seeking are manifest in avoidance symptom in battering victims (Waldrop, 2004; West, 2005; Clements, 2000). These works state that such symptoms as emotional numbing may cause a battered woman to deny the reality of her situation and therefore not seek help. Additionally, Gracia *et al* (2011) point at high levels of distress as instrumental in influencing victims to seek initial assistance as well as interfering with a battered woman's ability to effectively utilize these resources over time. This study while concurring with the cited authors that battering may result in emotional instability thereby interfering with a battered woman's ability to seek help also points that the authors are not in agreement on how it does so, therefore the need for this study for this provision.

Another pre-condition is that the woman has to have the ability to seek help (Gabor and Mata, 2004; O'Leary *et al*, 1999). To them, this means that there being no barriers to her seeking help. The victim must know who may be able to help her with the situation and be able to get access to the source of help. Other writers report incidences where some women may have tried to seek help in the past and had negative experiences as the violence may have gotten worse. In order to enable an abused woman to start to disclose violence and seek help, she has to see that useful help is available. This study pursued to determine if battered women in the area of study are aware of help that can be offered when battered. In addition the study identified aspects that prove ability to help seeking and how they influence help seeking in Nakuru West Sub-County.

Other constraints rather than social or personal factors however influencing help seeking by beaten women may be financial obstacles (Dutton *et al* 2007; Hamby, 2008). Further Dutton *et al* (2007) explains financial constraints in a battered woman as not having sufficient funds to rent a home, lack of health care, or the ability to take time off work to address the effects of the abuse. Gabor and Mata (2004) add that financial constraints can limit other coping efforts such as seeking counseling. This study notes that despite the fact that financial constraints have been documented as key constraints in help seeking in the western world circumstances there are limited studies on the area in Africa. This sought to ascertain how financial obstacles impact on help seeking among battered women in Nakuru West Sub-County.

Feder *et al* (2006) reports that mismatching of help sources and information needs are key obstacles to help seeking amongst many battered women. The study showed that abused women are often sent to agencies that provide the wrong type of service for their needs or/and agencies that do not have sufficient resources to provide adequate levels of aid. Lempert (1997) found out that many agencies misunderstand the type of help being sought and provided irrelevant information or referrals to other agencies that are not useful. Empirical data have stated that at times help sources may also create a barrier for abused women by suggesting that they are at fault in the abuse situation, thereby leading many women to feel distrustful of such support services (Whitaker *et al*, 2007). In addition the study suggests that agencies and abused women may also experience conflicting agendas as such agencies typically provide support services that are designed to help women to leave abusive relationships while these women may still love their partners and instead of seeking a way to exit the relationship, they are seeking methods to help them survive within the relationship. The current study as the reviewed works notes that information mismatch can lead to confusion thereby rendering battering victims indecisive on information seeking and usages thus limiting their help seeking moves. The study proceeded further to seek a clarification as to whether mismatch of information is a contributing factor in the low rate of help seeking in the study area.

2.4 Access to and Utilization of Information by Battered Women

Bates (2010) defines Information behavior as ways in which people seek and utilize information. Dunne (2002) specifies a battered woman's information seeking behaviour in terms of a person-in-progressive situations model. This model shows that battered woman's information needs and behaviour change as abuse heightens. She explains that once a battered woman recognizes that she is in an abusive relationship and needs information about this situation, the initial help-seeking reaction is for her to try to solve the problem on her own by first interrogating her behavior and how it could have contributed to the battering. Lempert (1997) not only agrees with the above cited scholars but further adds that if a victim perceives the vice as a direct result of her actions, she may amend her behaviour to try to appease the abuser. The analysis continues to debate that if this method flops, the woman ensues to seek help by telling someone about the abuse.

Other studies specify that battered women typically turn to family and friends as their first source of information (DeKeseredy and Schwartz, 2001; Davies, 2008; Dutton, 1996). Other writers argue that other women seeking formation on help available from women's shelters,

crisis services, police, medical authorities, counselors, mental health services, clergy, and lawyers (Harris and Dewdney, 1994; Wilson, 1999). The studies add that these formal help services are contacted with more regularity as the abuse deteriorates in intensity and frequency. Further Biggers (2005) posit that in the early stages of the information seeking process, abused women rank understanding and emotional support as their primary need and thus it is not surprising that they initially turn to friends and family before seeking help through formal help services. As the abuse increases, advice, protection, and escape grow in importance and women then access formal help services for information and aid.

Johnson and Ferraro (2000) identified other help and information needs for battered women as understanding and emotional support. Johnson (1995) adds that information sought by victims involve emotional or psychological counselling for themselves and their partners, physical protection through police or social services, shelter, escape strategies, information about personal relationships, information about abuse, legal advice, medical information, financial advice, career counselling and information, and referrals to help sources. Based on information derived from the immediate mentioned writers on battered women information access and use, there is great divergence on the different ways y which battered women access and utilize information. This study therefore sought to provide consensus on battered women information access and utilization in the area of study.

2.5 Emerging Issues from Literature Review

Earlier studies on wife battering have established diverse results. Furthermore, research on issues relating to help seeking among battered women has been limited. It is clear that scholars from various arenas have addressed the issue of women battering from different viewpoints. Specific illustrations have been developed to elucidate the phenomenon of help seeking among battering victims.

It is evident from the reviewed literature that dynamics of help seeking by battered women entails both factors influencing help seeking and information accessibility on available help for battered victims. Rather than just physical pain and suffering, attributes such personal beliefs, values, education, financial dependence, concern for others like one's children or friends, justice response, police intervention, religious conviction and culture among other factors are also barriers to help seeking among many victims . Preceding research has demonstrated that battered women's experience with battering differ markedly. There is however consensus that a number of domains of a battered woman's life are typically

threatened in her decision to seek help. Further more victims of wife battering persevere in the hands of their abusive spouses thereby exposing not only themselves to more physical and psychological agony but also their children.

The literature review provided is therefore able to provide a strong sociological knowledge gap with regard to dynamics of help seeking among battered women in any society as spousal coexistence in key to family stability that need not be meager pipe dream for families.

2.6 Theoretical Framework

This study was guided by two theories, battered women syndrome and Survivor Theory to explain the dynamics of help seeking by battered women.

2.6.1 Battered Women Syndrome

The Battered Women Syndrome theory was born out of the research conducted by Walker (1979). The analysis noted that battered women's syndrome contains two distinct elements: a cycle of violence and symptoms of learned helplessness. Empirical evidence shows a cycle of violence as comprising of three phases: the tension building phase, active battering phase and calm loving respite phase (Gondolf, 2002; Downs, 2005; Walker, 2006). Further these studies expound the tension building phase as a stage that a victim is subjected to minor battering incidents such as slaps and pinches. In this situation the woman tries to pacify her batterer by showering him with kindness or attempts to avoid him. However, the victim's attempts to pacify her batterer only work to delay the inevitable acute battering incidents which follows and is characterized by the battering phase which usually last for a period of two to twenty-four hours. At this phase the batterer places his victim in a constant state of fear and she is unable to control his violence by utilizing techniques that worked in the tension building phase. Further they argue, the victim upon realizing her lack of control, attempts to mitigate the violence by becoming passive. The final step is the calm loving respite phase or honeymoon phase where the batterer apologizes for his abusive behavior and promises that it will never happen again. Fox *et al* (2007) posits that the behavior exhibited by the batterer then resembles the behavior he displayed when the couple first fell in love. He adds that this phase is the most psychologically victimizing, because the batterer fools the victim, who is relieved that the abuse has ended. However, with time the batterer begins to verbally abuse his victim and the cycle of abuse begins anew to the amazement of the victim. This theory could be used for this study to explain that the battered women become passive and indecisive along the cycle of violence and helpless in the face of repeated abuse.

According to Walker (2006), the second element on battered women's syndrome can be explained on the basis of Seligman's view of learned helplessness which details why women become passive after the cycle of recurrent battering. Furthermore, McClennen (2010) and Waltermaurer (2012) while corroborating with the previous study contend that in the domestic abuse ambit, sporadic brutality, perceptions of powerlessness, lack of financial resources and the superior strength of the batterer all combine to instill a feeling of helplessness in the victim. This aspect of learned helplessness is instrumental for this study as it can be used to show how a batterer's condition when enhanced by despair may lead women into believing that they are powerless to escape thereby subjecting themselves into a continuing pattern of uncontrollable violence and abuse. This theory can advance suggestions why battered women usually do not actively seek help because of feelings of defenselessness. In addition by applying learned helplessness concept this study will change society's perception of battered women by dispelling the myth that battered women like being battered and will further offer a logical and rational explanation for why most do not disclose the abuse due to the feeling of helplessness. The Battered Women Syndrome theory views battering victims as passive and helpless in their circumstances and therefore does not explain objectives b and c and therefore the need to introduce the survivors theory to fill the gap.

2.6.2 Survivor Theory

In an effort to account for the shortcomings of the battered women's syndrome theory, Gondolf and Fisher (1988) offered the markedly different survivor theory of battered women, which consists of four fundamentals. The first ingredient surmises that a pattern of abuse prompts battered women to employ innovative coping strategies such as flattering the batterer and turning to their families for assistance. When these sources of help prove ineffective, the battered woman employs different strategies like avoiding her abuser altogether or seek help from the court system to lessen the abuse. Thus this theory is instrumental for this study as it shows that battered women actively seek help and employ coping skills throughout the abusive relationship to help her survive the vice. This theory could further be used to infer that battered women are not merely passive participants but proactive help seekers and survivors.

The second constituent as illustrated by the two authors advances a lack of options, know-how, finances and not learned helplessness as key in instilling a feeling of anxiety in the victim that prevents her from seeking help. The analyses further conjecture that when a

battered woman seeks outside help, she is typically confronted with an ineffective bureaucracy, insufficient help sources and societal indifference. Gondolf and Fisher (1988) adds that this facet offers a justification why empirical data casts doubt on Walker's elucidation that battered women do not seek help. These studies make reference to voluminous statistics that refute the battered women's syndrome theory and suggest Walker erroneously attributes a victim's refusal to seek help to learned helplessness by citing a study conducted by Osthoff and Maguigan (2005) which indicates that victims of the vice often contact other family members for help as the violence escalates over time. The two writers step ahead to note that Rothenberg (2002) observed a steady increase in formal help-seeking behavior as the violence increased. In addition to citing empirical data, Osthoff and Maguigan (2005) point out that using Walker's theory to explain the battered woman's actions in extreme cases creates the ultimate oxymoron: a woman so helpless she kills her batterer. This theory could be used in the current study to explain that battered women may not seek help because they may have experienced obstacles in the attempt which hampers future attempts to seek help.

The third building block expands on the first and describes how the victim actively seeks help from a variety of formal and informal help sources. For instance, an example of an informal help source would be a close friend and a formal help source would be a shelter. Gondolf and Fisher (1988) maintain that the help obtained from these sources is inadequate and piecemeal in nature. At the same time, lack of practical options, combined with the victim's lack of financial resources, make it likely that battered women will stay and try to change her batterer, rather than leave and face the unknown. This theory therefore is instrumental for the current study because unlike the battered women's syndrome theory which focuses on the victim's perception that escape is impossible, acknowledges the obstacles the victim must overcome to escape. Given these inadequacies this theory is relevant for the current as it gives the conclusion that leaving a batterer is a difficult path for a victim to embark upon.

The final essential of the survivor theory claims that the failure of the aforementioned help sources to intervene in a comprehensive and decisive manner permits the cycle of abuse to continue unchecked. Interestingly, the cited writers blame the lack of effective help on a variation of the learned helplessness theory, explaining help organizations are too overwhelmed and limited in their resources to be effective and therefore do not try as hard as they should to help victims. This element is expedient to the current study as it can explain

the fact that though battering victims may seek relief shelters, they encounter many obstacles to the use of such institutions.

2.7 Conceptual Framework

According to the model presented below dynamics to seeking help (independent variable) is dependent upon individual factors, relational factors and System-level factors. These conditions affect the decision of a victim of wife battering on whether to seek help or not.

Independent Variables

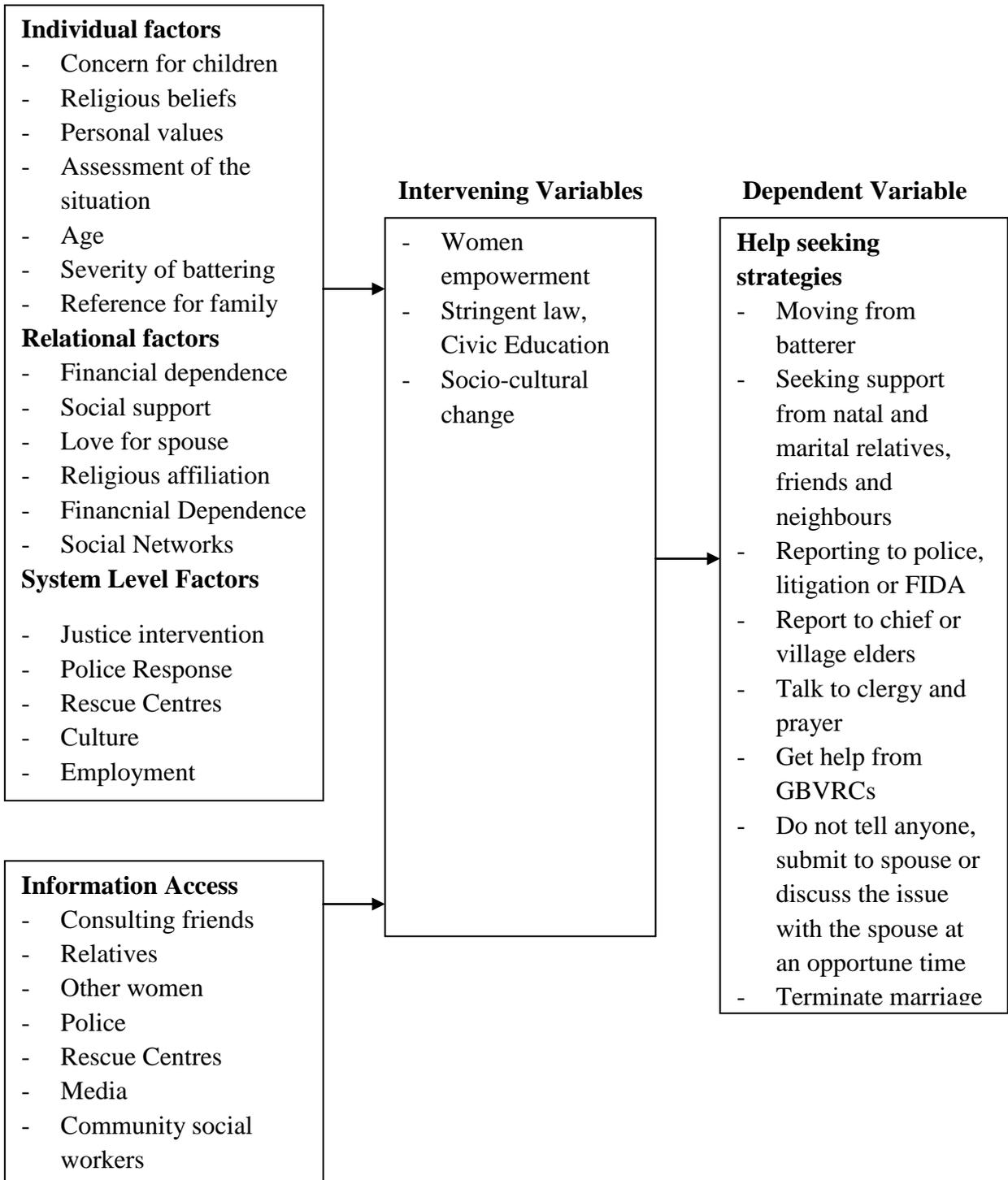


Figure 2.1: Conceptual Framework

Source (Own Conceptualization)

The individual factors influencing help seeking for a battered woman includes personal values, age, education, severity of battering, religious beliefs, concern for children and her

financial state. Relational factors that may influence choice of a helping strategy may include among others access or lack of social support, love for spouse, financial dependence and religious beliefs. Finally system level factors that either act as motivations or deterrents for help seeking among battered women comprise of limited rescue shelters, culture, employment, justice response and police interventions. Intervening variables that may moderate the help seeking choices include among others battered women empowerment and policies that may lead to awareness and socio- cultural change that may increase in the number of women seeking help.

