AN ASSESSMENT OF THE CONTRIBUTION OF SELF-HELP GROUPS TOWARDS POVERTY REDUCTION: A CASE STUDY OF CARITAS SUPPORTED GROUPS IN MACHAKOS COUNTY

By
Kasimbi Joachim Muteti

This dissertation is submitted in partial fulfillment of the requirements for the award of a Master of Development Studies (MDS) from St. Paul's University

September, 2016

ST.PAUL'S UNIVERSITY

AN ASSESSMENT OF THE CONTRIBUTION OF SELF-HELP GROUPS TOWARDS POVERTY REDUCTION: A CASE STUDY OF CARITAS SUPPORTED GROUPS IN MACHAKOS COUNTY

By
Kasimbi Joachim Muteti

This dissertation is submitted in partial fulfillment of the requirements for the award of a Master of Development Studies (MDS) from St. Paul's University

Supervisors: Dr. PetronilaOtuya and RedemptaKiilu

September, 2016

ST.PAUL'S UNIVERSITY

DECLARATION

This dissertation is a product of my own work and is not the result of anything done in collaboration. It has not been previously presented to any other institution. I agree that this dissertation may be available for reference and photocopying, at the discretion of the University.

NAME OF STUDENT : KASIMBI JOACHIM MUTETI

STUDENTS NUMBER : MDS/MKS/3779/15

SIGNATURE OF STUDENT_____ DATE _____

1/we confirm that the work reported in this dissertation has been done by the student under my/our supervision.

NAME OF SUPERVISOR 1: DR. PETRONILA OTUYA

SIGNATURE OF SUPERVISOR _____ DATE _____

NAME OF SUPERVISOR 2: REDEMPTA KIILU

SIGNATURE OF SUPERVISOR _____ DATE _____

ST.PAUL'S UNIVERSITY

DEDICATION

I dedicate this work to my grandmother LouisaMuneeMwanza for instilling qualityvirtuesin me such as; prayer, patience, determination and hard work which have been a strong driving force in my life, my wife and a good friend Rose, and our daughter VerenaMumbi for their unwavering love and support. God bless you abundantly!

ST.PAUL'S UNIVERSITY

ACKNOWLEDGEMENT

First, I am indebted to God for giving me the opportunity and good health throughout my study at St. Paul's University;

Secondly, I candidly appreciate the contribution of my project supervisors; Dr. PetronilaOtuya andRedemptaKiilu for their guidance and inspiration and to the entire fraternity of St. Paul's for providing a conducive learning environment;

My special thanks goes to all respondents in CaritasMachakos underthe leadership of Mr.FrancisKikolya and Fr.BattisaCimino of Stella Cometa Association for allowing me to carry out the study on their sponsored groups;

Lastly, I wish to sincerely thank my Uncle and aunt Dr. Henry Mutua and Alice MumbiMutua, for their selfless love and sacrifice to see me prosper in my education especially at the early years, my parents Margaret and Thomas Kasimbi for their strong support and mentorship up to the present moment, all brothers and sisters, my editor Mr. Maende and all my classmates at St. Paul's University for their immense contribution to this work.

ST.PAUL'S UNIVERSITY

ABSTRACT

Globally, poverty is a social misery contaminated in every socio-economic zone. Poverty spreads itself among all over the deprived section of the population. Since independence, the government, local and international organizations have implemented many policies and plans to fight poverty. However, these efforts have had limited success as many Kenyans particularly in the rural areas still live below poverty line. The aim of this study was to examine the contribution of self-help group approach in poverty reduction in MachakosCounty, focusing on Caritas supported self-help groups. The specific objectives of the study were: to identify the nature of income generating activities undertaken by self-help groups towards poverty reduction, to determine the effects of income generating activities for self-help groups on poverty reduction, to establish the influence of Self-help groups on the access to microcredit by group members as a poverty reduction strategy, and to establish the challenges faced by self-help groups in the implementation of their strategies towards poverty reduction. Empowerment theory was used in the study to explain how self-help groups have transformed the lives of their members both socially and economically. The study was guided by a descriptive survey design using both qualitative and quantitative methods. The study targeted a population of 6462 Self-Help Group members drawn from 359 groups from three sub counties (Machakos, Yatta and Athi River). Using Krejcie and Morgan table, the study arrived at 364 members who were sampled through stratified sampling technique. The key informants were selected purposively. Household questionnaires and key informant interview guides were used to collect data in a face to face interview between 9th of May and 18th of June 2016. The study employed expert opinion techniques to ascertain reliability and validity of data. Descriptive statistics such percentages, and frequencies were used to analyze quantitative data with the help of Microsoft Excel while content analysis was employed to analyze qualitative data. Summary results were presented in tables, percentages, and figures. The study found that self-help groups encourage members to engage in income generating activities and that these activities have economic gain for the members. The study also found that the groups enhance savings culture among the members which in turn promotes investments. Several challenges affecting these groups such as insufficient capital, poor leadership and management were also noted. The report concluded that Caritas supported self-help groups have positive impact towards poverty reduction in MachakosCounty. The study recommended that sponsors of these groups need to work closely with the groups and address the challenges they face to make them effective in the fight against poverty. The study further recommended that this new model of self-help groups should be spread to other communities in Kenya.

ST PAUL'S UNIVERSITY

TABLE OF CONTENTS

DECLARATION ii
DEDICATION iii
ACKNOWLEDGEMENT iv
ABSTRACT v
TABLE OF CONTENTS vi
LIST OF FIGURES xi
LIST OF ACRONYMS AND ABBREVIATIONS xii
CHAPTER ONE 1
INTRODUCTION 1
1.1 Background to the Study 1
1.1.1 Poverty in Kenya 3
1.2 Statement of the problem 6
1.3 Purpose of the Study 7
1.3.1Specific research objectives 7
1.3.2 Research questions 8
1.4 Significance of the Study 8
1.5 Scope of the study 9
1.6 Limitations of the study 9
1.7 Assumptions of the Study 10
1.8 Definition of key significant terms 11
1.9 Organization of the study 12
CHAPTER TWO 14
LITERATUREREVIEW 14
2.0Introduction 14
2.1 The Concept of Poverty 14

ST.PAUL'S UNIVERSITY

2.2 Poverty in Kenya 17
2.3 Poverty reduction measures in Kenya 18
2.4 Concept of Self-help Groups 22
2.5 Theoretical Review 24
2.6 Other Theories 26
2.6.1 Social Capital Theory 26
2.6.2 Social Network Theory 27
2.7 Empirical Literature 29
2.7.1 Income generating activities for Self-Help Groups 29
2.7.2The effect of income generating activities for self –help groups on poverty reduction 31
2.7.3The effect of credit access by Self-help group members on poverty reduction 32
2.7.4. Challenges faced by Self-Help groups 34
2.8Conceptual framework 35
2.9 Summary and research gaps 37
CHAPTER THREE 39
RESEARCH DESIGN AND METHODOLOGY 39
3.0 Introduction 39
3.1 Research design 39
3.2 Location of the study 39
3.3 Target population 40
3.4 Sampling techniques and sample size 41
3.5Research Instruments 44

ST PAUL'S UNIVERSITY

3.6 Pre-testing of research instruments 45

3.7. Data collection..... 46

3.8. Data analysis 47

3.9. Ethical considerations 48

3.10. Summary 48

CHAPTER FOUR.....49

DATA ANALYSIS, PRESENTATION, INTERPRETATIONS AND DISCUSSION ...49

4.0 Introduction 49

4.1 Response rate 49

4.2 Background information 50

4.2.1 Marital status 51

4.2.2 Age of the respondents 52

4.2.3 Respondents level of education 53

4.2.4 The number of years a member had been in a group..... 54

4.2.4 Number of Group members..... 55

4.2. 5. Sources of income for SHG members before joining SHG..... 56

4.3 An assessment of the contribution of self-help groups towards poverty reduction in Machakos County..... 57

4.3.1 Income generating activities of SHG members..... 58

4.3.2 Influence of Income generating Activities on poverty reduction 65

4.3.3 Contribution of microcredit access by members on poverty reduction..... 70

4.3.4 Challenges affecting SHGs in Machakos County 75

CHAPTER FIVE 80

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS.....80

5.0 Introduction 80

ST. PAUL'S UNIVERSITY

5.1 Summary of the findings 80

5.2 Conclusion 81

5.3 Recommendations 83

REFERENCES 84

Appendix I: Household Questionnaire 93

Appendix II: Interview schedule for the sponsor 102

Appendix III: Observation check list for household survey 104

Appendix IV: Document Analysis Schedule 105

Appendix V: Table for determining sample size from a given population 106

Appendix VI: Post Graduate Letter to contact research 107

Appendix VII: Research Permit 108

Appendix VIII: Study Area 111

ST.PAUL'S UNIVERSITY

LIST OF TABLES

Table 1.1:Extreme poverty (US $1.25 poverty line of World Bank, 2008).....2

Table 3.1:Target Population and proportionate sample size.....43

Table 4.1:Distributed and returned questionnaires. 50

Table 4.2:Respondent's age 52

Table 4.3: Duration of a member in the SHG.....55

Table 4.4: SHGs involvement in income generating projects. 58

Table 4.5: Income generating activities for groups. 59

Table 4.6: Percentage of respondent's activities before and after joining SHGs 60

Table 4.7:Members income generating activities 62

Table 4.8:Motivational factors for income activities by SHG members 64

Table 4.9: Influence of income generating activities.....65

Table 4.10: Personal monthly incomes of SHG members before and after joining SHG .69

Table 4.11: Credit accessibilitty by SHG members.....71

Table 4.12: Effects of credit on SHG member's income.....73

Table 4.13:Benefits of SHGs to their members.....74

Table 4.14:Challenges faced by groups.....76

Table 4.15:Challenges facing SHG members in Machakos County 77

ST.PAUL'S UNIVERSITY

LIST OF FIGURES

Figure 2.1: The relationship between dependent and independent variables. 36

Figure 4.1: Respondents marital status 51

Figure 4.2: Education levels of respondents 54

Figure 4.3: Sources of income 56

ST.PAUL'S UNIVERSITY

LIST OF ACRONYMS AND ABBREVIATIONS

AICCAD	Africa Inland Child and Community Agency for Development
CBO	Community Based Organization
FAO	Food and Agricultural Organization
GDP	Gross Domestic Product
GOK	Government of Kenya
IFAD	International Fund for Agricultural Development
IMF	International Monetary Fund
KANU	Kenya African National Union
KM	Kilometers
KNBS	Kenya National Bureau of Statistics
KIBHS	Kenya Integrated Budget Household survey
MDGs	Millennium Development Goals
NABARD	National Bank of Agriculture and Development
NCCK	National Council of Churches of Kenya
NGO	Non-Governmental Organization

ST.PAUL'S UNIVERSITY

NPEP	National Poverty Eradication Plan
PRSP	Poverty Reduction Strategy Paper
SDD	Social Dimension on Development
SMART	Specific Measurable Achievable Realistic and Time bound
SAPs	Structural Adjustment programs
SHGs	Self-Help Groups
UNDP	United Nations Development Program
UN	United Nations
WDR	World Development Report

ST.PAUL'S UNIVERSITY

CHAPTER ONE

INTRODUCTION

This is the first chapter of this thesis which comprises of the background information to the study, statement of the problem under study, purpose, objectives and the research questions of the study. In addition, the chapter presents justification of the study, the scope of the study, assumptions, limitations encountered during the study and explanation of technical terminologies used in the report. The chapter finalizes by outlining the organization of the report.