The model also explains that battered women access information of help seeking through consulting friends and relatives, instinct, Information from women's shelters and other service providers. Finally the model shows how battered women based on the various factors outlined above and information help seeking adopt or chooses a help seeking strategy.

CHAPTER THREE

METHODOLOGY

3.1 Introduction

This section provided a brief description of the study area, the research design that was used and the population considered in the research, Sampling procedure, methods of data collection, analysis and presentation was also discussed.

3.2 Research Design

This study used a descriptive survey design. Jackson (2009) describes a descriptive survey as a method for collecting information that demonstrates relationships and describes the world, as it exists. The study adds that a descriptive study is one in which information is collected without changing the environment (i.e. nothing is manipulated). Available literature in human research advance that a descriptive study can provide information about the naturally occurring status, behavior, attitudes or other characteristics of a particular group (Shaughnessy *et al*, 2011). Descriptive survey studies are also conducted to demonstrate associations or relationships between things in the world around you. In survey method research, participants answer questions administered through interviews or questionnaires, after which the researcher describes the responses given. In addition to the methods is ideal for qualitative research methods. The survey research design is a very valuable tool for assessing opinions and trends because it assesses thoughts, opinions, and feelings. The design was deemed useful for this study as different women at different ages can be assessed at the same time. Again, this design was preferred for this study because subjects will respond to standardized questions in an interview schedule which elicit standardized responses. Moreover as O'Leary (2004) and Tashakkori and Creswell (2007) hypothesize, the method offers the advantage of focusing or measuring differences between or among a variety of subjects or phenomena. Also this study deemed the design instrumental because the method places social interactions, processes, and changes at the center of the analysis and emphasizes both situational and structural contexts of social phenomena. This method helped to capture the complexity of women's responses to battering and the impacts of various socioeconomic and cultural factors on their help-seeking behaviour.

3.3 Study Area

This study was carried out in Nakuru West Sub -County, Kenya. The area consists of six County Assembly Wards namely Barut, London, Kaptembwa, Kapkures, Rhoda and Shabab. It explored the dynamics of help seeking among battered women in the study area. The study site was appropriate since though there are high prevalence of wife battering there are limited reports of help seeking. The following is the map for Nakuru West Sub County. See figure 3.1.

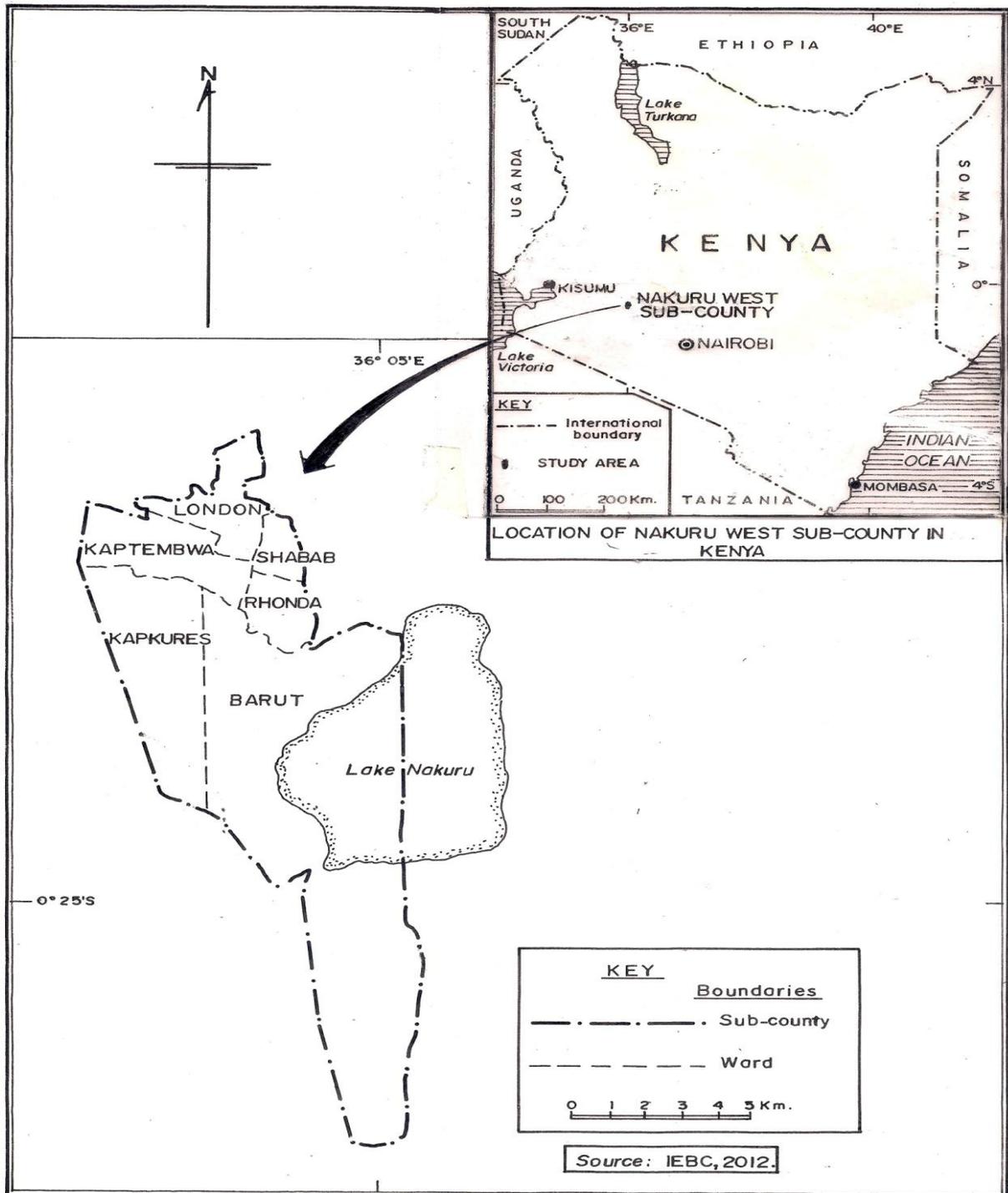


Figure 3.1 Map of Nakuru West Sub-County

Source: Cartographer devised

3.4 Population and Sampling Procedure

3.4 .1 Sample Size Determination

The sample was determined by the use of the formula by Fishers (1973) as described by and Mugenda and Mugenda (2003)

$$n = \frac{N}{1 + Ne^2}$$

Where **n** is the sample size, **N** the targeted population and **e** the statistical significant level. For this study population considered was 113 which is the number reported as the average in the daily occurrence register at the gender recovery centre at the provincial general hospital (Ministry of Health (MOH) Kenya (2013). The level of confidence taken was 95%. The calculations for the sample size

$$n = \frac{113}{1 + 113(0.05)^2} = 88$$

Thus the study used a sample size of 88 respondents.

Table 3.1: Distribution of Sample Size

Category of respondents	Sampled Number
Battered women	60
Local administrators	6
Religious leaders	6
Officers in rescue centers	10
Village elders	6
Total	88

3.4.2 Sampling Procedure

This study used snowball and purposive sampling methods. A sample of 88 respondents was selected. A total of 60 battered women were selected using snowball sampling to respond to interview schedules. Snowball sampling is a good technique for conducting exploratory research and/or qualitative research with a specific and relatively small population that is hard to identify or locate. This type of sampling technique works like chain referral. After observing the initial subject, the researcher asks for assistance from the subject to help

identify people with a similar trait of interest. 20 respondents were purposefully selected from among the battered women to participate in FGD based on age to allow free discussion and participation. Another 28 respondents was purposefully selected from village elders, local administrators, religious leaders and officers working in rescue centers for battered women in the area of study to respond to key informants guides. Reliance was made on secondary sources of data such as annual reports from the Women's Bureau, court records and the existing literature on this subject. During the interview, direct observations were made and responses were recorded immediately or afterwards. Secondary data was subjected to content analysis.

3.5 Unit of Analysis

Unit of analysis is what or who is to be described or analyzed (Singleton *et al.*, 1988). The unit of analysis in this study was selected battered women in spousal relationships.

3.6 Data Collection Methods

Qualitative method of data collection was used. Data was collected using interview schedules, focus group discussions and key informants.

3.6.1 Interview Schedules

An interview schedule was administered to 60 battered women. The interview schedule consisted of semi structured and open ended questions. The interview schedule was field tested and validated in Jimmia rescue centre for battered women in pipeline county assembly in Gilgil Sub County. A voice recorder was used so as to enable the researcher to make notes and direct observation.

3.6.2 Focus Group Discussions

Focus Group Discussions (FGDs) was administered to 20 battered women who were purposively selected. A focus group is a gathering of 8 to 12 people who share some characteristics relevant to the evaluation. Two FGDs were conducted one for battered women of 45 years and below while the other consisted of women above 45 years of age. The researcher conducted FGD of women above 45 years while the research assistant conducted the FGD for those below 45 years of age. The FGDs were conducted separately based on age so as to understand if there are differences in help seeking strategies in different age groups. Brainstorming technique was used to stimulate discussions on the identified topics. During the FGDs the interviewer engaged the participants in self-analysis by asking follow up questions and requesting for explanations and reasons based on participants experience and

discussions were moderated by the researcher. The discussion took 90 minutes. The first 15 minutes were used for introduction while the remaining minutes were used in the discussion of questions. Interviews were taped in a voice recorder so as to allow the group leader to make other field notes that may be observed during the brainstorming sessions and still be able to review the voice recorder in a later date.

3.6.3 Key Informants Interviews

Key informants were drawn from people who work in rescue and recovery centres, village elders, religious leaders and area chiefs. A key informant is a person (or group of persons) who has unique skills or professional background related to the issue/intervention being evaluated, is knowledgeable about the project participants, or has access to other information of interest to the evaluator.

3.7 Pre-Testing

The interview schedules were pretested using a sample of ten battered women in Jimmia rescue centre in Pipeline location of Gilgil Sub County. A sample of ten was chosen because according to Kathuri and Pals (1993) this is the smallest sample that can give the most accurate results. The information from the pretest was used to make corrections on the interview schedule in areas such as wording, lack of clarity of instructions among other errors. The changes in the original interview schedule lead to a more efficient tool.

3.8 Reliability and Validity of the Study

To ensure validity of the data collected in this study triangulation was done. Triangulation refers to application and combination of several research methodologies in a study in the same phenomenon. This was done by collecting data from different sources to confirm validity. The study referred to the literature and structured interviews to confirm validity. Another way that ensured validity included conducting independent checks with multiple researchers. A pilot study was conducted to pretest the research instrument and problematic items adjusted accordingly. The research assistant was trained to ensure that he understood each item.

On the other hand reliability is the consistency of measurement or the degree to which an instrument measures the same way each time it is used under the same conditions with the same subjects. To ensure reliability of qualitative data, the researcher trained the research assistant by going through the FGD items with him to ensure that the items meant the same thing both to the researcher and research assistant.

3.9 Data Analysis

At the completion of data collection, data coding and entry techniques were employed for every objective of the study as an important step towards data analysis. The completed interview schedules were serialized, coded and double checked to ensure quality control. The coded data was then exported to Statistical Package for Social Sciences (SPSS) version 17.0 for analysis. Descriptive statistics, a branch of statistics which consists of techniques for description and display of data was applied to generate frequency tables. Thematic analysis of qualitative interviews as explained by Padgett (2008) was engaged. The analysis of qualitative research involves aiming to uncover and / or understand the big picture - by using the data to describe the phenomenon and what this means. In addition as Lewins and Silver (2007) posits qualitative data analysis involves the identification, examination, and interpretation of patterns and themes in textual data and determines how these patterns and themes help answer the research questions at hand. Qualitative data obtained from FGDs and key informants interviews was interwoven with results obtained from analysis of battered women's interviews to explain the overall trends in the result. Analyzed data was presented in tables in frequencies and percentages. Percentages and frequencies were computed to indicate the various help seeking strategies, factors influencing help seeking and access and sought information on wife battering. Both tabular and numerical categories of descriptive statistics were employed to make data readily understandable.

The tables provided an array of data (data for a variable with more than one value arranged in descending or ascending order) on cases of factors influencing help seeking, strategies that are used by battered women in help seeking and information sought by battered women in the area under study.