1.1 Background to the Study

Poverty reduction has been a world agenda for many decades. Globally, various policies and strategies have been developed (including the recently launched Global Strategic Goals) and implemented by the International Monetary Fund (IMF), World Bank, Non-governmental organizations and governments in the fight against poverty for a long time. The high rate of poverty is a testimony that some of these efforts have failed (FAO, 2012).

Using the World Bank's measure of poverty, there are around 2.6 billion people in extreme poverty worldwide (IMF, 2014). According to Food Agricultural Organization (FAO) report of 2012, 26% of poverty stricken people are mainly from sub-Saharan Africa. Countries such as India, Nigeria, and many other lower middle income countries, face enormous challenges of maintaining high and inclusive economic growth in view of highly challenging demographic, environmental and social factors (African Development Bank (ADB), 2014). Sub-Saharan Africa remains the World's poorest region with the

ST.PAUL'S UNIVERSITY

highest headcount poverty rate of 47.5%, South Asia is second at 36% and South East Asia is third (see Table 1.1). While these pockets of poverty pose serious humanitarian challenges for the people and places involved, they are a small proportion of the overall global challenge.

Table 1.1: Extreme poverty (US $1.25 poverty line of World Bank, 2008)

Region	Number of poor people in Millions	% of World's poor	Headcount poverty rate
Sub-Saharan Africa	376	30.5	47.5
South Asia	546.5	44.3	36
East Asia	265.4	21.5	14.3
Latin America and Caribbean	35.3	2.9	6.9
Middle East and North Africa	8.5	0.7	2.7
World	1,233.80	100	22.8

Source: Andy Summer, "where in the world does poor live? A new update," IDS working paper, Volume 2012 No.393, June 2012

Globally, strategies to spur economic growth and development have been implemented particularly in developing countries. Such strategies tend to make the poor more vulnerable and those in marginal poverty to fall below the poverty line. It is estimated that at least 600Million children under the age of 18 struggle to survive on less than one USD a day representing 40% of children in the developing countries (UNICEF, 2006).

ST. PAUL'S UNIVERSITY

Many efforts have been put in place by international organizations such as the World Bank and the United Nations to fight against poverty. For instance, in 1990, the World Bank came up with three strategies for poverty reduction. The strategies were; broad-based growth, investment in health and education, and social safety nets (World Bank, 1990). Broad-based growth strategy was to ensure that income of the poor grew rapidly than income of the non-poor. The second strategy was to increase focus on health and education while the third strategy was to secure the vulnerable through the provision of cash transferprogrammes. All countries were to implement these policies. In addition, the targets set by Millennium Development Goals (MDGs) in early 2002 were to halve the proportion of hungry people by 2015.

However, despite all these efforts many people particularly in developing countries still struggle to eke a living. Empirical evidence indicates that from 2002 to 2014, a slight reduction in poverty levels occurred particularly in the middle income countries (Ongesa et al., 2014). According to the World Development Report (WDR) of 2000/2001, out of the World's 6 billion population almost half (2.8 billion) lived on less than a dollar a day. In 2014, the same report shows that there were 2.7 billion people living below poverty line (less than US $1.25 a day) with 22% coming from Sub-Saharan Africa.

1.1.1 Poverty in Kenya

Poverty is a major problem in Kenya and the fight against it has been unsuccessfully going on from early 1960s to date. While progress has been made since the year 2000 when an estimated 52% of people lived on less than US $1.25 a day, more people live below poverty line in Kenya today than in 1990s (International Fund for Agricultural

ST.PAUL'S UNIVERSITY

Development(IFAD),2014). According to the ADB Strategy paper of 2014-2018, Kenya's poverty level is estimated at 47.2% with a higher prevalence in rural areas (49.1%) compared to urban areas (33.7%).

Apart from poverty, Kenya is also unequal country where the gap between the rich and the poor is increasing becoming huge with time. There is also unequal development when comparing rural and urban areas in terms of access to employment, education, health and other basic needs necessities like water, adequate housing and sanitation (GOK, 2008). HIV/AIDS and other diseases has claimed the lives of many productive adults leaving many dependents who include children and elderly. Because of this, the welfare of the poor has been compromised to the extent that community support systems are severely constraint.

Poverty reduction is a central goal of many development programs in Kenya. It is high in agenda of policy makers and is the key objective of Vision 2030. Kenya's development efforts since independence have emphasized poverty reduction through economic growth, employment creation, and the provision of basic social services (Kimalu*et al*. 2002). However, even though the basic commitment to fight poverty has remained strong, these efforts have not yielded the hoped results (Kulundu, 2007).

Poverty level in MachakosCounty stands at 59.6% against a national average of 47.2% (Kenya Integrated Budget Household Survey (KIBHS), 2015). In the year 2006, Caritas (The Commission for Development and Social services of the Catholic Church in Kenya) in collaborations with Catholic Diocese of Machakos and Kindernothilfe-a child focused German development organization, introduced a new self-help group approach for

ST PAUL'S UNIVERSITY

women. These groups target the poorest of the poor in the communities. The informally formed organizations, works on building institutions owned by the people of the people and for the people. The aim of these groups is to empower women socially, economically and politically in line with the approach's three pillars, (that is, social, economic, and political). Among the unique characteristics of these groups include a sense of communalism, rotational leadership, and a similar economic background of all its members. Community members with the help of community facilitators and project officers use set criteria to identify the most needy and eligible for SHG. Groups of 15-20 are formed and follow a basic agenda of regular meetings and savings.

Currently, there are a total of 359 women self-help groups in three sub counties (Machakos, Yatta and Athi River) supported by Caritas. These groups differ with the formal SHGs when it comes to financial matters. The first difference is that members are not required to contribute any money towards registration as it is in the case of other groups and also a member can save as low as Kshs. 20. This makes it possible for the poorest people who cannot afford registration fees to join to such groups as opposed to the formal groups. There is also rotational leadership where every member gets a chance to lead. This ensures that members are not only empowered economically, but socially and politically as well. Based on the uniqueness of these groups as opposed to formal SHGs, the study hypothesized that the Caritas supported groups are more effective in the fight against poverty. The study was therefore aimed at assessing the contribution of these groups as a strategy towards poverty reduction in MachakosCounty.

ST.PAUL'S UNIVERSITY

Several studies many studies have established the effectiveness of SHG's initiatives towards poverty reduction, specifically their efforts in promoting all round skills among the poor population (Karmakar, 1999; Kimalu*et al*. 2002; Kulundu, 2007).This study has attempted to examine the effectiveness of SHG in poverty reduction in Machakos county, focusing on the measures adopted by the group members, the effect of income generating projects on property reduction, the impact of microcredit access on the occupation of group members. The ideology behind SHGs towards poverty reduction is that individual endeavors are not sufficient to improve their welfare. This therefore makes it necessary bringing the individuals together in forming a group through which benefits of collective perception, decision making and implementation of programmes are received (Karmakar, 1999).

1.2 Statement of the problem

Poverty alleviation has been pursued by the Kenyan government since independence (IFAD, 2015). According to the sessional paper No. 10 of 1965, the government recognized poverty, disease and illiteracy as the major constraints of human development. To date, various development plans, Poverty Reduction Strategy Papers, Participatory Assessment Reports, National Poverty Eradication Plan, Economic Recovery Strategy, Millennium Development Goals and Vision 2030 policies, have spelt out strategies to fight poverty. Despite all these government's efforts coupled with the efforts made by numerous international and local non-governmental entities, poverty still remains a challenge in Kenya. Evaluation studies on the various poverty reduction policies by Omiti et al. (2002) concluded that, numerous policies lacked specifity and are

ST.PAUL'S UNIVERSITY

deficient of cogent and unrealistic poverty alleviation strategies. Looking at the high levels of poverty (47.2%) (KIHBS, 2015), we can infer that various efforts of government and non-governmental organizations have achieved little in the fight against poverty.

The SHG approach has become very popular recently and is used by both national and international organizations as a weapon to fight poverty (IFAD, 2015). The groups are seen as sustainable and are viewed positively for directly involving the poor (Devietti& Nelson, 2010). Reports from other countries such India, South Africa and Ethiopia indicate somehow successful stories about the capacity of SHGs in the fight against poverty (IFAD, 2012, Ongesa et al., 2014). This study focused on a new model of informal SHGs which targets the poorest population based on their formation and operation framework. While several studies have been carried out to assess the contribution of formal SHGs towards poverty reduction in Kenya, no study of that kind has ever been done on these informal groups. Based on this background, the study sought to assess the contribution of these groups towards poverty reduction in MachakosCounty.

1.3 Purpose of the Study

The purpose of this study was to assess the contributions of Self-Help Groups towards poverty reduction, focusing on Caritas supported groups in MachakosCounty.

1.3.1Specific research objectives

This study was guided by the following specific objectives:

i. To identify the nature of income generating activities undertaken by Self-Help Groups towards poverty reduction on Caritas supported groups;

ST.PAUL'S UNIVERSITY

ii. To determine effects of income generating activities for SHGs on poverty reduction on Caritas supported groups;

iii. To establish the influence of SHGs on the access to microcredit by group members as a poverty reduction strategy on Caritas supported groups;

iv. To establish the challenges faced by SHGs in the implementation of their strategies towards poverty reduction on Caritas supported groups.