3.10 Ethical Consideration

The approval to conduct of this study was sought from the Human Ethics Committee of Egerton University. Secondly, to obtain informed consent the purpose of the study was explained to the study participants in the language they understood. Efforts were put to ensure that they understood all the contents of the entire study, after which they were required to consent by appending their signatures. The participants' rights were upheld throughout the study, which included the rights to withdraw from the study at any stage of interview. Confidentiality of the information gathered was ensured by de-linking the data collected from

the individual respondents by removing all identifying features from the interview schedules and focus group discussion items.

CHAPTER FOUR

RESULTS AND DISCUSSIONS

4.0 Introduction

This Chapter is devoted to presentation, analysis and interpretation of the data obtained from the respondents as indicated in chapter three. The chapter discusses the findings by highlighting the main achievements and explains the results. It also links between objectives, findings and available literature. The format of presentation is descriptive and complemented by relevant quotes from the respondents. Tables are used for ease of understanding.

This chapter is divided into four sub-sections which include Section 4.1 Results on Respondents Characteristics, Section 4.2 Results and Discussions on Strategies of Help Seeking Among Battered Women in Nakuru West Sub County; section 4.3 Results and Discussion on Factors Influencing Help Seeking Among Battered Women and finally section 4.4 Results and Discussions on Sources of Information on Help Seeking for Battered Women.

4.1 Respondents Characteristics

Results show that the sampled respondents had diverse demographic characteristics. The demographic characteristics sought by the researcher about the battered women in Nakuru West Sub-County who constituted the core group of research participants in this study concerned their type of employment, highest educational levels, their age brackets and their religious affiliation. The major reason for this section is to acquaint the reader with some core characteristics that would, to a great extent aid him/her conceptualize the study. The research findings on these variables are presented in the sub-sections that follow.

4.1.1 Type of Employment for Battered Women

The sampled respondents occupied different types of employment ranging from being unemployed, casual laborers, self-employment and formal employment. This situation necessitate the presentation of this information in a way that can help us get an overview and also appreciate diversity for a better understanding. Table 4.1 below represents results on the distribution of battered women according to the type of employment they held and their respective area of residence.

Table 4.1: Type of Employment for Battered Women

Characteristic	Frequency	Percentage (%)
a) Area of Residence: Rhoda	18	30
Kaptembwa	15	25
Barut	10	16.67
Kapkures	10	16.67
London	5	8.33
Shabab	2	3.33
Total	60	100
b) Unemployed: Rhoda	8	36.4
Kaptembwa	6	27.3
Barut	3	13.6
Kapkures	3	13.6
London	2	9.1
Shabab	0	0
Total	22	100
c) Casual Employment: Rhoda	5	33.3
Kaptembwa	4	26.67
London	2	13.30
Kapkures	2	13.30
Barut	1	6.67
Shabab	1	6
Total	15	100
d) Formal employment: Barut	4	30.8
Kapkures	3	23.8
Rhoda	2	15.4
Kaptembwa	2	15.4
Shabab	1	9.33
London	1	8.33
Total	13	100

e) Self-employment: Rhoda	3	30
Kaptembwa	3	30
Barut	2	20
Kapkures	2	20
London	0	0
Shabab	0	0
Total	10	100

N=60

Area of Residence (Table 4.1 (a above): In this study a total of 60 battered women were interviewed. In regard to their distribution according to their area of residence 18 (30%) respondents reside in Rhoda, 15 (25%) from Kaptembwa, Kapkures and Barut tied with 10 (16.67%) respondents each, 5 (8.33%) respondents from London and the least 2 (3.33%) respondents were from Shabab.

Unemployed 4.1(b): A total of 22 respondents were unemployed. The majority 8 (36.4%) of the unemployed were from Rhoda County Assembly Ward, 6 (27.3%) were from Kaptembwa while Barut and Kapkures tied each with 3 (13.6%) respondents respectively, 2 (9.1%) came from London and non in this category was from Shabab.

Casual Employment (Table 4.1(c): Results in this study show that 15 (25%) respondents were engaged in casual employment. Out of the 15 in casual employment 5 (33.3%) respondents were from Rhoda, 4 (26.67%) respondents from Kaptembwa, Kapkures and London had the same number of respondents each with 2 (13.30%) while Barut and Shabab trailed this category each with 1 (6.67%) respondent respectively.

Formal Employment (Table 4.1 (d) Results from this study indicate that 13 (21.67%) respondents were engaged in formal employment. Majority 4 (30.8%) respondents were from. Barut. From Kapkures were 3 (23.8%) respondents while another two groups from London and Kapkures tied each with 2 (15.4%) respondents and closing this category were those from Rhoda and Kaptembwa respectively each with 1 (9.33%) respondents.

Self Employment (Table 4.1 (e): This study shows that 10 respondents were in self employment. The highest 3(30%) each came from two areas, Rhoda and Kaptembwa

respectively while two other groups from Barut and Kapkures tied each with 2 (20%) while there were no victims in this category from London and Shabab in this category.

The results from this study indicate that majority (88.34%) of the respondents reside in Rhoda, Kaptembwa, Kapkures and Barut. This study also established that majority (61.4%) of the respondents were either unemployed or in casual employment. This study agrees with Barnett (2000) which states that factors such as unemployment leads to economic dependence and subsequently are associated with staying in an abusive relationship and consequently identified as obstacles to disclosure of violence.

4.1.2 Education Level for Battered Women

In order to have an in-depth glimpse of the battered women the study investigated the education level of the victims of abuse in the area under study. The results are presented in table 4.2 below.

Table 4.2: Level of Education for Battered Women

	Frequency	Percent (%)
Primary	30	50.0
Secondary	16	26.7
University	8	13.3
College	4	6.7
None	2	3.3
Total	60	100.0

The results of this study indicate that majority of the respondents 30 (50%) had primary level of education; 16 (26.67%) respondents had secondary level of education; 8 (13.3%) respondents with university education ; 4 (6.7%) respondents held college education and finally 2 (3.3%) respondents had no formal education. From the results in this study it could be deduced that majority (53.3%) of battered women had primary or no formal education. These results can be interpreted to mean that these women do not have skills or knowhow which could afford them well-paying jobs. It can thus be said that this accounts for the high number of respondents who were unemployed or in casual employment. In the long run such an implication could mean that these women may be tethered to forces of poverty, thereby making them hopeless, desperate and financially dependent on their spouses thus not having the courage to seek help. Results from this study reinforce findings by Koenig *et al.*, (2003)

which revealed that people with increased years of schooling and consequently higher socio-economic status are more likely to report battering and vice versa.

4.1.3 Age Bracket of Battered Women

The respondents were asked to state their ages. The ages were classified into four classes and further analysed as grouped data. The grouping was done to enable easier understanding of data. The results are presented in table 4.3 below:

Table 4.3: Age Bracket of Battered Women

	Frequency	Percent (%)
20-29 years	12	20.0
30-39 years	34	56.7
40-49 years	12	20.0
Above 60 years	2	3.3
Total	60	100.0

The majority 34 (56.67%) respondents were aged between 30-39 years. Two groups tied each with 12 (20%) respondents between 20-29 years and between 40-49 years respectively. Finally a small portion consisting of 2 (3.33%) respondents were in age from 60 and above. Results shown above, could mean that majority of battered women were below 40 years. The current study corroborates Newman & Dunlop (2005) which found that young women were more likely to be at risk of violence from their partner than were old women. In addition based on the age distribution of respondents' results from this study reveals that wife battering takes place throughout the age of a married woman. These results reinforce Aronson *et al* (1995) which found that battered women reported that wife battering had been ongoing throughout their married lives. Further results from the current study show that majority of victims in this study were in their early years of marriage and fewer in their later years of marriage. The results further corroborate the views of the above cited scholars which argued that generational influence on help-seeking barriers indicates that there is a kind of inertia that develops in the course of a long, abusive relationship, such that patterns of abuse and victimization behaviors become well established and change seemed virtually unimaginable.

4.1.4 Religious Affiliations of the Respondents

The respondents were asked to indicate their religious Affiliations .The findings are illustrated in table 4.4 below:

Table 4.4: Religious Affiliations of the Respondents

	Frequency	Percent
Protestants	36	60.0
Catholics	20	33.3
Muslims	4	6.7
Total	60	100.0

The majority 36 (60%) of respondents adhered to the protestant faith; 20 (33.3%) respondents were in the catholic faith and finally 4 (6.67%) respondents professed the Moslem faith. Results from this study could be interpreted to mean that all the respondents are adherent to a religious belief. The results can be interpreted to suggest that religion is a fundamental pillar in the society. In addition it can be suggested that since all the respondents are affiliated to religious beliefs it is essential that the clergy and the entire community of faith are sensitive to the concerns and unique needs of victims and especially the needs of battered women.

4.2 Strategies of Help Seeking Among Battered Women

As observed by Annesley (2010) and Bavdekar and Sneha (2015), the results of any study constitute the core of the report. Objective one of this study sought to explore the help seeking strategies used by battered women in spousal relationships in the area under study. This information was considered important in understanding the different ways by which battered women seek help. The information was also critical in ascertaining whether battered women seek help or not.

This section is subdivided into four parts comprising 4.2.1 Results on Whether Battered Women always Seek Help; 4.2.2 Results on Immediate Strategies of Help Seeking; 4.2.3 Results on Long term Strategies of Help Seeking and 4.2.4 Results on Areas where battered Women Seek Help in Nakuru West Sub County. The results are presented below.

4.2.1 Whether Battered Women always Seek Help

In order to get a deep understanding on whether battered women seek help, this study sought to establish whether women always seek help every time they are battered. Table 4.5 gives a summary of the findings.

Table 4.5: Whether Battered Women always Seek Help

	Frequency	Percent
No	48	80.0
Yes	12	20.0
Total	60	100.0

Majority 48 (80%) of the respondents indicated that they do not seek help while only a minority 12 (20%) respondents always seek help in response to battering. The results of the current study established that even though battering is common in the area, majority of the victims do not always seek help. These results are in agreement with the findings of earlier studies which established that wife battering is highly prevalent in many societies but is an under reported issue (Bibi *et al.* 2014; Akers & Kaukinen 2009).

4.2.2 Immediate Strategies of Help Seeking

One of the key attributes of human behaviour is change. No one person behaves the same way consistently in different times and under different circumstances. It was therefore the intention of this study to establish whether battered women portray variances in their help seeking choices in the immediate and in the long-term. This therefore presented the need to analyse the immediate and long term help seeking strategies used by battered women in the area under study.

To begin with, in regard to immediate strategies of help seeking it can be argued that like any other person in a crisis, the first thing that a battered woman needs is to be safe. If she is in danger it is very difficult to think beyond the immediate crisis. In order to have a glimpse of the immediate action of battered women, the study was interested in identifying the immediate strategies to attain this safety. The results are presented in table 4.6 below:

Table 4.6: Immediate Strategies of Help Seeking from

	Responses		Percent of Cases
		Percent	
Runs away	26	21.7%	92.9%
Screams for help	20	16.7%	71.4%
Reports him to his parents	20	16.7%	71.4%
Pleads for mercy from batterer	17	14.2%	60.7%
Keeps silent	15	12.5%	53.6%
Goes to her parents' home	10	8.3%	35.7%
Hits back	5	4.2%	17.9%
Seeks assistance from a friend	4	3.3%	14.3%
Discuss the issue with spouse	3	2.5%	10.7%
Total	120	100.0%	428.6%

Results indicate that majority 26 (92.9%) responses were identified as running away from the scene of battering. It emerged that women run out of the house or moved to another room or go to a neighbors' house. A total of 20 (71.4%) responses show that victims scream for help. All who gave this answer indicated that they did so in anticipation that someone would hear them and come to their rescue. Further they noted that screaming was deemed useful as it would humble their spouses who may fear being branded as wife batterers.

An additional 20 (71.4%) responses were given indicating that victims reported the batterer to his parents. The respondents argued that since they lived in the same compounds with their in laws they immediately sought help from them. Results in this study concur with two studies which found that the rate of seeing help from batterer's family member to be over 90% (Goodkind *et al.*, 2003; Levendosky *et al.*, 2004).

A total of 17 (60.7%) responses highlighted pleading for mercy as an immediate strategy. The respondents indicated that since men are considered superior to women, humbling was a gesture of recognition of this superiority which they belief would stop the abuse. The results presented above could be interpreted to mean that patriarchy is likely to lead to tolerance and justification of men's violence against women. The results from the current study agree with

Grigsby and Hartman, (1997) which found out that in general, women acknowledge that men are their guardians and have the right to beat them if they behave “unacceptably”. Further results reinforce the findings by Boonzaier and de La Rey (2003) which found that patriarchy serves as a considerable barrier to help seeking.

A total of 15 (53.6%) responses indicated that battered women do nothing but keep quiet when beaten. The respondents argued that they are helpless as their spouses have a right to beat them. Results from this study thus reinforces the views of Fox *et al.* (2007) which states that an African woman has traditionally been a man's property after he has paid bride price and her body is then his to do with as he wishes.

A total of 10(35.7%) responses highlighted going to the natal parent’s home as an immediate strategy. The respondents who gave this answer said that they felt that their parents support was genuine. This study reveals that help is sought when there is trust between the victim and the people they seek help from. The results are contrary to those of Laura (2009) which reported that help seeking from the natal family as having negative implications for their family of origin and therefore the need to maintain peace between families was a barrier to help-seeking from the victim’s family.

A total of 5 (17.9%) responses indicated that battered women helped themselves by hitting back. However those who gave this answer indicated that they did so when they were certain that they can run away to evade retaliation and intensify the assault. These results reveal that even though women sometimes retaliated by hitting back it is a rare strategy and they do so with uttermost precautions. These findings concur with Kaufman *et al.* (1994) which reported that hitting back, though used by some battered women can be dangerous as it can intensify the vice or used against the victim in a court of law.

An additional 14 (14.3%) responses were given stating calling or visiting a friend to seek advice about on the assault. The respondents said that they trusted their friends as they empathised with them and offered them socio-economic support. Results derived from this study indicate that trust in a friend encouraged help seeking. Findings from the current study concur with Janet *et al.* (2009). which revealed that battered women turn to friends for help because they got a temporary shelter and a place to store their belongings?