1.3.2 Research questions

i. What income generating activities are undertaken by SHGs towards poverty reduction on Caritas supported groups?

ii. What effects do income generating activities for SHGs have on poverty reduction on Caritas supported groups?

iii. How does SHGs influence access to micro-credit as a strategy to reduce poverty among group members on Caritas supported groups?

iv. What challenges do SHGs face in the implementation of their strategies towards poverty reduction on Caritas supported groups?

1.4 Significance of the Study

Most parts of Kenya particularly rural areas are represented as poor in terms of development (IFAD, 2014). This image is attributed to the lack of proper roads, electricity, social amenities that are present in urban areas among other factors. It is obvious from the existing literature that poverty reduction strategies have failed to reduce poverty in Kenya since independence and an alternative policy has to be sought (Kulundu, 2007). Studies reveal that SHG model has the potential as a poverty reduction

ST PAUL'S UNIVERSITY

strategy (IFAD, 2014, Kulundu 2007). Thus, the findings of this study are likely to bring out an in-depth analysis on the ability of SHGs towards the fight against poverty.

This report will specifically benefit all agencies involved in poverty reduction such as the government, NGO and the SHG members who are the final beneficiaries and the public in general. In addition, the report provides relevant data to policy makers in poverty reduction projects. Lastly, the findings of this report can be used as a basis for future studies in the area of poverty reduction.

1.5Scope of the study

The study was limited to the Caritas supported women self-help groups in MachakosCounty. These groups are informal in nature, i.e. they are not registered by the government and also lack substantive officials. The study sought to collect information related to income generating activities and their effectiveness in reducing poverty, the influence of microcredit access by members and the challenges affecting SHGs in MachakosCounty. Data was collected from groups based in Machakos, Yatta and Athi River Sub-Counties.

1.6 Limitations of the study

The researcher experienced several challenges in the course of this study. Most members of the group were semi-illiterate and could not therefore complete the questionnaires. To address this problem, the researcher hired experienced local research assistants who were able to interpret the questions in the local language for ease of responses. The other challenge was that the study could not achieve 100% response rate due to unavailability

ST.PAUL'S UNIVERSITY

of some respondents during the interview period. However, the study managed to achieve 71.42% response rate which was considered adequate enough for drawing conclusions (Reiersonet al.2008).

The other challenge that was faced by the researcher was uncooperative and unfriendly respondents. This difficulty was however, minimized by creating a good relationship with the respondent as well as assuring them that the study was only for academic purposes. Last but not least, the researcher was unable to get a representative of Kindernothilfe, a key informant for the study for an interview. However, the researcher managed to get the input of the project officer for Africa Inland Child and Community Agency for Development (AICCAD) in MachakosCounty who is also well versed with the contribution of grass root organizations such as SHGs towards solving socioeconomic problems.

1.7 Assumptions of the Study

The study was based on various assumptions. First, it was assumed that the sampled respondents would cooperate and provide required information honestly and objectively. Secondly, the study had assumed the availability of the respondents during the time of interview. Furthermore, it was assumed that the sample size of 364 will be adequate enough and an appropriate representation of all the targeted SHG members in MachakosCounty.

ST.PAUL'S UNIVERSITY

1.8 Definition of key significant terms

Caritas -this is a Latin term meaning love and service to the needy.

Credit-in this thesis, the term credit means a loan that is advanced by financial institutions to members or account holders. It is a form of deferred payment.

Growth-this refers to expansion or apositive change in size which occurs over a period of time.

Poverty -in this thesis, the term poverty is defined in terms of income. This is based on the World Bank "absolute" poverty levels defined as the minimum income needed for basic necessities in a number of low income developing countries. It is equivalent to 1.25 USD per day.

Approach-this is a strategy or plan chosen to bring about a desired future, such as achievement of a goal or solution to a problem.

SHG- this refers to a group of individual members who by free association come together for a common collective purpose.

Access to Credit-Ability of self-help group members to get a loan from their group based on rules and regulations specific to the groups.

Income generating project- Small scale projects or business enterprises that create an income source to the individual members.

ST.PAUL'S UNIVERSITY

LocalNon-Governmental Organization (LNGO) in this study refers tonon-profit, voluntary organization which operates at a local level whose aim is to drive the rural people with a common interest of tackling their socio-economic challenges.

Empowerment in this study, refers to theprocess whereby individuals and SHGs groups gain the ability required to have a greater say in matters that shape their lives and the society they live in, i.e. the process which helps members of the community to be independent in decision making on issues affecting their livelihood and to exercise leverage over others who take decisions on their behalf.

1.9 Organization of the study

The remainder of the report is organized as follows: Chapter two provides a salient review of literature related to the study that illuminates work which has influenced this research and which justifies the need for extending the current research. The chapter also explains theoretical and conceptual frameworks of the study. The chapter finalizes with an overview of the reviewed literature and the research gap.

Chapter three consists of the methodology which was used in carrying out the study including research design, location of the study, target population, sample and sampling procedure, description of research instruments, validity of research instruments, and reliability of data collection instruments & procedures, data analysis and ethical considerations.

Chapter four presents data analysis, discussion and interpretation. Specifically, this chapter comprises of the questionnaire response rate, demographic characteristics of the

ST.PAUL'S UNIVERSITY

respondents, analysis, discussion and interpretation of the findings based on the study objectives.

Finally, chapter five presents summary of the study findings, conclusions and recommendations thereafter.

ST.PAUL'S UNIVERSITY

CHAPTER TWO

LITERATUREREVIEW

2.0Introduction

This chapter presents a review of literature pertinent to the study as presented by various researchers. The chapter begins by presenting the concept of poverty and various poverty reduction measures undertaken by the Kenyan government since independence. This is followed by a discussion on the SHG concept, analysis of theoretical framework as well as a review of empirical literature according to the study objectives. The chapter finalizes with a summary and the research gaps.

2.1 The Concept of Poverty

When you hear about poverty, the very first thing to cross your mind is income or consumption. This therefore implies that one is defined as poor if he/she has got less income or his level of consumption is below the below the predetermined line (Poverty line).

The definition of poverty which was developed by UNICEF (2009) points out certain basic requirements which include food, clothing and shelter that must absolutely be fulfilled to keep people out of poverty. In this case, Poverty is explained as deprivation in the material requirements for minimally acceptable fulfillment of human needs, including food. This concept of deprivation extends beyond lack of private income. It includes other needs such as education, health and other necessary services which must be provided by the society to protect people from falling into poverty. The UNDP definition

ST.PAUL'S UNIVERSITY

of Poverty borrows from other definitions, and it integrates their basic elements thereby enhancing the focus on the concept of lack of capabilities. In this context, UNDP defines poverty as a state of denial of basic opportunities necessary to enjoy a decent standard of living (UNDP, 2005), that is, to live many years, be healthy, constructive and be able to participate in employment, political and socio-cultural activities in the community.

There has been a sharp difference among economists on whether poverty should be measured in absolute sense, whereby poverty is defined in terms of people falling below the predetermined poverty line or whether poverty should be defined in relative terms, so that poverty refers to inability to afford what average people have. If poverty is measured in absolute terms, it will be possible to lift everybody above the poverty, but if poverty is measured in relative terms, the world will always have the poor, and the fight against poverty will never come to an end.

Poverty line is a basic measure and an instrument for identifying and measuring income poverty. It is defined as an arbitrary income measure, usually expressed in constant dollars (e.g. $1 per day), used as a basis for estimating the proportion of a country's population that exists at bare level of subsistence. Based on household income or consumption, poverty lines quantify absolute poverty in monetary terms and characterize people in terms of their monetary income or consumption, particularly of food. Thus, a poverty line is just a cut-off line (or threshold) used to distinguish between "poor" and "non-poor" households.

The accredited and final measure of poverty is the United Nations Development Programme (UNDP) in its 1997 Human Development Report. This definition was

ST. PAUL'S UNIVERSITY

introduced because of the dissatisfaction with the dollar, which was the World Bank measure of poverty. As presented in the Report, it can be observed that Poverty has many faces. Poverty is much more than low levels of income. Poverty also reflects poor health and education, deprivation in knowledge and communication, in ability to exercise human and political rights and absence of dignity confidence and self-respect" [UNDP, Human Development Report, 1997].therefore, instead of the World Bank's idea of income poverty, the UNDP developed a measure of human poverty – that is, human poverty index (HPI). The HPI constructed is a multidimensional measure of poverty, comprising of three key deprivations in respect of survival, knowledge, and economic provisions. The deprivation in longevity (survival) is measured as the percentage of people not expected to survive to age 40, and the deprivation in knowledge is measured by the percentage of adults who are illiterate. The third deprivation, economic provisions, relates to a decent living standard. It is represented by a composite of three variables, namely the percentage of people without access to safe water, the percentage of people without access to health services, and the percentage of malnourished children under five.

The measure, HPI, gives a quantitative and more elaborate poverty indicator when compared to income poverty index. Income poverty, no doubt, needs to be measured, but income alone is too narrow a measure. Thus, HPI developed by UNDP, provides a more robust and broad measure of poverty indicator, summarizing the extent of poverty along several dimensions. The index makes possible a ranking in relation to a combination of basic deprivations and also serves as a useful complement to other measures of poverty and human deprivation-including income poverty. A shortcoming of HPI, however, is

ST.PAUL'S UNIVERSITY

that it is somehow aggregative as it is not possible to associate the poverty incidence with a specific group of people or number of people.

2.2 Poverty in Kenya

Poverty is the condition in which low-income people cannot meet the basic needs of life. This situation leads to many difficulties such as decreased health facilities, high illiteracy rate, and decreased quality of life among others. These difficulties motivate human beings to commit heinous crimes and at times suicide. Hulme and Paul (2007) categorized the poor into two groups and defined them as the core poor who have not crossed a 'minimum economic threshold' and whose needs are essential for financial services that are protectoral, and those above this threshold who may have a demand for promotional credit. In another study, Weiss, Montgomery and Kumanalieva (2003) defined poverty as an income (or more broadly welfare) level below a socially acceptable minimum.

In 2013, Kenya was ranked 145th among 186 countries in terms of Human development index by the United Nations Development Programme(WFP, 2015). The index ranks countries around the world in terms of the standards of living, life expectancy, and educational attainment. While Kenya made admirable strides in reducing poverty immediately after independence, this momentum waned off in the late seventies (Kulundu, 2007). According to Kulundu (2007), by 1981, about half of Kenyan's population was living below the poverty line. These statistics have remained fairly consistent with ever since about 47.2% the population today living in absolute poverty (KNBS, 2014).

ST.PAUL'S UNIVERSITY

Poor and near-poor households in low and middle income economies like Kenya encounter many risks including crop failure, natural disasters, illness and unemployment among others which make it more difficulty to boost and sustain their living standards. Poor population can hardly insure themselves against such risks and as a consequence, they end up selling their productive assets, taking children out of school and reducing nutritional intake as a way of coping (Chaim, 2006).The Kenya National Population and Housing Census estimates of 2009 indicate that Kenya had a total population of 38 million from whom about 46% lived below the poverty line. Those extremely poor were 19.1 percent of the total national population. According to the same census, poverty rates were very high of poverty for Persons with Disabilities (PWD), at 63%, for children with disabilities and 53% for adults; households with orphans and vulnerable children (OVC) at 54% and the elderly at 53%. Other groups that are highly vulnerable to poverty are: the urban poor and street families; people living with HIV/AIDs; victims of natural disasters such as floods and droughts; and internally displaced persons (IDPs) (Republic of Kenya, 2007).

2.3 Poverty reduction measures in Kenya

Nelson Mandela came out of retirement in February 2003 to speak on behalf of the Make Poverty History campaign in London, an effort to renew the global commitment to eliminating poverty worldwide (Ongesaet al.2014). He said, "Like slavery and apartheid, poverty is not natural, it is man-made, and it can be overcome and eradicated by the action of human beings." In imagining the world without poverty, Mandela echoed arguments first made by reformers like Paine and Condorcet in the wake of the French

ST.PAUL'S UNIVERSITY

Revolution (Weiss, 2004). Writing of an imminent effort to fight global inequality, Condorcet wrote in 1793 that "everything tells us that we are now close upon one of the great revolution of the human race(Bound, 1991, pp54).His great revolution remains unrealistic two centuries later, and advocates hope that Mandela's strong voice will spur surer action to eliminate the deprivations suffered by the world's poor.

According to Kulundu (2007), the need to reduce poverty was identified just before independence and many strategies have been formulated since then which have been deficient in specificity and are deficient of cogent and realistic poverty alleviation strategies. An assessment of past poverty reduction strategies has shown that there have been assumptions that the benefits of rapid growth of the key sectors such as industry, service and agriculture will automatically reach to all people. As a result, more efforts have been put in place to improving their economic presentation at the cost of promoting social based projects.

After independence, many strategies have been developed which are classified into four phases: the first phase had main structures being the Swynnerton plan. The second phase saw the release of theKenya African National Union (KANU) Manifesto in 1963 and the Sessional Paper No. 10 of 1965 on African Socialism and its application to planning in Kenya. The third phase marked the District Focus for rural development in 1983 and Sessional Paper No 1 of 1986 on Economic Management for Renewal Growth. The fourth phase consisted of policies, which were fronted by the World Bank and IMF. Such policies included Structural Adjustment Programs (SAPs) which were intended to stimulate economic recovery within the 18 months of their implementation. However,

ST PAUL'S UNIVERSITY

they worsen the poverty situation in Kenya due to lack of a human face in their implementation.

The Swynnerton plan of 1952-1954 was based on agricultural development (Kulundu2007). It identifies that a sound agricultural growth is dependent upon a system of land tenure that would assure the African farmer a unit of land and a system of farming whose production would make the African self-sufficient in food and raise their level of income through sale of excess produce. The major aspects of the plan were: establishment of extension services to African farmers, allowing farmers to grow cash crops, access to agricultural credit for African farmers and safety for African farmers in the form of land title deeds. Even though the plan was meant to lower poverty levels, Swynnerton plan, like all other colonial policies was specifically designed for the protection of colonial settlers.

KANU Manifesto's aim was to achieve the fastest economic growth rate. The platform intended to reduce the tax burden among the low income groups and to give priority to rural development by raising agricultural and non-agricultural infrastructure. The policies enunciated in the manifesto focused more on economic growth, which on its own did not guarantee poverty alleviation. Though economic independence by implication will mean reducing poverty countrywide, this was not explicitly brought out in the platform.

Sessional Paper No. 10 of 1965 was prepared to establish a system for political, social and economic progress that is embedded in pragmatism and a free market economy. It predicted a growing economy providing for basic needs to the citizenry (provision of free primary education and subsidized health services), public and private participation.

ST. PAUL'S UNIVERSITY

However, policies developed and issued under this strategy were politically loaded and was almost impossible to execute them hence little impact on poverty reduction.

The District Focus for Rural development was another strategy of the government aiming to decentralize the planning from the national level to the local (District level). This was to encourage participation of the local people in planning and to ensure equal allocation of resources and hence equitable development. But, just like other strategies, it failed because some stakeholders had no power to influence on the formulation of policies aimed at stimulating community development (KNBS, 1999). This led to non-implementation of policies aimed at stimulating community development.

Sessional Paper No. 1 of 1986 on Economic Management for Renewed Economic Growth was prepared due to poor performance of the economy and the worsening poverty situation. It came up with measures to deal with economic inaction on three strategic fronts promoting private sector, managing high budget deficits and correcting restrictive and distortionary foreign policies. As a result, policy instrument moved away the government from providing subsides and thus worsening the poverty situation. The societal dimensions on development (SDD) programme was introduced in 1994 to mitigate the poor from the adverse effects caused by the economic effects of 1980s through provision of school fee/bursaries, drugs in hospitals and retrenchment payoffs. This program also did not bear fruits due to little funds allocation and corruption, hence poverty continued to escalate.

Poverty Reduction Strategy of 2000-2003 outlined various measures to fight poverty menace. The paper specified four simple components and policy objectives in the fight

ST. PAUL'S UNIVERSITY

against poverty, that is, to facilitate a sustained, rapid economic growth; improve governance and security; increase the ability of the poor to raise their incomes; and to improve the quality of life of citizenry, especially the poor. Before then, poverty eradication effort was in the hands of the civil society such as NGOs and welfare associations (women, youth and religious organizations). There is no enough evidence to show that this paper achieved much.

2.4 Concept of Self-help Groups

Generally, groups have been formed due to their ability to address the needs of individuals for identity and empowerment. Vanmeenen(2006) notes that the Second World War disoriented people's lives. The structure that came up with industrialization, urbanization and bureaucratization were dehumanizing or unresponsive to personal and social needs. Alienation and lack of control over immediate social environment created a feeling of stress and apathy. The resultant social change and increased social mobility meant that the traditional support systems (extended family, religion and community) were diminished. Therefore, people in the contemporary society sought for stability, connection, faith and a sense of empowerment in small groups.

Self-help groups (women-only groups) have existed in Kenya since pre-independence (Wignaraja, 1990 in Chitere and Mutiso, 1991). The foundation of this can be traced to the formation of MaendeleoyaWanawake organization, the current umbrella organization for women in Kenya. By 1958, this organization was aimed at improving the conditions for women and girls. Many of these groups came into existence in response to urgent problems of women that included poverty, inadequate supply of necessities such as water,

ST.PAUL'S UNIVERSITY

health services and food (Wignaraja, 1990) in Chitere and Mutiso (1991). This collective response to a needy situation which is traced within the traditional division of labor framework has been the driving force behind their dominant role particularly in the rural economy.

Even though these movements have been in existent for many years, many people particularly in the rural areas whose concerns they were supposed to address, still languish in abject poverty. A new Self-help group model started in Kenya in the year 2005 with the support of Kindernothilfe, a child focused German development organization. This model is geared towards poverty alleviation through socioeconomic and political empowerment. It works on building an institution owned by the people, of the people and for the people (Lukwata, 2014). Since then, 17 local organizations in different parts of the country have been involved. The process has resulted in the formation of more than 1500 SHGs (Lukwata, 2014).

This approach is founded on the principle of empowerment and is supported by three solid pillars, Social, Economic and Political, similar to Kenya's Vision 2030. Since its inception in the country, the approach has transformed the lives of many women and their families. Many, who could not be able to pay for their children's fee, can now do so. Some now live in decent houses and are well taken care of (Lukwata, 2014). These groups are characterized by their informal nature and function as mutual aid women work groups. Each group comprises of 15-20 women basically from the same locality. They hold regular meetings which creates a sense of identity. Another unique characteristic of these groups is the local utilization of resources, which include local identification of

ST. PAUL'S UNIVERSITY

needs, local level mobilization of resources and local level implementation of projects to solve local needs. Leadership in these groups is rotational to ensure that all women are not only empowered economically, but socially and politically as well. Women save as little as Ksh.20. This ensures that even the poorest of the poor are made part of the movement.The fundamental principal of the SHG is to provide assistance and economic security to the poor population in the rural areas. The groups also serve as unifying factor for people. These groups provide opportunities for people to air out their social and economic challenges. Because members discuss their challenges, SHGs are a forum to bring people together and make them realize the importance of living in unison without fear, or external pressures.

2.5 Theoretical Review

There are various theories that can be used to understand different aspects of SHG's settings, processes, and outcomes. Developing rich understanding of SHGs can be helpful to their leaders, potential members, professionals, policy makers and researchers. The theories provide insights into how SHGs setting can be most effectively structured, how policy makers can effectively articulate policies favorable to SHGs, who is likely to benefit from participation and how to design theoretically sound evaluations. The study found an empowerment theory propounded by Rapport (1981) and expounded on by other theorists to be relevant for the study. Empowerment theory provides insights into how certain characteristics contribute to outcomes, in this case; an empowering environment provides individual empowerment and other benefits. The theory posits that

ST.PAUL'S UNIVERSITY

SHG members have the right to gain control over their lives, make informed decisions and take actions on their own behalf.