Finally a minority group consisting of 3 (10.7%) responses identified discussing the matter with the batterer as the immediate strategy. They noted that they waited for irritation to cool down and then discuss the issue with the spouse. Respondents who gave this answer observed that this had helped eliminate the abuse. Results from this study could be interpreted to mean that the immediate help seeking strategies used by women in the area under study are predominantly informal strategies aimed at accessing immediate safety. Further the results show that battered women basically need social support in someone who will listen to her. These results are in agreement with an earlier study by Abrahams *et al.*, (2006) which found that informal sources of support including friends, family, or religious leaders are the mostly used immediate strategies of help seeking. However the results are incompatible with other studies which identified the first step to escaping spousal battering as formal sources of support such as reporting to the police or other representatives of the criminal justice system, lawyers, medical or mental health professionals, or social services (Amar *et al.*, 2010; Fugate *et al.*, 2005).

4.2.3 Long Term Strategies of Help Seeking

In order to better understand the dynamics of help seeking, this study was interested in finding out the long term strategies of help seeking. The results are presented in table 4.7 below;

Table 4.7: Long Term Strategies of Help Seeking

	Responses	Percent	Percent of Cases
Submission and perseverance	25	25.5%	100.0%
Report to police	22	22.4%	88.0%
Prayer	22	22.4%	88.0%
Separation and divorce	18	18.4%	72.0%
Report to FIDA	11	11.2%	44.0%
Total	98	100.0	392.0%

Out of the 98 responses given in response to the question on the long term strategies of help seeking majority 25 (100%) responses were given highlighting submitting to the spouse. The respondents argued that men are superior and must be treated as so. Results emanating from this study demonstrate an aspect of subordination of women thereby leading to non-help

seeking. These results were in line with those of Fikree *et al.*, (2009) which upheld that traditionally a woman has been viewed as a man's property after he has paid or put a down payment on the bride price and therefore her body is then his to do with as he wishes.

A total of 22 (88.0%) responses were given indicating that a substantial number reported battering to the police. The respondents were of the view that they used this strategy when other strategies had failed and the victims were convinced that the abuse may not cease. It can be said that victims of spousal battering report to the police in anticipation that an end to battering will be realised. However the results are inconsistent with earlier studies which found out that seeking help from police was generally seen as something that worsened the situation for the victim because it increased the abuser's rage thus intensifying battering (Beaulaurier *et al.*, 2007).

An extra 22 (88.0%) responses were given to indicate that victims seek prayer or religious guidance and counselling in response to battering. The respondents argued that dependence on God was viewed a lasting solution to battering. The respondents further argued that they sought help from clergy because they got counselling which is therapeutic.

18 (72.0%) responses were given outlining separation and divorce as a long term method in response to wife battering. The respondents asserted that they resorted to this method when they noticed that they might lose their lives in the hands of the batterer due to severe and intensive battering.

Finally a total of 11(44.2%) responses were given as reporting to FIDA. Respondents using this strategy argued that they did so because the organization offered them free legal advice and services. In summary results in this study reveals that battered women used both formal and informal methods as long term strategies to help seeking. The study found that long term strategies were used as a final resort to battering.

4.2.4 Where Battered Women Seek Help

In order to get an in-depth understanding on the commonly used strategies on help seeking this study sought to identify specific areas where battered women seek help as summarized in table 4.8 below.

Table 4.8: Where Battered Women Seek help

	Responses	Percent	Percent of Cases
Husband's relative	32	18.0%	100.0%
Village elders and Area chief	20	11.2%	62.5%
Religion(religious personnel and prayer)	20	11.2%	62.5%
Medical facilities	20	11.2%	62.5%
Neighbours	18	10.1%	56.2%
GBVRC Centres	16	9.0%	50.0%
Don't seek help	10	5.6%	31.2%
Legal System (police and court case)	10	5.6%	31.2%
Runs away	9	5.1%	28.1%
Friends	6	3.4%	18.8%
Victims Parents	6	3.4%	18.8%
Divorce & separation	4	2.2%	12.5%
Marriage counsellor	4	2.2%	12.5%
Screaming	3	1.7%	9.4%
Total	178	100.0%	556.2%

Table 4.8 shows that majority 32 (100%) responses showed that battered women seek help from the batterer's relatives. At the same time 6 (18.8%) response given indicated that victims seek help from natal relatives. All the respondents who gave these responses observed that consulting relatives yielded durable solutions. All the respondents who reported seeking help from natal parents said that their parents were nonjudgmental and also empathized with them. The results of this analysis shows that seeking help from relatives was a lasting solution to the battering vice in contrast to the findings of other scholars who reported shame as a key barrier to help-seeking as many felt shameful at being victims of battering and were too proud to let family or others know of the abuse in their marriage (Laura, 2009). The findings are also inconsistent with Farah *et al* (2009) which stated that "No price the women will pay would be greater than the shame they would bring on the family if they chose to end their marriage and disclosing domestic violence was seen as a core cause of dissolution of marriage. In addition results from this study divert from the

findings in that the immediate cited authors also indicated that going to a victim's home was not a favored strategy because, for some battered women, leaving matrimonial home had negative implications for her natal family in that it destabilised the peace between the two families thus was a barrier to help-seeking.

In second position were three groups who gave 20 (62.5%) responses, each who highlighted talking to local leaders, seek medical attention or seek religious guidance respectively. Those who said they seek help from local administrators said that the batterers could be punished and therefore it minimized battering. Those who said that they seek medical attention said that they did so, to get help for injuries sustained through assault. The respondents who said that they sought religious guidance said that they did so because they got counseling from the clergy.

A total of 16 (50.0%) responses were given outlining seeking help from Philadelphia Women's Crisis Centre and GBVRCs at Nakuru Level Five Hospital and Nairobi Women's Hospital. The respondents indicated that they received psychosocial and financial support from the facilities. In fourth place were those who said that they don't seek help who gave 10 (31.2%). Respondents who gave this answer said that they kept hoping that the situation would change and vice stop.

An additional 10 (31.2%) responses were given stating legal methods. All who gave this answer enumerated legal methods of help seeking as reporting to police and filing a court case. They further observed legal strategies were used as a last resort when they had given up on their marriages due to frequent and severe battering. There was a common opinion that legal methods were sought when informal strategies had failed and the victims had given up on their marriage. Seeking help from friends received 6 (18.8%) responses. Those who gave this answer argued that they sought help from friend because friends empathized with them and offered them psycho social and financial support.

A sum of 4 (12.5%) responses were given pin pointing separation and divorce as ways used to seek help. Those who indicated that they use this method stated that they did so after enduring frequent and intensified battering and realizing that the assault was not likely to cease. Further 4 (12.5%) responses given said that they sought marriage counselors. All who gave this response said that they did so in anticipation that a marriage counselling would help to stop the abuse without distabalising their families. Finally trailing were 3(9.4%) responses indicting screaming for help. All who highlighted this strategy said that he did so to attract attention and evade severe battering. The results from this study could be interpreted to mean that battered women are not always passive participants but actively use different long term strategies in response to the violence. Findings from the current study reinforce findings by Haight *et al.* (2007) which noted that victims of battering use long term strategies of help seeking when all informal strategies were not working.

The first objective of this section and more specifically the first specific objective of this study was to examine the help seeking strategies used by battered women in spousal relationships in Nakuru West Sub County. From the thematic data analysis and interpretation of responses from 60 respondents in collaboration with the views from key informants and FGDs, it can be concluded that battered women employ several help seeking strategies.

Findings from this study show that battered women from the area use both immediate and long term strategies in response to assault. This is in line with Haight *et al.* (2007) which distinguishes between long-term and immediate protective responses in the context of a physical assault. In regard to immediate strategies of help seeking the findings revealed that battered women use a myriad of methods that include screaming, running from the scene of battering, pleading for sympathy from abuser, seeking assistance from friends, keeping silent, talking to in-laws or her natal parents, hits back or waits for an opportune time to discuss the matter with the spouse when things cool down. Results derived from this analysis show that battered women mainly use informal ways of seeking help as immediate strategies of help seeking whose aim is mainly to access social support. Further the results show that battered women take personal initiatives as an immediate reaction to help seeking. For example a 37 year old woman in a FGD stated,

When facing battering one does not sit down and wait to be beaten. One may run out of the room, go to a neighbour's house or throw something that may obstruct the husband as you run away.

In regard to long term strategies of help seeking the results demonstrated that battered women resort to ways that can bring durable solution to the problem as a last resort when the victims had given up on their marriage and were ready to move out. Findings outline the long term methods of help seeking used to include submission and perseverance, reporting to police, separation and divorce, reporting to FIDA and prayer. Findings on long term strategies concluded that most strategies used in the area under study are formal strategies comprising of 58(204%) responses while the informal methods of help seeking got 47(188.0%) responses. The informal methods are mainly inactive in approach. These results differ from those by Magen *et al.*, (2001) which outlined long-term strategies commonly used by battered women to involve a woman speaking to her children while others try to teach their children to make nonviolent choices in their own relationships in future.

It is noteworthy that there are variances in the immediate and long term strategies of help seeking by the victims in the area under study. The immediate strategies were mainly sought in a bid to seek protection or safety and perhaps seek immediate redress to domestic violence. In contrast the long term strategies used either by victims who had purposed to persevere in the marriage union and were used to the assault. These respondents used prayer or persevered. On the extreme side were those who had given up on the marriage due to battering and resorted to seeking separation and divorce or reporting to police or FIDA.

In general the findings show that battered women in the area under study are not passive participants in response to spousal battering but actively seek help in various ways. The results reinforce available literature which demonstrates that just like other people who experience negative occurrences are rarely passive, battered women are no exception and therefore victims of wife battering, too must cope and respond to the vice (Bui ,2003).

The finding also indicates that only a minority 12 (20%) of battered women seek help always (see table 4.5). This is a worrying scenario because information coming out of the study demonstrates that wife battering is a common occurrence in many families. Such an implication could mean that many women do not either understand their human rights or do not understand the magnitude of danger battering exposes them and their children to.

4.3 Factors Influencing Help Seeking Among Battered Women

It was important to get information on factors that influence help seeking among battered women so as to comprehend issues considered by battered women in their decision on the choice of a help seeking strategy. This information was also considered critical in ascertaining the areas under threat in a battered woman’s life and how they influence her help seeking choices. This section is divided into two sub-sections which include 4.3.1 Results on why battered women do not seek help, 4.3.2 Results on why battered women seek help. The findings were as follows.

4.3.1 Reasons why Battered Women do not always Seek Help

Table 4.5 on page 38 reveals that majority 48 (80%) respondents do not always seek help. It was therefore vital to establish why battered women do not always seek help despite the pain inflicted on them through battering. The results are presented in table 4.9 below;

Table 4.9: Why Battered Women do not Seek Help

	Responses		Percent of Cases
	N	Percent	
Concern for children	48	12.4%	100.0%
Financial dependence	40	10.3%	83.3%
Hoped battering would cease	36	9.3%	75.0%
Culture	36	9.3%	75.0%
Family	36	9.3%	75.0%
Fear	34	8.8%	70.8%
Personal Beliefs	32	8.2%	66.7%
Love for spouse	30	7.7%	62.5%
Mistrust	28	7.2%	58.3%
Not aware of available help	26	6.7%	54.2%
Self-blame	22	5.7%	45.8%
Isolation	20	5.2%	41.7%
Total	388	100.0%	808.3%

Concern for children: Majority 48(100%) responses were given spotting at concern for children as the main obstacle to help seeking. In response to the question how concern for children deterred help seeking all the 48(100%) respondents said that seeking help would mean exposing their children to ridicule and stigma among their peers and other members of

the community. All the respondents expressed a common view that they proffered to persevere physical pain from the spouse rather than expose their children to anti-therapeutic feelings. The respondents also reported fearing that seeking help may lead to separation with their spouse thus initiating a legacy of family instability in the family tree which they felt would be socially and emotionally unhealthy to their children. In addition the respondents argued that seeking help would lead to separation or divorce thereby depriving their children of the opportunity to grow up in a stable family. The victims also expressed fear that help seeking would lead them to lose custody of their children. Results from this study could be interpreted to mean that battered women uphold family continuity and protection of their children over the physical suffering of battering they suffer. The findings are in agreement with a study by Plichta and Falik (2001) which argues that concern for children indicates the salience of abused women's protective attitudes towards their children. The results are also consistent with Wolf *et al.* (2003), which observe that fear of losing child custody, might prevent help seeking. However, the results are inconsistent with those of Popescu *et al.* (2010) which asserts that children's observation of violent incidents significantly increases victims' likelihood of seeking help.

Financial Dependence: A total of the 40 (83.3 %) responses revealed that battered women do not seek help because they depended financially on their spouses. All the respondents who gave this answer held a common view that they feared that their spouses would desert them and they may not have an income to fend for themselves and their children since they were either unemployed or in casual low paid jobs. Most of the respondents said that by not seeking help they hoped to secure their children's financial support. In addition they noted that they lacked finances to place a case in a court of law. These results could be interpreted to denote that the economic reality for an unemployed woman is a bleak one. The implication of such a situation is despair which presents inability to seek help. These results are consistent with the argument of Fanslow and Elizabeth (2010) which reported that factors such as unemployment and low economic status are identified as obstacles to disclosure of domestic violence. Results on financial dependence as an obstacle to help seeking, reinforce Barnett (2000) which illustrated that for many battered women, since their husband had paid a bride price to their families or had paid for their wedding presented a sense of financial obligation to their husbands that they could not pay back thus discouraging help seeking.

Hope that battering would cease: 36 (75.0%) responses were given to indicate that the victims do not seek help as they kept hoping that their spouses would change and stop beating them.

They further noted that they believed that no problem lasted forever and battering was not an exceptional. In addition the respondents said that they prayed and trusted that someday things will change. Results presented above could be interpreted to mean that religion is a cornerstone to women in crises. The findings are consistent with Wange *et al.* (2009) which observed that battered women like any other person experiencing stress rely heavily on religion as a way of solving problems.

Culture: In response to the question why battered women do not always seek help 36 (75.0%) responses were given which indicated that culture is a key deterrent to help seeking. All the respondents who gave this answer identified societal tolerance on wife battering as common when the woman wronged her husband and thus could not seek help. Findings from this study revealed that wife battering is at times an essential element contributing to societal functionality in some cultures in Kenya. The results from this study could be interpreted to mean that help seeking could be discouraged by commonly accepted aspects of culture. Such an implication could mean that in such cultural contexts, endurance and persevering through pain and suffering without complaining or disclosing abuse are highly valued. Results in this study conform to those revealed by Moe (2007) which argued that strong values on emphasis on cultural beliefs may pressure women to refrain from seeking outside assistance thus illustrating a socio-culturally rooted meaning of seeking help. At the same time results from this study on the subordinate role of women reinforces Gondolf (2005) which found that, due to the fact that historically, African cultures had no acknowledgement of women's individual human rights and rights to equality within male/female relationships, the battered women may have been less likely to react actively to spousal abuse.