Narayan (2002) defined empowerment in its broadest sense as the expansion of freedom of choice and action. Empowerment is viewed by Shyna (2013) as a process by which those who have been denied their ability to make choices get such ability. The fundamentals of empowerment have been defined as agency, that is, the ability to define one's goals and act upon them (Kabeer, 2001). Experts believe that, under the right conditions, SHGs could promote the empowerment of the poor people and catalyzed opportunities for the poor to become active participants in economic activities, and so to attain roles as cash income earners (UN, 2005). It has been noted that, with access to financial services, poor women might become more confident, assertive and better equipped to overcome cultural inequalities. In addition, women's savings through microfinance seem to build economic power that could change attitudes and practices so as to enable communities to move from subsistence to market-based economies (UN, 2005). Selinger (2008), however, discounts these empowerment narratives provided by indigenous theorists and functionaries because he views their judgment as compromised by national pride and personal ambition. It is said that; many women borrowers are not the direct beneficiaries of the credit extended to them. Instead the women seem to serve as mediators between their male household members and SHGs. Weber (2004), argues that microcredit advanced to SHG members are not primarily used for investment purposes but for consumption smoothening purposes. Due to this, beneficiaries of SHGs could find themselves in a state of microcredit dependency in which they rely on loans for consumption instead of production. What then might be the relationship between

ST.PAUL'S UNIVERSITY

SHGs and empowerment? Krishna (2003) points out that empowerment by nature are a process and /or an outcome. This means that social capital comprises of social organization features, such as networks, norms and inter-personal trust, which facilitates coordination and cooperation for mutual benefit.

This theory was therefore used by the study to examine the effectiveness of SHGs in empowering their members socially, economically and politically.

2.6 Other Theories

2.6.1 Social Capital Theory

This theory was coined by Pierre Bourdieu. Bourdieu used the idea of social capital so as to explain the reproduction of social class divisions and inequalities of power, while Coleman and Putman focus on the virtues of network membership and the assets individuals can access through their associations with others (Kawachi, 1999). According to Bourdieu, there are three dimensions of capital, that is, Economic, Cultural and Social capital. He saw this three as the only components of social resources whose control defines the social position of person. In his view, capital was equated to power. Bourdieu stated that the same way access to economic capital brings some privileges to a group or individual and cultural capital sets a group or individual apart from their less privileged peers, so does social capital supply the networks and connections which allow continued and future access to privileges. He therefore provides a causal mechanism for access to power and privileges and the inability to access power that results in social exclusion (Bourdieu, 1986).

ST.PAUL'S UNIVERSITY

Social capital is traditionally interpreted to include two factors: one, the networks of belonging to family groups, friendship ties, networks of professional colleagues and business contacts, membership of formal and informal associations and groups; and two, informal behavioral norms individuals and groups rely upon in establishing, maintaining and using those networks, which include reciprocity and trust. It can be concluded that individuals who have social networks and associations have a stronger position to confront poverty and also be able to resolve disputes and take advantage of new opportunities. Wilson (1996) defined the feature of being poor such that one is not a member of or is isolated from social networks and institutions. He further noted that as the social networks of the poor grows, their welfare improves as well. Belonging to a SHG can foster interpersonal trust, enhance social bonds, and raise self-esteem of members (Wilson, 1996).This theory further states that those who belong to SHGs or other or have social capital, continue with social relations based on their expectations of how such relations are mutually advantageous.Therefore, groups strengthen the position of the poor within networks of social reciprocity, without which they would be disempowered.

2.6.2 Social Network Theory

This theory is associated with the works of Charles Kandushin (2004). It argues that a Social network is a social structure composed of individuals called nodes and who are tied by one or more specific types of interdependency, such as friendship, kinship, financial exchange, dislike, sexual relationships, or relationships of beliefs, knowledge or prestige. The theory interprets relations in terms of nodes and ties. In the theoretical context, nodes can be people within a network and ties refer to the relationships between

ST PAUL'S UNIVERSITY

the individuals. The theory presents an alternative opinion in which individuals are depicted as insignificant as their networks or relationships. This happens when people decide to come together despite the differences that are there between them. The differences are overshadowed by the common interest and shared desire to excel in social, economic and cultural aspects.

In this study this theory was used to understand how individual members in the SHGs form and sustain relations among themselves. Hence, the relationshipsamong the membershelp them to communicate, make decisions, formulate and implement their plans aimed at improving their living standards. This network formed within the groups is aimed at enhancing group members' welfare both economically, socially and politically.

2.6.3 Social Exchange Theory

Another important theory towards the study on how SHGs operates with an aim of empowering their members is the Social exchange theory (Blau, 1964). The theory suggests that social behaviours results from exchange processes. Blau noted that the purpose of an exchange process is to maximize on the benefits and minimize costs. The theory states that individuals weigh the likely benefits and risks of social relationships in the sense that when risks are more than the rewards, they decide to terminate such relationships but, on the other hand, when risks are less than the benefits, they continue with the relationships. This means that all relationships are give and take.

With regard to the formation of SHGs, this theory can be employed to understand explain the bond that exists between the individual members of a group. This is in relation to the expectation that they have on one another a case in point is the revolving funds or better

ST.PAUL'S UNIVERSITY

known as merry go round where all the members are expected to contribute equally for the good of all.

The theory assumes that individuals start and sustain relations based on what they expect to gain from one another. The initial impetus for social interaction is provided by the exchange of benefits, intrinsic and extrinsic, independently of normative obligations.(Blau, 1964) in the case of the relationship among SHG members. Both parties in the group are expected to gain from one another hence ensuring sustainable relationships. The SHGs are very important to members since they provide a forum of exchanging both material and immaterial benefits among members which ultimately improves their living standards.

2.7 Empirical Literature

2.7.1 Income generating activities for Self-Help Groups

Suguna (2006) findings indicate that participation in SHGs has been instrumental in micro enterprise development such as income generating activities. He reports that some group members have used the loans to start businesses; to scale up the existing businesses, and to add new businesses. Loans have also enable members to own assets as reported in the World Bank report (2008). This report indicated that for every 10% increase in lending to SHGs group members by the Grameen bank in Bangladesh, non-land assets owned by borrowers increased by 2%.

Vetrivel and Mohanasunduri (2011) established that loans from SHGs enabled the members to purchase paddy, start cow rearing, start small-scale businesses, purchase

ST PAUL'S UNIVERSITY

vans, open tea shops, leased land and also take up collective projects. A study by De Mel et al. (2007) on the grass root microfinance institutions established that members of these enterprises engage in various income generating activities for their sustainability. The study identified activities such as retail businesses, mart making, weaving, sale of vegetables and small scale farming. Jayachandra and Gurappa (2006) study on the impact of dairy cooperatives on income employment and creation of assets revealed that there was an increase in income from dairying by 25.5% in the case of marginal farmers and 22.98% in the case of small farmers per annum. Fafchamps (2012) examined the incomes of individuals who had joined SHGs in poor neighborhood in Nairobi and established that incomes are indeed correlated among individuals in the same group than among individuals who belong to different groups.

Studies have underscored the role of women self-help groups towards poverty reduction (Davis, 2003; Chaim, 2006). Davis found that women SHGs particularly those in rural areas play a crucial role in community based activities such as production of food for both home consumption and for commercial purposes which supplements family income. It is for this treason that several non-governmental organizations support and promote women's groups in the rural areas as conduits for economic growth and development. In his study on the role of SHGs, Davis (2003) concluded that the SHG approach was developed on the notion that empowerment of the woman is the empowerment of the whole community (Kamar, 1999)

Ochanda (2011), in a study to establish the contribution of grass root organizations in economic empowerment of communities, found out that SHGs engage in activities such

ST.PAUL'S UNIVERSITY

as investment in property, agri-business, merry go round, sales and marketing, finance mobilization and revolving fund.

2.7.2The effect of income generating activities for self –help groups on poverty reduction

In a case study of Rural Finance Self-help groups in Uganda, Ochanda (2011) reported that all SHG members interviewed said that being part of the group had helped them economically. They reported that group helped them know how to save and some reported to have more than US $ 35 in their accounts. They further reported that through group borrowing and saving they were able to improve their living situations and were able to start profitable small businesses. These included opening shops and rearing animals like chickens, goats, and cows.

Puhazhendi and Badatya (2002) studied socio-economic impact of SHGs and found that the overall impact of self-help groups was significant both on social and economic spheres of the household. Their research revealed the following; economically weaker section accounted for 84% of the membership (farmers 29%, marginal farmers 23% and agricultural laborers 32%, the average value of assets per household during pre-self-help group period was lower than during post self-help group period situation. They also reported that about 58.6% of the sampled households registered an increase in assets from pre to post self-help group situation, and that only 23 per cent of the households were saving before forming SHGs and 100% of households were able to save after joining the SHGs. They further revealed that the average net income per year from the income

ST.PAUL'S UNIVERSITY

generating activities of all households sampled had increased by 33% after forming SHGs.

Coppocket al. (2005) studied 16 women groups in Moyale and Marsabit districts in the northern Kenya in earlier 2005. In their findings, they reported that the overall goal of group formation was to increase the living standards of the members. Findings by Kabeer (2005) assert that the ability of self-help group members to save and access loans gives them economic role within the household through an increase in the level of income of the group members. A case study provided by Kindenorthilife (2012) describes how a self-help group member was able to get capital for starting a business. The study reported that Faith Mutheu, a single mother struggling to raise her 5-year old daughter in Pumwani slums in Nairobi who worked as a casual laborer in the industrial area. After joining a self-help group in April 2006, she started saving regularly. She then borrowed Kshs. 1000 and began a small food kiosk.

Chijoriga (2000) assessed the performance of SHGs in Tanzania in terms of their contribution to economic development. This study found that members of the groups had acquired more assets than before. Chijoriga further revealed that there was slight improvement in living standards of members as measured by their shelter, water sources, nutrition and sanitation.

2.7.3The effect of credit access by Self-help group members on poverty reduction

Jothi (2010) finds that saving culture, regular meetings and trainings are the key pillars advocated by self-help group approach. This in turn enables members' access loans, which enables them start entrepreneurial activities. A study conducted by

ST. PAUL'S UNIVERSITY

Chepchirchir(2013) established that participation in self-help groups enhanced the respondent's access to formal loan and an increase in loan amount. He further reported that before joining the self-help group, only 4.7% of the respondents had taken bank loan which were all below 50,000 Kenyan shillings and after joining SHGs, the number increased to 86.7% with most respondents (58.4%) having had taken loans of between 50,000 to 150,000 Kenya shillings. Emergency of self-help groups can generate immense opportunities especially in rural areas to enable the poor involve themselves in several self-employment activities. SHG has been found to be an effective tool in the provision of sustainable jobs through access to microcredit (Chaim, 2006). Members will basically take loans which they invest in small scale ventures for income generation.

Kabeer and Noponen (2005) studied the social and economic impact of SHG microfinance in Jarkhand, India and found that access to financial services is associated with less vulnerability in terms of higher savings, less onerous debt and less crises related to borrowing and more investment in productive activities. Puhazhendi and Badyata (2002) studied the impact of SHGs in Orissa, Chattisgrh and Jharkhand provinces in India and established that; bank linkage Programme with better access to credit brought increased income to the self-help group members and the incremental net income was the result of loans for productive purposes in farm, off-farm and non-farm activities and that easy timely availability of credit enhanced different economic activities which increased the employment in non-farm and off-farm employment.

Muhammad and colleagues (2013) studied about access to micro-credit for rural poor and its impact on their poverty situation and relevant factors related to income, assets

ST.PAUL'S UNIVERSITY

endowment, standard of living and poverty reduction. They found out that, utilization of credit appeared to be major factor for credit recipients raising income compared to their control group. McGregor et al. (2000) found similar results that credit from SHGs enables poor households to raise their incomes and assets.

2.7.4. Challenges faced by Self-Help groups

Various studies report many limitations and challenges faced by SHGs. Cavatassi et al. (2004) studied the problems in microfinance in Malaysia. Among the problems he identified included: lack of funds and delinquency in repayment, lack of know-how by group members, low levels of income by members which reduces an amount of savings, Vadivoo and Sekar (2004) established that SHGs face challenges such as political interference in the selection of beneficiaries to the schemes, lack of timely and adequate credit and lack of firm women oriented schemes.

Vanitha and Krishnamurthy (2004) studied 120 respondents in 74 self-help groups and found out that family restriction, non-availability of proper place of meeting, lack of clear information and guidance and low support from the family are major challenges of SHGs.

Chaim (2006) reported that, irregular group meetings and lack of proper bookkeeping, lack of confidence among the bank branches to extend loans to SHGs, lack of proper understanding and coordination between and among SHG, NGOs and Government department and treatment of the entire SHG by banks as collateral security for the loans are key challenges affecting SHGs

ST PAUL'S UNIVERSITY

2.8Conceptual framework

The conceptual framework represents the key concepts and the variables which formed the basis for the study. It diagrammatically explains the dependent variable, the independent variables, and the moderating variables. The use of arrows in Figure 2.1 shows the presumed relationship among variables.

ST.PAUL'S UNIVERSITY

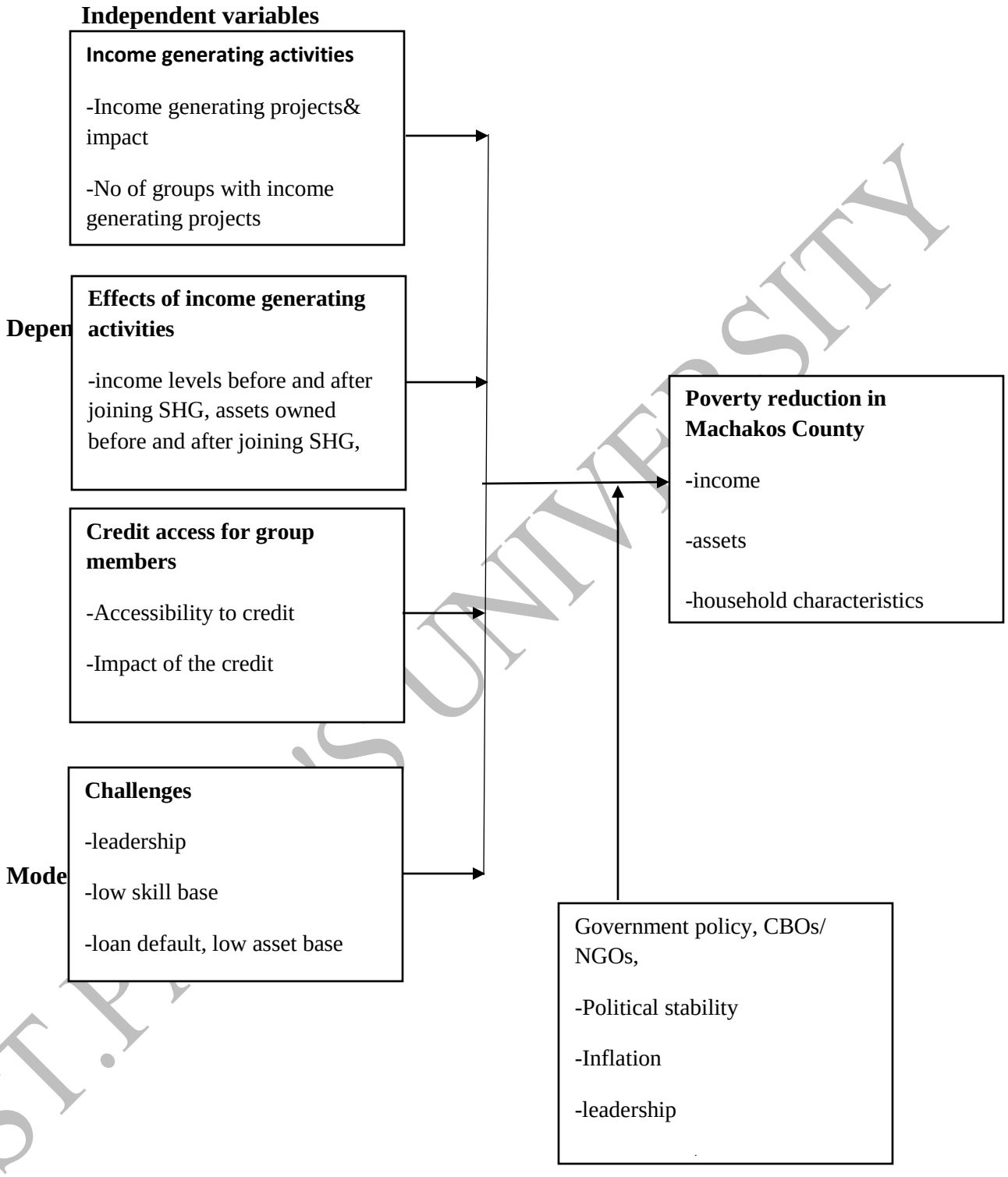


Figure 2.1: The relationship between dependent and independent variables.

Source: Researcher; conceptualization

ST. PAUL'S UNIVERSITY

In the diagrammatic conceptual framework (figure 2.1), the nature of activities, access to credit by self-help group members and challenges are independent variables in the study. Owning an income generating project is an important motivational factor in joining self-help groups. When people join SHGs, they save money, borrow money from the pool, start business and income generating projects and as a result, increase their levels of income which eventually reduces poverty. Access to credit is made easy by belonging to a SHG. Group members borrow loans to start businesses or to finance existing ones and hence increasing their incomes. Challenges faced by SHGs may affect their stability in relation to income generation and hence poverty reduction. Government policy, Inflation and political situation of the region will influence the operations of SHGs positively or negatively. Political good will or lack of it has an influence on the operations of self-help groups. Management, leadership styles of the groups can either have negative or positive impact on member's income and hence the level of poverty.

2.9Summary and research gaps

Existing literature reveals that poverty is a global phenomenon. It is clear that government, local and international bodies around the world such as World Bank, IMF have over the years put up a spirited campaign through policy frameworks to reduce poverty. However, many of these efforts have not succeeded particularly in developing countries like Kenya as many people continue to live below the poverty line (below $1.25 a day). Literature also demonstrates that SHG have been used by many countries around the world as poverty reduction strategy. The few studies that have been carried out to

ST.PAUL'S UNIVERSITY

assess the contribution of SHGs in Kenya focused on formal SHGs and no study has been done on informal ones such as those supported by Caritas that this study focused on.

ST.PAUL'S UNIVERSITY

CHAPTER THREE

RESEARCH DESIGN AND METHODOLOGY

3.0 Introduction

This chapter describes the procedures and methodologies used in conducting the study. It starts by outlining the research design, target population, sample and sampling procedures. Research instruments, data collection and analysis procedures. It also explains the logistical and ethical considerations for the study.

3.1 Research design

Orodho (2009) defined a research design as an outline or plan that is used to generate answers to research problems. This study used a descriptive survey design. This design is suitable for describing data which is collected at one particular point in time with the intention of describing the nature of existing conditions, or determining the relationships that exists between specific events and situations (Mugenda&Mugenda, 1999). The design was therefore employed to provide qualitative and quantitative description of the variables of the study.

3.2 Location of the study

The study was carried out among the Caritas supported self-help groups in MachakosCounty. The County borders Nairobi and Kiambu counties to the West, Embu to the North, Kitui to the East, and Makueni to the South, Kajiado to the South West, and Murang'a and Kirinyaga to the North West. MachakosCounty stretches from latitudes 0º 45' South to 1º 31' South and longitudes 36° 45' East to 37° 45' East. The County has an

ST PAUL'S UNIVERSITY

altitude of 1000 - 1600 meters above sea level. The County has eight constituencies, namely, Machakos town, Mavoko, Masinga, Yatta, Kangundo, Kathiani, Matungulu, and Mwala (County Strategic Plan of 2014) and eight sub- counties namely; Machakos,Athi River, Yatta, Kathiani, Matungulu, Masinga, Mwala, and Kangundo.

MachakosCounty has a total population of 1,098,584 people, 264,500 households with 49% Male and 51% Female (KNBS, 2009). Its population density is 177 persons per square Kilometers (KM). The County covers an area of 6,208 square kilometers. It experiences erratic and unpredictable rains of less that 500mm annually, with short rains in October to December and the long-rains in late March to May. The local climate is semi-arid with hilly terrain covering most parts of the County. Subsistence agriculture is practiced with maize and drought –resistant crops such as sorghum and millet being grown. Poverty levels in the County are 59.6% against a national average of 47.2% (KIHBS, 2009)

3.3 Target population

A target population is the total individuals, elements or groups to be studied (Orodho, 2009). A population describes the parameters whose characteristics the study has explain in chapter four. There are 359 Caritas supported SHGs in MachakosCounty with a total membership of 6462 according to the records from Caritas. The study therefore targeted these 6462 members from the County. These groups have been in existence for the last five years and hence met the criteria for assessing their contribution towards poverty reduction in MachakosCounty. The Caritas supported SHGs are currently operating in

ST.PAUL'S UNIVERSITY

three Sub-Counties out of eight sub-counties in MachakosCounty. The three sub-counties include; Machakos, Athi River and Yatta.

3.4 Sampling techniques and sample size

Sampling technique is a process through which sample size of the study is determined, i.e. it is method employed by the researcher to arrive at the sample for the study so as to generalize the results for the entire population. Therefore, choosing a sample is a key feature of any study.