Family as an obstacle to help seeking: A total of 36 (75.0%) responses given indicated that help seeking could mean undermining a battered woman's reference for family and the institution of marriage. The respondents, who gave this view, acknowledged that family should be protected by all means. It also came out that battered women do not seek help from husband's family because the latter were partisan and often favoured the batterer and blames victims as the cause why it happens. Furthermore they indicated that wife battering is a private matter that can only be solved through dialogue between the partners. The results from the current study could be interpreted to denote that battered women fail to seek help because they view it as an aspect of exposing and endangering their families and marriages to the outside world. The results are consistent with findings from previous studies which reveal

saving the face of the family as a value that guides the behavior of many battered women (Burgess-Proctor, 2012; Dasgupta, 1998).

Fear as an obstacle to help seeking: Fear as an obstacle to help seeking was mentioned 34 (70.8) times. All who gave this answer indicated that they feared that help seeking would lead to separation or divorce which was an unfamiliar situation to them. They argued that it's better to put up with the known however grave it is rather than venture into the unknown. Findings from the current study could be interpreted to imply that being uncertain of the unknown is an obstacle to help seeking. Despite the fact that fear as an obstacle is a key finding in this study it is inconsistent with the results by Love and Richards (2013) which pointed at fear of not being believed by others and fear of the consequent isolation as common obstacles to help seeking.

How Personal Beliefs Inhibits Help Seeking: Results shown in table 4.9 indicate that 32 (66.7%) responses revealed that personal views and beliefs are core obstacles to seeking help. The respondents said that women should be submissive to their husbands and help seeking is an aspect of disobedience and contrary to their personal beliefs. It can therefore be said from this study that gender inequality and the acceptance of women's roles as secondary in society deters victims of battering from help seeking. Such an implication could mean that help seeking could mean failure on the part of a woman. These results concur with Herring, (2014) which acknowledged patriarchy as a notion which appears deep rooted in generational understandings about the role of women and their duty to be obedient and in their ultimate responsibility when the peace and order of the household was broken.

How Love for Spouse Influences Help Seeking: Table 4.9 , above shows that 30 (62.5 %) responses were given stating that victims do not always seek help, because they love their spouses and thus cannot expose them for fear that they will be jailed, ridiculed or punished. It can be said from these results that battered women sacrifice their own welfare for the comfort of their spouses who they adore. The results from this study strengthen those of Akers and Kaukinen (2009) which confirmed that when women witnessed police brutality toward an abusive spouse, they expressed fears about harm that might result from police violence and thus could not seek help.

Mistrust as an obstacle to help seeking: Table 4.9 outlines mistrust is a core obstacle to help seeking with 28 (58.3%) responses. All those who gave this answer indicated that they used

to seek help from friends but at some point realized that the latter advised them to leave their spouses which was against their intention for help seeking. Further they said that they no longer seek help from friends as they are judgmental and often viewed them as the cause of why their spouses battered them. In addition the respondents said that they stopped seeking help from police as they were unnecessarily authoritative and domineering thereby demeaning the victims who were already discouraged, thus intimidating them further. They explained that the police often asked them for exhibit which was hard to acquire and thus discouraged consequent help seeking. Information from a key informant revealed that filing a case in a court of law may be discouraging as the case may take a long period to be determined and battering issues are urgent matters. In addition they said that they failed to seek help from local administrators because they were not impartial in determining the cases and were at times bribed by the batterer. Results from the current analysis could be interpreted to imply that help seeking for a battered woman was possible when those they ran to were trustworthy and vice versa. These findings are consistent with Newman and Dunlop (2005) who noted that justice system response did not only emerge as one of the most significant systemic help-seeking barriers for battered women but also observed that police brutality toward an abuser was generally seen as something that worsened the situation for the victim, either because it increased the abuser's rage or because they did not want the abuser to be hurt. In addition the research findings reinforce Bent-Goodley (2001) who argued that local leaders were not always trusted because these officials were partisan and could be bribed by the perpetrators.

Lack of awareness on available help: 26 (54.2%) responses were given indicating that battered women do not seek help as they are not aware that there is help for victims of battering. All the respondents affirmed that this was accelerated by the fact that everybody in their locality accepted wife battering as right when she did a mistake. Results outlined above could be interpreted to mean that wife battering is common and accepted and men believe it is their right to use violence and women accepted it as their fate. These findings support a prior research which found that some African women believed abuse was justified, while men supported and perceived abuse as a legitimate means of control in spousal relationships (Abrahams *et al.*, 2006).

Self blame as an obstacle to help seeking: According to table 4.9, self blame got 22(45.8%) responses. All who identified this obstacle observed that if a woman felt that she was battered due to her wrong doing they could not seek help. They all said that they felt that if they

changed their behavior, their spouses will not beat them. The results from the current study could be used to imply that feelings of self-blame led victims to think that they should have been able to change their abuser's behaviour by altering their own by being more submissive or compliant. It can then be said that in such a situation the victims accepted their own role in triggering the battering due to their disobedience. These findings of self-blame are similar to those from other researchers which identified self-blame as an important factor preventing women from seeking timely help (Signal and Taylor (2008). At the same time a point of contrast appears between the study cited above and results of the current study because the former found out that victims think their husbands go too far in other cases and therefore may seek help. Results from the current study also differ from the opinion of Dasgupta and Warriar (1996) which opined that survivors of battering do not seek help as they believe that the abuse was a trade-off for not being single.

Isolation as deterrent to help seeking: 20 (41.7%) responses were given identifying isolation as an obstacle to help seeking. All the respondents who gave this answer said that their spouses do not allow them to associate with friends or relatives. These findings reinforce the views of a key informant who observed that an isolated woman may not have information on available help. These findings could be said to mean that an isolated person may lack information on what to do and this acts as an obstacle to help seeking. The results are in conformity with previous literature which highlighted isolation and lack of awareness regarding support for domestic violence victims as hindrances to help-seeking (Reina *et al.* 2014).

4.3.2: Reasons why Battered Women Seek Help

As indicated in table. 4.5 on page 38, a minority 12 (20 %) respondents said that they always seek help in response to battering. This study was therefore interested in understanding factors that encourage help seeking among battered women in the area under study. The results are presented in table 4.10 Below;

Table 4.10: Why Battered Women seek Help

	Responses		Percent of Cases
	N	Percent	
Mitigate suffering	12	11.3%	100.0%
Trust	12	11.3%	100.0%
Problem taking too long	12	11.3%	100.0%
Psycho- social support	10	9.4%	83.3%
Employment	10	9.4%	83.3%
Barterers' reference for family members	10	9.4%	83.3%
Severity and frequency of battering	9	8.5%	75.0%
Empathy	9	8.5%	75.0%
Socio-economic support	8	7.5%	66.7%
Success of a previous help seeking experience	8	7.5%	66.7%
Awareness of available help	6	5.7%	50.0%
Total	106	100.0%	883.3%

Mitigate suffering: Table 4.10 above shows that 12 (100%) responses were given indicating that women seek help so as to mitigate on the effects of physical assault. In response to the question how help seeking would mitigate suffering, the respondents said that by seeking help the batterer is punished and this deters battering or reduces the frequency and intensity of battering, thereby reducing the anguish inflicted by the assault.

Trust: Table 4.10 shows that 12 (100 %) responses were given identifying trust as a factor that encourages victims to seek help. The respondents said that they sought help from family members, neighbours or friend when there was mutual trust between the victims and people they sought help from. This study therefore concludes that trust encourages help seeking. The results are inconsistent with Rose *et al* (2000) which asserts that majority of battered women in their study expressed fear that family members would not be supportive if they talked about experiencing violence.

Problem taking too long: Respondents gave 12 (100%) responses identifying the fact that when battering takes place over a long period it may cause a victim to seek help. All the respondents who gave this answer explained that they sought help from friends and relatives.

Further the respondents noted that they reported battering to the police as a last resort. The findings reveal help seeking as reactive step to long term suffering in the hands of a batterer. The results concur with Beaulaurier *et al.* (2007) which argued that many victims view reporting to the police as the logical external resource for obtaining at least long-term assistance for spousal violence.

Empathy: Findings presented in table 4.10 above specified 12(100%) responses, pointing at empathy as a reason why battered women would seek help. Earlier findings in this study show that battered women tend to seek help from people who are not judgmental but empathise with them in their plight. The results of this study could imply that battered women like anybody else in a crisis seeks understanding.

Barterers' Reverence for Family Members: As Table 4.10 shows when the batterer references his relatives the battered wife got the courage to seek help as this would help solve the problem permanently. All the respondents observed that they seek help from their natal parents, since the husband would fear to case with their in-laws and therefore it would discourage future battering. They also said that they sought help because a battered woman's relatives would come out strong in support of the victim and the batterer could fear that he might lose his wife therefore eliminating the vice. From this study it is evident that when a battered women notices that the batterer references his or her parents, she was likely to seek help. Again results in this study reveal that support by her natal family is likely to encourage help seeking. These results are inconsistent with the views of Ellsberg *et al.* (2001) which found that victims of domestic violence may not seek help from their own families as they force them to drop legal charges against their spouses or to reconcile with their husbands.

Frequency and Severity of the Battering: A total of 9 (75.0%) responses were given indicating that when battering was very frequent or caused serious injuries victims were likely to seek help. All the respondents who gave this answer said that even though wife battering was accepted and condoned in many cultures it becomes an issue of concern when it leads to severe injuries and may lead the victim to seek help from relatives, in laws, friends, local administrators, and clergy or from medical practitioners. The results were in agreement with the opinion of a key informant who noted that victims seek help only after it becomes a nightmare and could not tolerate it any more. Results from this study could be interpreted to mean that wife battering could be tolerated except in severe circumstances that could lead to

help seeking. These results are in agreement with earlier studies that enumerated some reasons for seeking help as having been badly injured, fearing death or just not being able to endure more in the hands of the batterer (*Barrett and Pierre, 2011; Fanslow and Elizabeth, 2010*). In addition the findings concurs with other scholars who revealed that severe beating is more likely to cause serious injury and is more intimidating for the woman who may see it as an intolerable problem, thereby seeking help from the police (*Naved and Persson, 2006; Bonomi et al. 2006*).

Psychosocial Support: Results shown in table 4.10, shows that 10 (83.3%) responses indicated the reason encouraging them to seek help as receiving psycho-social support. All the respondents who seek help said that they did so because of the support they got from clergy, friends, family, local administrators or counsellors. They all argued that battering is emotionally disturbing and the counseling they get is therapeutic and increases their capacity to solve future differences with their spouses and not just to resolve the problem at hand. The respondents further noted that the clergy offer religious teaching which advocates for perseverance and submission of wives to their husbands which is in line with their culture which consequently affords resilience thus giving them hope for change and stability for their family. The results from this study could be interpreted to mean that social support especially from clergy is instrumental in creating resilience in battered women, which is critical especially as they try to resolve problems in their marriages. The findings from the current study complement those of Newman and Dunlop (2005) which stated that in many circumstances, clergy reinforce religious beliefs and encourages the victim to continue staying with the abuser in the hope that abuse will cease some day. In contrast to the results from the current study other studies found that religious practices offer little or no practical assistance to battered women (*Odhiambo, 2005*).

Employment: Table 4.10 indicates that 10 (83.3%) responses were given, identifying employment as a contributing factor to help seeking. In response to the question how employment influences help seeking the respondents said that when one has a paying job they were financially independent and therefore support themselves and therefore were more likely to seek help and vice versa. These results could be interpreted to mean that employment is a key determinant to help seeking since those who have jobs are financially independent and thus can seek help unlike those who are jobless and therefore are in a state of despair, discouraging help seeking. These results confirm findings by other researchers

which outlined factors such as unemployment, economic dependence and experiences of violence as obstacles to disclosure of violence (Barnett, 2000; Plichta and Falik, 2001).

Socio economic support: Results in table 4.10 show that 8(66.7%) responses identified the socio economic support got by battered women as a key encourager for help seeking. The respondents argued that they sought help from friends, natal family, and from Philadelphia Women's Crisis Centre, because they got temporary shelter and financial support which helped them stabilize before they visualized the next step in their lives. The respondents further said that they sought help from Philadelphia rescue centre because the home offers entrepreneurial and financial management skills for battered women. The respondents further said that this enabled women to begin their own businesses thus giving them financial liberty. The respondents said that at Philadelphia they got support for their children. At the same time the victims said that as they related with other women who had recovered from the ordeal of assault at Philadelphia crisis centre, they felt encouraged. In summary, they asserted that they received psychosocial and financial support, which in a way reinstated their confidence and self-worth, which had been eroded by spousal battering.

Success of previous help seeking experience: 8 responses accounting for 66.7% indicated that battered women are likely to seek help if previous help seeking experience was successful and positive. All the respondents who gave this response indicated that if they reported battering to in-laws, friends, neighbours or local administrators and they got the intended assistance they were likely to report the vice at a future date. This finding reinforces the results of trust as a catalyst to help seeking.

Awareness of available help: Table 4.10 indicate that 6 (50.0) responses, pointed at awareness of available help as a key trigger to help seeking. All the respondents who gave this response argued that when someone knows where to take refuge they were likely to seek help and vice versa. These findings can be used to conclude that very few battered women seek help perhaps because they do not know that they can get assistance. These findings are in agreement with Fugate et al. (2005) which demonstrated that a key prerequisite for battered women's decisions to leave an abusive relationship was the availability of reliable, solid social support and the knowledge that others were willing to help them combined with continual links to formal organizations, services, and ongoing support.

The second objective of this study was to explore factors that influence help seeking among battered women in spousal relationships in Nakuru West Sub County. Factors influencing

help seeking was defined as those issues that influence the choice of a help seeking strategy. For this study factors entailed the subject that either encourage or hinder help seeking. The factors were therefore categorized into those which enhanced help seeing and those which discouraged the same. Data on this objective was analyzed on the questions; why battered women do not seek help and why battered women seek help. Data analysis and presentation in conjunction with findings from FGDs revealed that a number of factors influence help seeking choices of a battered woman. The results are in agreement with Pence & Paymar (1993) who noted that several factors have been highlighted as being instrumental in the choices pursued by a victim of battering.