3.4.1 Sample size

A sample is a smaller group or sub-group obtained from the accessible population of study (Mugenda and Mugenda, 1999). A target population of 6462 members gives a sample size of 364 members respectively based on Krejcie and Morgan table (1970). According to Krejcie and Morgan, as the population increases, the sample size increases but, at a diminishing rate and it remains relatively constant at slightly more than 380 cases (Appendix IV). The table is used for easier determination of sample size and no calculations are needed to use it. The table is applicable to any defined population (Krejcie& Morgan, 1970). Therefore, the study used a total of 364 self-help group members drawn from women SHGs in Machakos,Athi River and YattaSub-Counties.

3.5.1 Sampling procedures

According toKothari (2004), sampling is the process of selecting a number of individual elements for the study in such a way that the individuals selected represent the large group from which they were selected. The study used both probability and non-

ST.PAUL'S UNIVERSITY

probability sampling techniques. Probability sampling encompassed clustered, stratified and simple random procedures. To collect quantitative data, simple random sampling was employed to pick respondents at random for the administration of questionnaires. The researcher obtained the list of all groups and their membership from the Catholic Diocese Machakos. To begin with, the groups were clustered into their respective sub-locations, where each sub-location became a cluster. The eight sub-locations hereafter called "clusters" for the study included: Kathakakai, Mua, Katelembo, Kitanga, Mathatani, Kakuumini, Kithimani and Kisiiki. Step two of sampling involved stratification where each group in the sub-location became a stratum. Finally, the researcher applied simple random sampling to each stratum to select the required sample size as shown in table 3.1. This technique was appropriate for the study because it increases the representation of the sample and ensures that all the key characteristics of the key individuals in the population are represented according to Fraenkel and Wallen (2010). The study purposely selected the director, Caritas programme in Machakos Diocese and the officer in charge of programmes at Kindernothilfe to participate as Key informants. The two were selected due to their wealth of knowledge in the operations and contributions of SHGs towards poverty reduction. They arealsothe sponsors of the new women Self-help group approach in MachakosCounty. The proportionate sample from each stratum was calculated using the researcher's formula expressed as:

Sample Size $= \frac{n}{N} \times 364$, while the

$$\text{Percentage of target population} = \frac{n}{N} \times 100$$

ST PAUL'S UNIVERSITY

Where n, is the total number of SHG members per Sub-location;

N, is the total number of SHG members in the eight sub-locations. See table 3.1 for proportionate allocation of sample size.

Table 1.1: Target Population and proportionate sample size

Sub Location	Number of members	Sample Size	Percentage of target Population
Kathakakai	216	12	3.34
Mua	216	12	3.34
Katelembo	162	9	2.51
Kitanga	108	6	1.67
Mathatani	126	7	1.95
Kakuumini	954	54	14.76
Kithimani	1800	101	27.86
Kisiiki	2880	163	44.57
Total	**6462**	**364**	**100**

Source: Own computation from Catholic Diocese of Machakos records

The proportionate allocation of the sample sizes guarantees equal opportunity for all observable units in the population to be selected and therefore fair representation. Table

ST.PAUL'S UNIVERSITY

3.1 indicates that sub-locations with many members, have a large sample size while those with fewer members, have fewer sample sizes.

3.5Research Instruments

The study collected both primary and secondary data. Primary data was collected using questionnaires and key informant interview schedules and observation check list, while secondary data was collected using document analysis schedules.Both qualitative and quantitative methods were used. Questionnaires were used to collect data from the SHG members while interview schedules were used to collect data from the key informants. Questionnaires contained both closed and open ended questions. Closed ended questions provided more structures responses to ensure tangible responses while the open ended ones provided in-depth information that might not have been captured in the structure questions.

3.5.1 Household questionnaires

Self-help group member's questionnaire contained four sections, that is, A, B, C, and D. A focused on their background such as; age, gender, marital status, religion, and occupation, while sections B, C, D and E contained questions aimed at answering research questions/objectives

3.5.2 Key informants interview guide

The interview guide for key informants sought to find out more information about the new approach model of self-help groups from the promoters. It specifically comprised of questions to establish the structure of the model and the successful stories behind it. The

ST.PAUL'S UNIVERSITY

schedule also sought to find out about the challenges that these groups undergo and ways of overcoming such challenges.

3.5.3 Observation Check List

The observation check list was prepared to observe characteristics related to economic situations of the SHG members. These included the state of their houses, their assets and the environment in general.

3.5.4 Document analysis

A document analysis schedule was applied so as to ensure objectivity in secondary data analysis (see Appendix IV). In the document analysis, the study looked at the type of document, procedures and instruments used to collect data, procedure for data analysis, findings in the document, validity, conclusions and recommendations.

3.6 Pre-testing of research instruments

The purpose of the pre-test was to detect misunderstandings, ambiguities, or other difficulties participants may encounter with instrument items. Pernenger (2011) recommended that a sample size of a sample of 30 respondents is suitable to uncover such problems. Therefore, 30 SHG members were sampled using simple random sampling technique from SHGs in MakueniCounty they were then interviewed between 6th and 8th of May, 2016. These groups used in the pilot test were suitable since they have similar structures and operations to those from Machakos and are also not within the study area. The results from a pre-test were very instrumental in adjusting and rewording

ST.PAUL'S UNIVERSITY

questions in the research instruments. This ensured accuracy and quality of data collected.

3.6.1 Validity

Validity is the degree by which the sample of test items represents the content the test is designed to measure (Kothari, 2004). Validity measures the accuracy of the instruments in obtaining the anticipated data which can meet the objectives of the study. In the study, content validity was adopted. Content validity refers to the extent to which measuring instrument provides adequate coverage of the topic under study. The researcher tested the content validity of the research tools through the guidance of the supervisors and other research experts from the school of Social Sciences.

3.6.2 Reliability

According to Kothari (2004), instrument reliability refers to dependability, consistency or trustworthiness of a test. The study employed expert opinion in ascertaining the reliability of the data collection instruments. Before the actual study, the researcher had administered the tools to of 5 SHG members who were not to be included in the study. This study was done on 4th May, 2016 and then repeated after 3 days on same respondents. The researcher together with research experts from St. Paul's University rated the instruments which were then confirmed to have passed the consistency and accuracy tests.

3.7. Data collection

The researcher used questionnaires and interview schedules to collect data between 8th of May, 2016 to 18th of June, 2016. To collect the data, the researcher had to obtain a letter

ST. PAUL'S UNIVERSITY

the department of developmental studies at St. Paul's University which helped him to obtain a research permit from the National Council for Science and Technology (NACOSTI). Interviews were conducted through face-face method. A total of 12 qualified research assistants were recruited and taken through a familiarization exercise on how they will conduct the study. The respondents comprised of SHG members who were knowledgeable about the operations of the groups. Two key informants, that is, the Director Caritas (Machakos), and the project officer, African Inland Child and Community Agency for Development (AICCAD) were also interviewed to give their insight on the contributions of SHGs in poverty reduction.

3.8. Data analysis

After data collection, all questionnaire and interview schedules were gathered and the raw data from the field was first cleaned. Data cleaning involved identification of inaccurate or incomplete responses, which were then corrected to enhance quality of the responses. After cleaning, data was then coded and entered into Excel spreadsheets for analysis. The study produced both quantitative and qualitative data. The researcher analyzed qualitative data using content analysis technique. Various views obtained from the respondents were grouped according to the emerging themes which enabled the researcher to draw conclusions. On the other hand, quantitative data was analyzed using descriptive statistics such as percentages, frequency counts and means. While qualitative data was presented using percentages, frequencies, bar graphs, and pie charts.

ST. PAUL'S UNIVERSITY

3.9. Ethical considerations

A permit from the National Council for Science and Technology (NACOSTI) buy using a letter of introduction from the School of Social Sciences was sought. In addition, an authorization letter from MachakosCounty Commissioners office was obtained to enable the study proceed in the County. Key informants were notified in good time prior to the study. Informed consent of the respondents was sought before recruitment into the study. Confidentiality and anonymity was ascertained to the respondents.

3.10. Summary

This chapter presented the overall approach taken by the study. It described the population, sample and sampling procedure. It also described the research procedures indicating the data collection methods and instruments, data analysis methods. It also indicated how the data was analyzed and presented.

ST.PAUL'S UNIVERSITY

CHAPTER FOUR

DATA ANALYSIS, PRESENTATION, INTERPRETATIONS AND DISCUSSION

4.0 Introduction

This chapter comprises of two sections. Section one presents an analysis of the respondent's background information while section two presents a systematic analysis, discussions and interpretation of the research results based on the objectives which sought; to identify the nature of income generating activities undertaken by Self-Help Groups towards poverty reduction on Caritas supported groups; to determine effects of income generating activities for SHGs on poverty reduction on Caritas supported groups; to establish the influence of SHGs on the access to microcredit by group members as a poverty reduction strategy on Caritas supported groups and to establish the challenges faced by SHGs in the implementation of their strategies towards poverty reduction on Caritas supported groups.

4.1 Response rate

The researcher had sampled a total of 364 self-help group members from eight sub-locations in MachakosCounty namely; Kathekakai, Mua, Katelembo, Kitanga, Mathatani, Kakuumini, Kithimani, and Kissiki. Table 4.1 presents the number of questionnaire distributed and the number of questionnaires which were filled and returned.

ST.PAUL'S UNIVERSITY

Table 4.1: Distributed and returned questionnaires

Sub-Location	Distributed	Returned	Response rate
Kathekakai	12	8	66.67
Mua	12	10	83.33
Katelembo	9	7	77.78
Kitanga	6	6	100
Mathatani	7	7	100
Kakuumini	54	38	70.37
Kithimani	101	72	71.29
Kisiiki	163	112	68.71
Total	**364**	**260**	**71.42**

Source: Research data (2016)

Table 4.1 indicates that out of the sampled 364 self-help group members, 260 members were interviewed by the researcher representing a response rate of 71.42%. Some of the respondents were not available at their homes during the visit by the research assistants and hence making it difficult for the study to achieve 100% response rate. However, a response rate of 71.42% was good for the study followingReierson et al. (2008).

4.2 Background information

The researcher sought to understand background information of the respondents. The information sought included marital status, age, respondents' level of education, and the length of time the member had been in the group.