For example in response to why battered women do not seek help a participant in a FGD said;

I cannot talk about battering with my in-laws because they obviously side with my husband. They have always viewed me as unfit for their son. They even view me as the troublemaker and therefore think that the batterer is justified.

Another respondent in the same FGD observed the following in response to the same question;

If you are born in a family with many girls and all your other sisters are properly married and settled in peace with their spouses, when you experience spousal battering one may be shy to seek help because you will appear to be the odd one out and no one may understand you. In fact you may fear being viewed as a source of disgrace to your family.

A third respondent had this to say in response to the same question;

I cannot seek help from my natal home because my brothers cannot accept me back to our family. This leaves me to suffer and persevere in my state however bad it is.

The narrations highlighted above could be used to conclude that battered women do not seek help because of mistrust between them and the relatives either from the marital or natal relatives. At the same time the narrations show that help seeking is deterred by consideration for the preservation of the family name. The situations conveyed in these narratives portray a state of helplessness by the victims. This situation confirms the battered women syndrome theory as stated by Walker (2006) which hypothesizes the aspect of learned helplessness as instrumental in showing how a battered woman's condition when enhanced by despair may lead her into believing that they are powerless to escape thereby subjecting themselves into a continuing pattern of uncontrollable violence and abuse. In addition the findings corroborate Waltermaurer (2012) which found that in the domestic abuse ambit, sporadic brutality,

perceptions of powerlessness, lack of financial resources and the superior strength of the batterer all combine to instill a feeling of helplessness in the victim.

Other obstacles to help seeking identified in this study include cultural beliefs as battering is condoned in many African communities as a way of disciplining insubordinate wives. A participant in a FGD of battered women above forty five years of age observed;

If you keep telling people that you were battered everyone will tell you that you don't know how to stay with a man. A husband is allowed to beat you since he is the head of the family. A good wife is supposed to submit to her husband.

Culture as an obstacle to help seeking was pointed by the views of the following three participants from three different cultures by participants in a FGD of above forty five years;

Like us Luos when a man marries he moves out of his father's homestead and establishes his own, he must look for a reason however minute it is to beat the wife before he beats his child in the new homestead. It is an abomination for a man to discipline his child before his wife;

Among the Luhya it is important that a man beats his wife before he dies, because in case he dies without doing so his corpse will be forced to slap the wife to fulfill the requirements of culture. If a wife dies before she was battered by the husband, the latter would have to slap or pinch the corpse before the burial rites are performed. In fact one day my husband beat me and I could not talk to him or anyone for one month because I could not understand why he did it. One day he bought a present and apologized for battering me but I enquired why he did it. He disclosed to me that he beat me because he was advised by other men from the community that it was an omen not to beat ones wife. He tried to explain to them that he could not find a reason to beat me but was advised to identify one however minor it was;

Among the Agikuyu wife battering is accepted and condoned as a sign of love. If a wife was not battered in the traditional Kikuyu customs she believed that she wasn't loved. At the same time battering was seen as a tool for punishing disobedient wives. My grandmother wronged my grandfather, she was not beaten for two days, and on the third day she went mad and to date the statement she utters is when shall I be beaten

These narratives represent explanations on how wife battering uphold key cultural elements that foster functionality of the community, thus enforcing the vice. The results reinforce researches by other scholars which asserted that strong cultural values which emphasise on endurance and persevering through pain and suffering without complaining or disclosing the vice, may pressure women to refrain from seeking outside assistance illustrating a socio-culturally rooted meaning of wife battering (Clements & Sawhney, 2000; Fraser et al, 2002). In addition the results corroborate Macy *et al* (2005) whose arguments was that many Africans seem to accept wife battering as part and parcel of African culture.

Despair as a result of financial dependence came out as a key obstacle to help giving. For example one respondent was asked why she does not seek help she said;

One day as usual my husband beat me so much that I decided enough is enough. I went to the neighbor and told her about it. My neighbor took me to a village elder. My husband abandoned me and the children without even food for days and when I realized that the suffering was too much I had to beg him to provide for us with a promise to keep personal matters to myself in future.

This victim like many others views herself as disabled and sees no hope for the children and so her only predicament is to suffer in the hands of an abusive partner. The narrative also explains that concern for the welfare of children tethers battered women in abusive relationships without seeking help.

Other reasons that deter women from seeking help according to this study's findings were love for the spouse and stigma for women who left their marital homes. One respondent in the FGD of those below forty five years in response to the question why she doesn't seek help said;

We started our marriage when we loved each other. With the passing of time he started beating me, but I still love him. He continues to beat me so intensely until one day I felt enough is enough. I took my belongings and went to my auntie's house near Rhoda poster in anticipation that I will go to my parent's rural home the following day but I could not sleep away from my husband's house so I took my belongings and went back to my matrimonial home at 11 pm.

The view of this respondent was held by the minority but it illustrates how hard it is for a battered woman to abandon her spouse in spite of the agony of assault.

Help seeking was affiliated with separation and divorce. Stigma of separation and divorce was characterized with negative terms in many African cultures to describe a woman who was married but later left her matrimonial home, thus discouraging exposure of spousal abuse. Such names included for example *Gichokio* among the Agikuyu, *Ritinge* among the Abagusii and *Odhi Odu'go* among the Luos to name but a few.

Other factors that deter help seeking according to this study are isolation of victim, fear of intensified battering and lack of awareness of available help. For instances FGDs respondents' testimonies highlighted their abusive husbands' efforts to deliberately isolate them from other people in the community and in many instances to deliberately limit their contacts. One woman said,

He does not allow me to go to church or make friends with other ladies; he says that people gossip about others and I should avoid them . I do not have any friend.

This narrative illustrates how wife batterers use isolation to enhance on the victim's ignorance as a strategy to keep them in abusive relationships and to isolate them. The narrative also infers that many times, a partner's rigid rules and controlling tactics not only instill a deep sense of fear, but depletes the woman's confidence in themselves and reinforce their cultural belief that women are second-class citizens and that being a good wife means obeying their husband.

In response to the question why battered women seek help a wide range of responses were given among which were trust in the person one sought help from, empathy that a victim got from the person she sought help from, prolonged battering, psychosocial and socio-economic support, awareness of available help among others. For example one participant of a FGD in response to the question why she sought help from Philadelphia battered women crisis centre had this to say;

We have received great financial assistance from this Centre. It is true before I was introduced to Philadelphia I encountered many problems with my husband because he saw me as a burden and beat me often. At Philadelphia I was trained on entrepreneurship skills and financial management. I was also given some income to begin a small business and taught how to save. With this I began to earn some money for myself and now I am not totally dependent on my husband. I attended seminars and received counseling which has helped me regain my self-confidence. Before then

I used to feel hopeless and useless. At Philadelphia I received intensive counseling on how to belief in myself. This encouraged me to pick the pieces of my shattered life together and started living again.

This quote explains that battered women seek help when the source of the help can help them socially or economically. These findings confirm the findings of previous scholars which revealed that battered women are not passive actors in spousal relationships but actively seek help. The results are in agreement with Farah et al. (2009) which argues that the informal social networks not only soften the impact of victimization and assist the victim in recovery but also assist in the resolution of the conflict and in ensuring that any decisions made are actually implemented.

4.4 Sources of Information on Help Seeking for Battered Women

This section of the report gives presentation, analysis and discussion of the third objective of the study which was stated as; To identify ways by which battered women in spousal relationships access information on help seeking in Nakuru West Sub County. This study found out the following results as far as information access by victims of spousal battering in Nakuru West Sub County was concerned.

Table 4.11: Sources of Information for Battered Women

	Frequency	Percent	Percent of Case
Other Women	30	11.5%	71.4%
Radio	42	16.1%	100.0%
Television	30	11.5%	71.4%
Newspaper	24	9.2%	57.1%
Neighbours	18	6.9%	42.9%
Friends	22	8.4%	52.4%
FIDA	6	2.3%	14.3%
Children Department	12	4.6%	28.6%
Relatives	10	3.8%	23.8%
Community Social Worker	20	7.7%	47.6%
Medical Personnel	35	13.4%	83.3%
Religious Leaders	12	4.6%	28.6%
Total	261	100.0%	621.4%

In response to the question where battered women accessed information on help seeking 261 (621.4%) responses were given. A total of 42 (100 %) responses indicate that victims get information from radio programs mainly vernacular programmers that discuss spousal relationships. 35 (83.3%) responses were given indicating that battered women access useful information from medical personnel. A total of 30 (71.4%) responses reveal that battered women get information from programmes aired in the television. Further the respondents said that news on spousal battering were instrumental in creating forums that create public discussion on spousal abuse which enhances awareness for battered women rights. The findings illustrated in table show 4.11 show that 30 (71.4%) responses given highlighted other women as the source of information for battered women. All the respondents who gave this answer said that other women who empathized with them gave them information on available help. It also came out that information from other battered women was got from interactions at the GBVRCs.

Table 4.11, sheds knowledge that another set of 24 (57.1%) responses indicate getting information from newspaper articles written on spousal battering and other domestic issues. An additional 22 (52.4%) responses indicated that battering victims get information from friends. Findings revealed that battered women also acquire information from community social workers. 20 (47.6 %) responses were given, indicating that women sought help from social community workers. All the respondents who gave this answer said that social workers recommended them to other service providers that the victims needed. 18 (42.9 %) responses showed that neighbours also gave useful information regarding spousal assault, while two sets of responses each with 12 (28.6%) responses were given indicating that battered women access essential information from officials in the children department and religious leaders respectively. Finally 10 (23.8%) responses given by battered women showed that victims seek information from their neighbours.

The results of the current study shows that battered women seek and access information on available help from a myriad of sources. Further the results show that this information is derived from both formal and informal sources. The results further infer that battered women are more inclined to social network in the access to vital information on help seeking.

4.4.1 Type of Information sought by Battered Women

In order to further understand the context of help seeking and information sought the study was interested in finding out the various types of information sought by victims in the area

under study. In this regard this study discovered that battered women seek a variety of information. These results are illustrated in table 4.12 below;

Table 4.12: Type of Information sought by Battered Women

	Responses	Percent	Percent of Cases
Available help for battered women	26	23.2%	100.0%
How to protect and support their children	24	21.4%	92.3%
Legal action that can be taken	18	16.1%	69.2%
How to prevent and stop battering	22	19.6%	84.6%
How to protect myself	10	8.9%	38.5%
Medical information	12	10.7%	46.2%
Total	112	100.0%	430.8%

A total of 26 (100%) responses indicated women seek information on available help for spousal battering. Interestingly, 24 (92.3%) responses indicated that battered wives seek information concerning how to protect and support their children. Following were 22(84.6%) responses which stated seeking information on how to prevent and stop battering. Next were 18(69.2%)answers which showed that battered women seek information on legal action that can be taken against a batterer. This was followed by 12(46.2%) responses which indicated that information was sought on medical treatment, while 10(38.5%) responses highlighted the need for ways to protect oneself. From these research findings it can be deduced that battered women seek a variety of information but all revolve around safety and protection both for themselves and their families.

4.4.2 Awareness of Battered Women’s Rescue Centres

The research was interested in establishing whether battered women knew about emergency shelters or crisis centre that support battered women in the area under study. Results are presented in table 4.13 below;

Table 4.13: Battered Women Awareness of Battered Women’s Rescue Centres

	Frequency	Percent (%)
Knows	25	41.7
Don't know	35	58.3
Total	60	100.0

A majority 35 respondents comprising of 58.3% indicated that they don't know of any battered women's rescue centres while 25 (41.67%) confirmed that they know of battered women rescue centers. Results from this study thus reveal that battered women lack information on available rescue centres.

4.4.3 Rescues Centres Available for Battered Women

It was the intention of this study to find the available rescue centres for victims of wife battering. This information was deemed useful in finding out the services offered in these centres and whether there deemed helpful by the victims of spousal abuse. Results are presented in table 4.14 below;

Table 4.14: Rescues Centers Available for Battered Women

	Frequency	Percent (%)
Philadelphia	10	40.0
GBVRC level five hospital	8	32.0
GBVRC Nairobi women hospital	5	20.0
Jimmia	2	8.0
Total	25	100.0

Table 4.14 validates that out of the 25 respondents who said that they were aware of battered women rescue centres, 10 (40%) opined that they knew Philadelphia Battered Women Rescue Centre. 8 (32%) said they knew of the GBVRC at Nakuru level five hospital, while 5 respondents comprising of 20% confessed that they knew of the GBVRC at Nairobi women hospital. Finally, the last 2 (8%) said they are aware of Jimmia rescue Centre in pipeline in Gilgil Sub-County.

4.4.4 How Battered Women Accessed Information on Rescue Centres

The study was interested in ascertaining how battered women got information on available rescue centres. The results are presented below.

Table 4.15: How Battered Women get Information on Emergency Shelters

Responses	Frequency	Percent (%)
Police referrals	10	40.0
Community social workers	7	28.0
Neighbours	2	8.0
Friends	6	24.0
Total	25	100.0

Out of the 25 respondents who said they had information on battered women rescue centres, 10 (40%) respondents indicated that they got information from police at the gender desk at the central police station, Nakuru. A total of 7 (28%) respondents said that they accessed the same information from community social workers, while 6(24 %) respondents indicated that they got the information from friends and finally 2 respondents representing 8 % specified that they got the information from their neighbours. The data presented shows that battered women access information on available rescue centres in a variety of ways that are both formal and informal.

4.4.5 How Rescue Centres Influence Help Seeking

All the 25 (100%) respondents who indicated having information on available rescue centres, observed that rescue centres were helpful in encouraging help seeking among battered women in diverse ways. The results on this were subdivided into two constituting of results on why battered women sought help in Philadelphia and those on why they sought help from Nakuru level five hospitals GBVRC and in Nairobi Women’s Hospital GBVRC. Results are presented in tables 4. 16 and 4.17

Table 4.16: Why Battered Women Seek help at Philadelphia Rescue Centre

Responses	Frequencies	Percent of Cases	
		Percent	
Financial support	25	21.7%	100.0%
Counselling	20	17.4%	80.0%
Regain self-worth	15	13.0%	60.0%
Temporary shelter	10	8.7%	40.0%
Training on Entrepreneurship	25	21.7%	100.0%
Provide children upkeep	20	17.4%	80.0%
Total	115	100.0%	460.0%

Majority of responses 25 (100.0%) indicate that victims seek help from Philadelphia rescue center. In response to the question why they sought help in the centre the respondents said that they get financial support which enabled them meet their basic needs. The results further showed that 25 (100.0%) responses indicating that battered women seek help in Philadelphia because the centre offers short courses on entrepreneurship. They explained that this training is empowering as it enables them to establish and manage their own businesses that help them fend for themselves and their children. 20 (80.0%) responses were given indicating that battered women seek help from Philadelphia as they get counselling. There was a general consensus that counselling has been therapeutic effects on battered women who may have been disoriented emotionally by the physical assault. Results further show that 20 (80%) responses were given indicating that battered women seek help from Philadelphia since the centre offer child support. All the respondents noted that concern for the safety of one's children is a major concern for many battered women. A total of 15 (60.0%) responses were stating that battered women got social support and aided in reinstating their self-worth and confidence through support given at the centre. A minority group of responses of 10(40.0%) indicates that the core reason women sought help from Philadelphia was because the centre offers them temporary shelter and a place to store their belongings. Findings from this study reveal that Philadelphia crisis centre offered both psychosocial and economic benefits for battered women. From the study it can also be said that study Philadelphia rescue centre is crucial as it help women in a crisis with a shelter from where they can reorganize, compose themselves and think clearly of the next step to take in their lives without undue pressures. These results reinforce (Lyon *et al.* Menard, 2008) which showed that battered women who sought help in rescue homes felt more hopeful about the future, knew more about their options and ways to plan for their safety. In addition from the results it emerges that battered women seek help from Philadelphia rescue centre mainly because of the socio-economic support given at the centre. The results reinforce findings by Schuler and Akhter (1996) which supports economic empowerment through credit programs as a way of reducing women's vulnerability to domestic violence and found that membership in a credit program was a protective factor for a battered spouse.

Table 4.17: Reasons for seeking help at Nakuru Level Five Hospital and Nairobi Women’s Hospital

Responses	Frequencies		Percent of Cases
		Percent	
Medical care services	20	26.7%	100.0%
Counselling	15	20.0%	75.0%
Referral to crisis centre	15	20.0%	75.0%
Link to Legal services	10	13.3%	50.0%
Confidentiality	15	20.0%	75.0%
Total	75	100.0%	375.0%

Results shown in table 4.17 shows that 20 (100%) responses seek help from the two hospitals because the facilities offer free medical care services for their injuries. They however noted that they do not disclose the real source of the injuries. A total of 15 (75.0%) responses pointed at the counselling services offered at the two medical facilities as the main cause of them seeking help. All the respondents who gave this answer noted that a battered woman feels disgraced and counselling gives her back human dignity.

An additional 15 (75%) responses were given indicated that help was sought from the GBVRCs because offers working in these centres often connected them to other service providers that are useful for battered women. All the respondents who gave this answer said that they got information of Philadelphia from the two medical facilities. A total of 15(75%) responses were given to reveal the reason why battered women seek help from the medical establishments as being that personnel involved in counselling observed confidentiality which was very paramount to a battered woman. A sum of 10 (50%) responses were given to show that help sought from hospitals was because victims got free legal advice or connection to someone who could help them in legal matters in relation to the abuse. Results from this study reveal that battered women seek help from medical facilities due to a myriad of reasons. Results show that mutual trust and confidentiality between victims and personnel’s working at the GBVRCs is key to help seeking. These results provide a contrary opinion from Boyle and Todd (2003) which found that women in domestic violence shelters experience much greater levels of social functioning limitations than did women living in the general population.

4.5 Challenges to Stamping Wife Battering

Wife battering has been identified as a major concern in many households and societies because of its adverse economic and health impacts. Moreover the vice has been identified as the most common form of violence against women worldwide (World Health Organization, 2005). Despite this understanding wife battering continues to happen in many households. It was therefore the interest of this study to find out the obstacle to elimination of assault. Table 4.12 shows the views of the respondents on challenges in stamping out wife battering in the area under study.

Table 4.18: Challenges to Stamping Wife Battering

Responses	Frequencies	Percent of Cases	
		Percent	
Women's vulnerability	42	30.0%	100.0%
Culture	40	28.6%	95.2%
Male dominance	36	25.7%	85.7%
Weak Laws	22	15.7%	52.4%
Total	140	100.0%	333.3%

The majority 42 (100%) responses show that women's vulnerability is a core obstacle to stamping out wife battering. All the respondents were in agreement that women often suffer in silence because they are either partially or totally dependent on their spouses to fend for them and their children. They all stated that since they came from poor families who could not support them and their children if they opted to pull out of the marriage.

In second position were 40 (95.2%) responses which identified culture as a hindrance to eliminating the vice. They all posited that wife battering is a commonly accepted practice in many cultures.

A total of 36 (85.7%) responses pointed at male dominance as the main obstacle to elimination of wife battering. All the respondents were of the opinion that women are inferior to men and that the man have a right to beat them since he is the head of the family. Those who gave this answer said that since men were more masculine and powerful the women are weak, hopeless and helpless. Further, they observed that men are traditionally and in religious circles taken as superior and therefore must be viewed as so and their actions must be respected.

At the lowest level were 22 (52.4%) responses identifying weak laws as the hindrances to elimination of the vice were outlined. All the respondents pointed at the slow pace court cases take before they are determined. They also argued that court cases are anti-therapeutic and punitive especially when the children participate in the antagonisms. The respondents also noted that corruption in court the courts often led to termination of court cases or unfair case determination leading to frustrations of victims. This study reveals that there are several obstacles to elimination of wife battering.

As far as objective three is concerned the answer given by respondents on where battered women got information on help seeking, show the media as leading. Findings demonstrate that the electronic media radio, television, while the print media got 96 (228.5%) responses. It also came out clearly that battered women accessed information from key social support mainly from other women, friends, neighbours, religious personnel and relatives getting 92(219.1%) responses. At the same time the victims got quite a substantial number of information from the medical personnel who got 35 (83.3%) responses. It also came out from this study that battered women get information from formal sources which included social workers, personnel from children's department and FIDA with 38 (90.5%) responses.

In response to the question what information battered women sought the respondents gave 112 (430.8%) responses. All the responses on type of help sought revolved around acquisition of safety, protection and elimination of battering.

The respondents were also asked whether they know any battered women crisis centre in the area under study. Results findings shows that very few 25(41.7%) were aware of any rescue homes in the area under study while the majority 35(58.3%) did not know of any rescue centre. The fact that the findings reveal that majority of the victims do not have information on crisis centre available could mean that most battered people could be resigning in helplessness , thus the few number of respondents who seek help.

In response to the question on what are the available centres findings indicate that there are two in the area under study; Philadelphia rescue home and that GBVRC at Nakuru level five hospital. However the respondents interviewed observed that they had received help from Nairobi Women's hospital GBVRC which is in Nakuru East Sub County. Two respondents indicated that they had sought help from Jimmia rescue home which is in Gilgil Sub County.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1. Introduction

This chapter presents the summary of findings, conclusions and recommendations based on the objectives of the study. Suggestions for further studies are also presented.

5.2 Summary

The findings of this study are summarized below based on the objectives of the study, research questions and the analysis of the results obtained.

The study was carried out in Nakuru West Sub County, which comprises of six County Assembly Wards namely London, Shabab, Kaptembwa, Rhoda, Barut, and Kapkures. A total of 88 respondents were interviewed which consisted of 60 battered women, 6 chiefs ,6 religious leaders,10 workers from the women crisis centres and 6 village elders.60 battered women were interviewed using interview schedules, key informants guides were used to interview chiefs, religious leaders and village elders, while FGD discussions were administered to selected battered women. Data was analysed using descriptive analysis.

The first specific objective of the study was to examine the strategies of help seeking among battered women. For this study this objective focused on ascertaining whether battered women seek help; identify immediate and long term strategies of help seeking and finally to find out in general where battered women seek help. The second specific objective sought to explore the core factors influencing help seeking among battered women and the third and final objective aimed at finding out the ways by which battered women seek and access information on available help in response to battering in Nakuru West Sub County. From this study the following findings emerged.

In regard to objective one only a minority 12 (20%) respondents seek help and majority 48 (80%) respondents do not seek help. This scenario is worrying as it shows that majority of women experiencing assault are not accessing any assistance in spite of the adverse impacts of battering to individuals, family, society and the nation at large. Findings further show that battered women use both immediate and long term strategies of help seeking. Results show that majority of immediate help seeking strategies aim at accessing informal social support. Further it can be derived from the study that the immediate strategies used aimed at ensuring

safety, protective and immediate escape from the batterer. Results show that the main immediate strategies used by battered women in the area under study include running away, screaming for help, talking to both natal and marital parents, calling a friend while a few hit back .

The long term strategies used aimed at finding durable solutions to prolonged battering. Findings reveal that majority 53 (204%) responses given indicated that victims use formal strategies of help seeking while the minority 47(188%) responses demonstrated that victims use informal strategies of help seeking. The formal strategies used included reporting to police 22 (88.0%) responses, separation and divorce 18 (72.0%) responses and reporting at the FIDA office 11 (44.0%) responses. Further results demonstrate that such strategies are used when the victims have given up on their marriages and are ready to walk out. These strategies were used after prolonged battering and the victims were desperate and hopeless. Results demonstrate that informal strategies used included prayer and perseverance which are signs of helplessness and resigning to fate. This finding reinforces the second element of the battered women syndromes theory which explains the basis of learned helplessness which details why women become passive after the cycle of recurrent battering and thus do not seek help, Walker (2006).The use of long term strategies of help seeking is inconsistent with the survivor theory which states that when other sources of help prove ineffective, the battered woman employs different strategies like avoiding her abuser altogether or seek help from the court system to lessen the abuse Gondolf and Fisher (1988).

In general the findings show that a variety of strategies of help seeking were identified. The question where battered women seek help attracted 178 (556%) responses. Majority 32(100%) responses pointed at reporting violence to in-laws. Other strategies which got substantial number of responses included local administrators, medical care, clergy and neighbours. Quite a number of responses were given highlighting resorting to GBVRCs, do not seek help, and seek legal system or runs away. A minority of responses outlined screaming, seeking marriage counselors or divorce and separation to highlight but a few.

The second objective sought to answer two key questions why battered women do not seek help and why battered women seek help. With regard to this objective, the following were the major findings. In response to the question why women do not seek help a myriad of reasons were given. A total of 308 (808%) responses were given. Findings demonstrate that the highest reasons for not seeking help were concern for children, financial dependence,

battering would cease, culture, fear, family, personal beliefs and love for the spouse in that order. Other reasons given as deterrents of help seeking included mistrust, self-blame isolation and lack of information on available help. It is important to highlight that this was the question with the highest responses indicating the magnitude of barriers inhibiting help seeking.

When the respondents were asked why they sought help, a total of 106 (883.3%) responses were derived. Majority of the answer pointed at mitigating suffering, trust and problem taking long as the key triggers encouraging help seeking with each 12(100%) responses. Other factors that were mentioned as core in encouraging help seeking were employment and batterer's reference for family each with 10 (83.3%) responses. Frequency and severity of battering and empathy each received moderate responses each with 9 (75.0%). Other factors with fewer responses but nevertheless used by the respondents included social economic support, success of a previous experience and awareness of available help. These findings demonstrate that battered women are active help seekers despite the many challenges that hamper their endeavor to seek help.

As far as objective three is concerned the answers given by respondents on where they got information on help seeking, show the media as leading. Findings demonstrate that the electronic media which included radio, television got 72 (171.4%) responses, while the print media including newspapers and magazines received 47 (57.1%) responses. It also came out that battered women accessed information from key social support networks mainly from other women, friends, neighbours, religious personnel and relatives all combined receiving 92 (219.1%) responses. At the same time the victims got quite a substantial number of information from the medical personnel who got 35 (83.3%) responses. It also came out from this study that battered women get information from formal sources which included social workers, personnel from children's department and FIDA with 38 (90.5%) responses.

In response to the question what information battered women sought the respondents gave 112 (430.8%) responses. All the responses on type of help sought revolved around acquisition of safety, protection and elimination of battering.

The respondents were also asked whether they know any battered women crisis centre in the area under study. Results shows that very few 25 (41.7%) were aware of any rescues homes in the area under study while the majority 35 (58.3%) did not know of any rescue centre. The fact that the findings reveal that majority of the victims do not have information on crisis

centre available could mean that most battered people could be resigning in helplessness , thus the few number of respondents who seek help.

In response to the question what are the available rescue centres, findings indicate that there are two in the area under study; Philadelphia rescue home and that GBVRC at Nakuru level five hospital. However the respondents interviewed observed that they had received help from Nairobi Women's hospital GBVRC which is in Nakuru East Sub County. Two respondents indicated that they had sought help from Jimmia rescue home which is in Gilgil Sub County. In response to the question how battered women access information, the findings reveals 17(68%) responds indicate that victims got information from formal institutions while informal 8 (32%) respondents got information from the informal sector.

5.3 Conclusions

Based on the findings from this , the following conclusions were made:

5.4 Empirical Conclusions

This study broadly sought to examine the dynamics of help seeking among battered women in spousal relationships in Nakuru West Sub County, Kenya. Based on the findings presented in chapter four, empirically the study concludes that majority of battered women do not seek help. Although wife battering has taken place in the family since time immemorial with adverse health and socio economic impacts, it was found that a wide range of factors impede help seeking. However this study found that battered women are not exclusively passive actors in response to the vice but use a variety of informal and formal strategies. More precisely the study demonstrates that battered women seek informal social support as the immediate strategies of help seeking in the area of study. It was also found that prolonged and intensified battering leads to more formal long term strategies of help seeking. The study established that immediate strategies of help seeking are sought in order to attain immediate safety and protection while long term strategies are sought in a bid to seek durable solution to battering.

The study concludes that the immediate strategies used include running away, screaming for help, reporting to both marital and natal parents, keeping silent about the vice, hitting back and discussing the matter with the batterer at an opportune time. The findings enumerate the long term strategies used to include submission to the husband, prayer, filing for separation and divorce and finally seeking help from FIDA.

In general the study found out that battered women mainly use informal help seeking strategies that include seeking psycho social support from relatives, clergy, neighbours, friends, counselors. The study found that minority of women use formal strategies that include reporting to the police, litigation or seeking medical help.

This study also explored the factors that influence help seeking among battered women in the area under study. On the bases of presented findings the study concludes that battered women do not seek help due to a myriad of reasons. Findings from this study itemize factors hindering help seeking as concern for children, financial dependence, hope that the abuse will soon end, cultural beliefs, desire to safe the natal or marital family name, mistrust of family members or police, personal beliefs, isolation or lack of awareness of available help. The study also concludes that though majority do not seek help a minority group does. The findings list the factors that encourage help seeking as desire to reduce injuries and suffering, prolonged battering, psycho social and economic support, severity and intensity of battering among others.

Finally on the sources of information for battered women the findings indicate that only a minority of respondents are aware of available help. Further the findings demonstrate that battered women access information in a variety of ways. As far as the type of information sought is concerned, the study demonstrated that battered women seek information that aimed at attaining protection and safety for themselves and their children. It can therefore be said that the chief aim of victims of wife battering, seeking help is to preserve their marriages and families in a conflict free, peaceful home environment.

5.5 Theoretical Conclusions

The study was informed by the battered women syndrome and Survivor Theories. The battered women syndrome theory explains what happens when a woman is battered persistently over time. The theory shows a cycle of violence as comprising of three phases: the tension building phase, active battering phase and calm loving respite phase. The theory portrays a battered woman as initially subjected to minor battering incidents such as slaps and pinches. In this situation the woman tries to pacify her batterer by showering him with kindness or attempts to avoid him. However, the victim's attempts to pacify her batterer only work to delay the inevitable acute battering. Further the theory shows that upon the victim realizing her lack of control, she attempts to mitigate the violence by becoming passive.

Further the theory posits that on realizing the impacts of his behavior the batterer promises that it will never happen again. The theory argues that this phase is the most psychologically victimizing because the batterer fools the victim, who is relieved that the abuse has ended only to resurface and the whole cycle repeats itself again. The theory state that the victims employs a state of learned helplessness which details why women become passive after the cycle of recurrent battering and thus don't employ active strategies of help seeking. In addition the model contends that in the domestic abuse ambit, sporadic brutality, perceptions of powerlessness, lack of financial resources and the superior strength of the batterer all combine to instill a feeling of helplessness in the victim. This theory can be used to affirm the findings of this study which concludes that battered women do not seek help due to helplessness which results as a result of continued assault. From the findings of this study curbing wife battering can only be achieved through women empowerment and involvement of all the society.

The survivor theory surmises that a pattern of abuse prompts battered women to employ innovative coping strategies such as flattering the batterer and turning to their families for assistance. When these sources of help prove ineffective, the victim employs different strategies like avoiding her abuser altogether or seek help from the court system to lessen the abuse. The theory further conjectures that victims of wife battering actively seeks help from a variety of formal and informal help sources but are typically confronted with an ineffective bureaucracy, insufficient help sources and societal indifference. The theory further notes that lack of practical options, combined with the victim's lack of financial resources, make it likely that battered women will stay and try to change her batterer, rather than leave and face the unknown. This theory further ascertains that given the inadequacies a battered woman is confronted with, it gives the conclusion that seeking help is a difficult path for a victim to embark upon but leaves the victims with the option of devising ways for survival.

5.6 Recommendations

Based on the research findings and conclusions this study suggests the following recommendations.

That the socialization agents more specifically the family, media and education educates the society in general on the adverse repercussions of wife battering on the victims and the future of their children. This will enlighten girls and women on their human rights which will go a long way in encouraging them seek help if battered thereby eliminating the vice.

Secondly, in reference to challenges of eliminating wife battering women's vulnerability, culture, male dominance and weak laws were reckoned as core. This study recommends that social actors resocialise the society at large on the concept of spousal control. In addition the study recommends that in order for government interventions to be successful, stringent laws and policies need to be strictly devised and implemented on any offenders. The government should officially declare spousal battering an offence against humanity.

Thirdly, this study recommends that since vulnerability was identified as an obstacle to the elimination of wife battering, women empowerment and capacity building programmes be initiated at the grass root levels to enhance the capacity of women thereby reinstating their self confidence and worth.

Four, this study recommends counselling for men engaging in wife battering so as to curb the vice from a point of understanding and not on coercion or application of the law. Considering that the ultimate goal as curbing the vice as the most durable solution to many domestic problems, this study recommends that the Ministry of Gender, Culture and Youth Affairs devise programmes that discourage on the retrogressive cultural beliefs and values especially them that uphold wife battering.

The government should reframe its Laws on domestic violence in order to accommodate the views of women. The Judiciary should make it a priority in providing adequate support to victims of wife battering and perhaps scrap the legal fees for desperate abused women. This study recognises the challenge of delays in court process which makes it hard for battered women to get justice on time. It is the recommendation of this study that the government put tight deadlines for legal pursuits dealing with wife battering.

Findings from this study revealed that many battered women suffer in silence, not knowing where to turn to. Therefore the study recommends that all stakeholders have occasional deliberations on the subject of wife battering so as to identify and support victims on time. In this view it is the recommendation of this study that civic training be administered at the village level so that the general public can be enlightened on advocacy for the vulnerable members of the society. This will result in collective responsibility of the welfare of all in the community.

5.7 Suggestions for Further Research

This study investigated the dynamics of help seeking among battered women in spousal relationships in Nakuru West Sub-County. However, further research needs to be done on the areas suggested below:

- i. Assessment of the impact of wife battering on child development. Findings from this study reveal inconsistencies between past and current research findings suggesting that the role of children in victims' decision-making processes is complex. Therefore further research needs to be carried out to examine whether victims consider a number of potential outcome for themselves and their children at different points in time.
- ii. An Evaluation of the dynamics of help seeking among battered husbands in Kenya. This study investigated the concerns of women in spousal battering. It would be prudent to find the experience of battered husbands especially in a patriarchal society like Kenya.

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APPENDICES

APPENDIX 1: INTERVIEW SCHEDULE

PERSONAL FACTORS

1. Age _____

2. What is your highest education level?

None [] Primary []

Secondary [] College []

University []

3. a. Have you ever sought help due to spousal battering to anyone?

Yes [] No []

b. If the answer to the above question is yes, kindly explain whether the response encouraged or discouraged future help seeking.

c. If the answer to question 3. a. above is No explain reasons for not seeking help _____

4) What type of employment do you have?

Self-employed [] Formal Employment []

Unemployed [] Casual []

5) Explain how employment influences your decision to seek help when battered

6) In your opinion explain if your spouse has a right to batter you and if so explain when you feel battering becomes a problem _____

7) Explain any other personal beliefs, values or conviction influencing you in help seeking

8) Explain if you have ever felt that battering was as a result of your mistake

9) Have you ever felt that you should solve the issues of battering on your own and why?

10) a) What religion are you affiliated to

Catholic []

Protestant []

Muslim []

Other (specify) _____

11) Explain how your religion affiliation affects your decision to seek help

12) a) Have you always sought help in response to battering?

Yes []

No []

b. If the answer to question 11) above is No give reasons why you don't always seek help

STRATEGIES OF HELP SEEKING

13) Highlight the method by which you've sought help in response to battering.

14) Has battering ceased or reduced in frequency and intensity after help seeking in response to battering _____

15) What approaches of help seeking are available for battered women in your culture?

b) Narrate the merits and de-merits of strategies used in help seeking by victims of wife battering in your community. _____

16) What immediate and long term strategies do you use in response to battering?

17) Where do you seek help in response to battering? _____

RELATIONAL FACTORS

18) How many people depend on your earning? _____

19) How does your relationship with friends, family or in-laws influence your decision on help seeking? _____

20) Briefly explain how the issues of dependents influence your decision to seek help.

INFORMATION ON HELP SEEKING

- 21) How do you get information on available help for battered women?

- 22) How do you utilize information on help seeking? _____
- 23) Which people do you seek help seeking from and why? _____
- 24) What type of information do you seek in response to battering? _____
- 25) Do you know of any emergency shelters for battered women and what services do they offer?

- 26) What other service providers for battered women do you know in Nakuru West?

- 27) How did you know about these service providers? _____
- 28) Explain if these service providers are useful to battered women _____

INSTITUTIONAL FACTORS

- 29) How has the justice system intervention affected your decision to seek help?

- 30) Mention any battered women rescue centre or service provider in Nakuru and explain services offered _____
- 31) What in your view are the major challenges in stamping out wife battering in your community? _____
- 32) In your view, which categories of women in your community are most affected by wife battering?

- 33) In your view, what type of changes should be made to the law to help fight wife battering? _____
- b) Suggest the parties that should be involved while making such changes and in what ways. _____

Thank you for your cooperation

APPENDIX II: FOCUS GROUP DISCUSSIONS

General Information

1) Do you think in general that battered women seek help?

Follow up: Explain your answer for the question above?

2) Who do battered women seek help from in your community?

Follow up: What particular issues inform the help seeking choice?

Possible reasons for seeking help or not

3) What factors influence help seeking among battered women in your community?

(Follow up: Personal, relational or system related)

4) Do you think there are things that can happen in battered women's lives that can make them want to seek help?

(Follow up: financial assistance, police and justice system intervention, employment religious believes or any other)

5) Are you aware of any support services provided to battered women in Nakuru West Sub-County?

a) Yes []

b) No []

b) If your answer to the question above is yes explain how you came to know of the service providers

Issues of interpersonal relations

6) Is the subject of wife battering at some point discussed in your family or in-laws family and how does it influence help seeking by battering victims?

Follow up: Who are the actors in decision making? Who encourages or discourages help seeking? What is the opinion of the different members of the family members on wife battering?

7) Have things in times when women sought help happened as expected and how?

Expectations for future

8) What kind of life do you expect now that you have taken your chosen route of help seeking?

(Prompt: relational, family stability, social life?)

Are there things that if done might help you get this kind of life style?

(Prompt: individual or structural)

9) Is there anything else you would like to say about your decision in the help seeking choices that has not been mentioned here?

If only one thing would be done to improve help seeking among battered women, what would it be?

Thank you for your participation

APPENDIX III: KEY INFORMANT INTERVIEW GUIDE

Possible reasons for not seeking help

1) Do battered women generally seek help?

1) What reasons have women in different communities expressed for not seeking help when battered?

2) Do you think there are things that can happen in the lives of battering victims to make them want to seek help?

(Follow up: financial assistance, police response, and support by friends or family, employment {rank in order of importance}).

Issues of social relations

3) Is the subject of wife battering discussed in your community?

Follow up: If yes what particular issues are discussed?

4) Who are the actors in decision making on wife battering issues? What is the opinion of the different members of the community on wife battering? Based on the views of the community on the vice do women seek help after an episode on the same?

(Follow up: men, women, and children, relatives, friends, in-laws?)

5) Do things in the home change for the better after a battered woman seeks help?

6) What factors do you think influence help seeking among battered women?

Expectations for

6) What kind of life do battered women expect when they choose not to seek help?

(Prompt: family stability, relationship with their spouse and in-laws, social life?)

Are there things that if done might help you get this kind of life style?

(Prompt: personal & relational, structural)

7) Is there anything else you would like to say about battered women's decision not to seek help that has not been mentioned here?

If only one thing would be done to improve life of battered women, what would it be?

Thank you for your participation

APPENDIX IV: RESEARCH AUTHORIZATION FROM NACOSTI



NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY AND INNOVATION

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Ref: No.

Date:

NACOSTI/P/16/95952/14274

13th October, 2016

Wachira Wanjiku Mary
Egerton University
P.O. Box 536-20115
EGERTON.

RE: RESEARCH AUTHORIZATION

Following your application for authority to carry out research on “*Dynamics of help seeking among battered partners in spousal relationships in Nakuru West Sub County Kenya*,” I am pleased to inform you that you have been authorized to undertake research in **Nakuru County** for the period ending **13th October, 2017**.

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

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


**BONIFACE WANYAMA
FOR: DIRECTOR-GENERAL/CEO**

Copy to:

The County Commissioner
Nakuru County.

The County Director of Education
Nakuru County.

National Commission for Science, Technology And Innovation Is ISO 9001:2008 Certified

APPENDIX V: RESEARCH PERMIT

THIS IS TO CERTIFY THAT: **Permit No : NACOSTI/P/16/95952/14274**
MS. WACHIRA WANJIKU MARY **Date Of Issue : 13th October, 2016**
of EGERTON UNIVERSITY, 0-20100 **Fee Received :Ksh 1000**
NAKURU, has been permitted to conduct
research in Nakuru County
on the topic: DYNAMICS OF HELP
SEEKING AMONG BATTERED PARTNERS
IN SPOUSAL RELATIONSHIPS IN NAKURU
WEST SUBCOUNTY KENYA
for the period ending:
13th October, 2017


Applicant's Signature



Director General
National Commission for Science, Technology & Innovation

CONDITIONS

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


REPUBLIC OF KENYA


NACOSTI
National Commission for Science, Technology and Innovation

RESEARCH CLEARANCE PERMIT

Serial No.A 11262

CONDITIONS: see back page

APPENDIX VI COUNTY RESEARCH AUTHORIZATION

MINISTRY OF EDUCATION
State Department of Basic Education

Telegrams: "EDUCATION",
Telephone: 051-2216917
Fax: 051-2217308
Email: cdenakurucounty@yahoo.com
When replying please quote
Ref. NO. CDE/NKU/GEN//4/1/21/VOL.
V/109



COUNTY DIRECTOR OF EDUCATION
NAKURU COUNTY
P. O. BOX 259,
NAKURU.

31st JULY, 2017

TO WHOM IT MAY CONCERN

**RE: RESEARCH AUTHORIZATION – WACHIRA WANJIKU MARY
PERMIT NO.NACOSTI/P/17/95952/14274**

Reference is made to Permit No. NACOSTI/P/17/95952/14274 dated 13th October, 2016.

Authority is hereby granted to the above named to carry out research on "*Dynamics of help seeking among battered partners in spousal relationships in Nakuru West sub-county Kenya,*" for a period ending 13th October, 2017.

Kindly accord her the necessary assistance.

A handwritten signature in black ink, appearing to read 'Akoko Okayo'.

AKOKO OKAYO
COUNTY DIRECTOR OF EDUCATION
NAKURU COUNTY.

Copy to:

Egerton University
P. O. Box 536-20115
EGERTON