ST PAUL'S UNIVERSITY

4.2.1 Marital status

The researcher sought to find out the respondent's marital status. Respondents were hence asked to indicate their marital status, and the findings are as shown in table in figure 4.1 below.

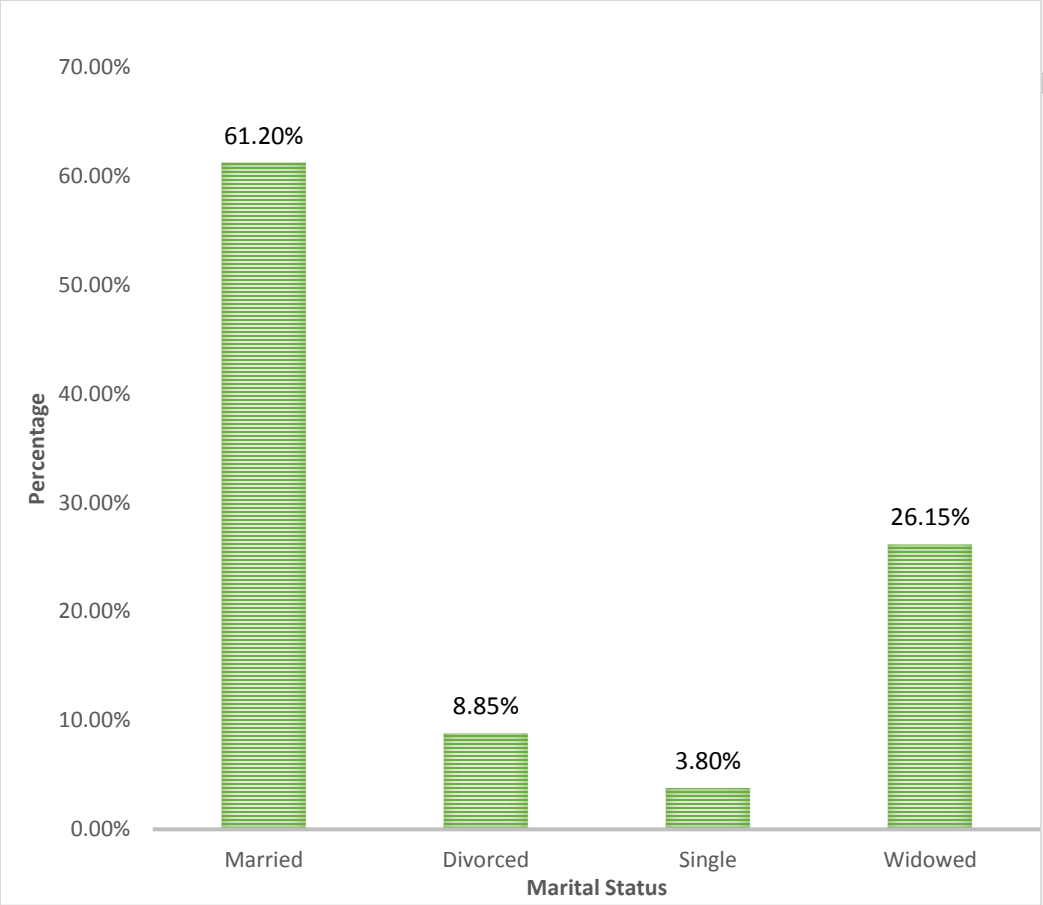


Figure 4.1: Respondents marital status

Source: Research data (2016)

Figure 4.1 above shows that majority, 159 of the respondents representing 61.20% are married, 68(26.15%) are windowed while the number of divorced members was 23 or 8.85% of the members polled. It was further established that only 10(3.80%) out of the

260 respondents are not in married. Based on the findings, it can be deduced that there is a considerable number of widows in MachakosCounty while the rate of divorce on the other hand is slightly lower.

4.2.2 Age of the respondents

It was important for the researcher to establish the age of the SHG members. Table 4.2 presents a summarized findings concerning respondents age.

Table 4.2: Respondent's age

Age Category in Years	Frequency	Percentage
10 – 20	0	0
20 – 30	26	10
30 -40	100	38.46
40 -50	59	22.69
50 -60	52	20
60 and above	23	8.85
Total	**260**	**100**

Source: Research data (2016)

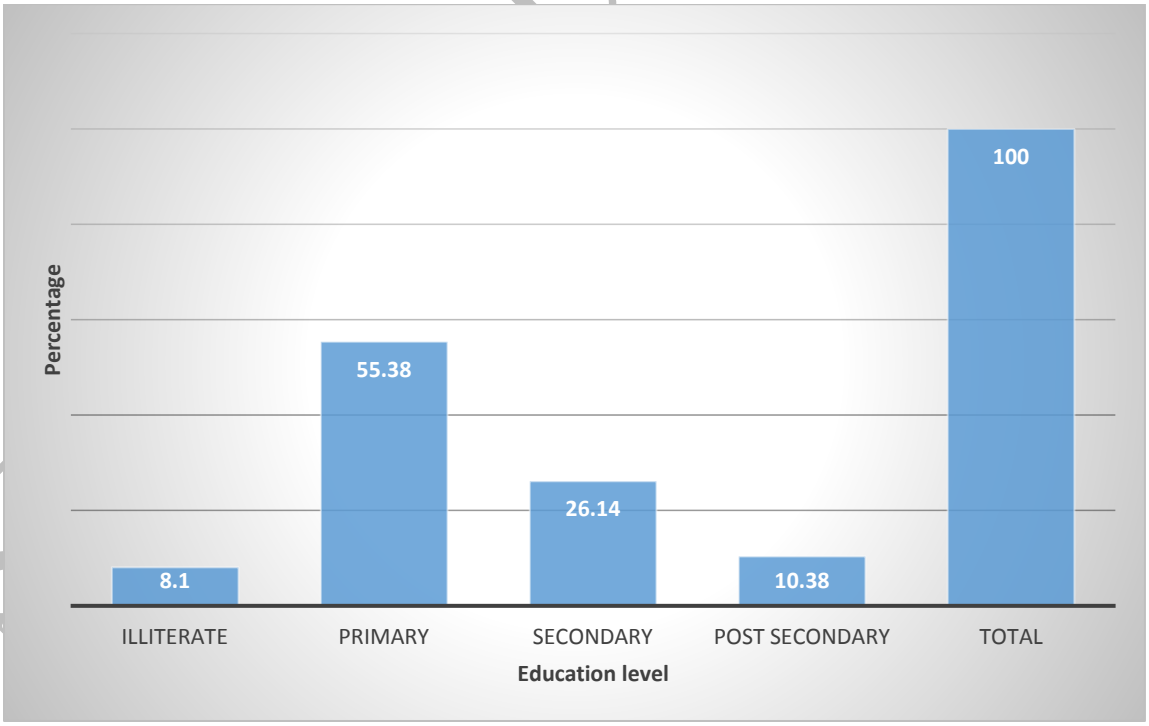
With regard to the age of the respondents as shown in Table 4.2, 100(38.46) are aged between 30 and 40 years. In addition, the findings on the age of SHG members in MachakosCounty indicate 59 members out of the 260 interviewed are aged between 40-50 years while 52(20%) `of the members are aged between 50-60 years. While there is no SHG member who is aged between 10-20 years, the findings observe that 23(8.85%) members of SHGs in the County are 60 years and above. These findings indicate that

ST.PAUL'S UNIVERSITY

Caritas supported SHGs in MachakosCounty, comprises of both young and elderly women. This can be interpreted to be a healthy situation for exchanging ideas and synergies between the two generations. While the elderly women are perceived to be loaded with wisdom and sometimes life experience, the young are perceived to be energetic with fresh ideas. Thus, combing wisdom, experience and fresh ideas can produce strong movements capable of tackling societal challenges such as poverty.

4.2.3 Respondents level of education

It is a common knowledge that the level of education is a key determinant of any organization. Based on this, the study sought to establish the educational levels of SHG members. Therefore, respondents were asked to indicate their education levels and the results of the findings are summarized in figure 4.2 below:



UNIVERSITY

Figure 4.2: Education levels of respondents

Source: Research data (2016)

Figure 4.2 indicates that majority of the SHG members, 55.38% are holders of primary level certificates as their highest level of education. According to the findings, only 27(10.38%) of the respondents had attained post secondary level education, 68(26.14) had secondary education while 21(8.1%) of those interviewded indicated that they have no formal education. These findings can be interpreted to mean that majority of the SHG members in the Caritas supported groups in Machakos County are less educated and this is likely to have an impact of the effectiveness of these groups in the fight against poverty.

4.2.4 The number of years a member had been in a group

For the study to adequately measure how effective the SHGs are in the fight agaisnt poverty, the length of time a member has been in a group became imperative. The resercher therefore sought to find out the lenghth of time each individual member had been in the SHG.The findings on this question are summarized in Table 4.3.

ST.PAUL'S UNIVERSITY

Table 4.3: Duration of a member in the SHG

Number of years in a group by member	Frequency	Percentage
Less than a year	3	1.15
1-2 years	23	8.85
2-4 years	36	13.85
4-5 years	75	28.85
more than 5 years	123	47.31
Total	**260**	**100.01**

Source: Research data (2016)

Table 4.3 indicates that majority, 123 (47.31%) of the respondents interviewed had joined self-help groups more than five years ago, while only 3(1.15%) of the members were less than one year in their groups. The findinds further reveal that 75(28.85%) had been in groups for 2-4 years, while 36 members representing 13.85% of the all the responendents contacted indicated to have joined the groups 1-2 years ago. These findings imply that majority of the SHG members who were targeted for the study had partcipated in these groups for a considerable amount of time. This means that their present social as well as economic conditions can be evaluated to find out how effective SHGs have been towards the fight against poverty.

4.2.4 Number of Group members

The study considered very important to understand the number of group members in each group. According to the records held by the Catholic Dioces of Machakos on SHGs, the total number of the caritas SHGs was found to be 359 with 70 SHGs having 20 members each and 35 SHGs had 18 members each. The records further revealed that 40 groups had

ST.PAUL'S UNIVERSITY

a membership of 17, 20 groups had 16 members each, while the remaining 147 groups had membership of between 14 and 16. This implies that the smallest group has 14 members while the largest group has 20 members. Since small groups are know to be more efficient that larger ones, the study can conclude that these groups are more likey to be more productive.

4.2. 5. Sources of income for SHG members before joining SHG

The study sought to understand various sources of income for the respondents before they joined SHGs. The summary of the results is presented in Figure 4.3.

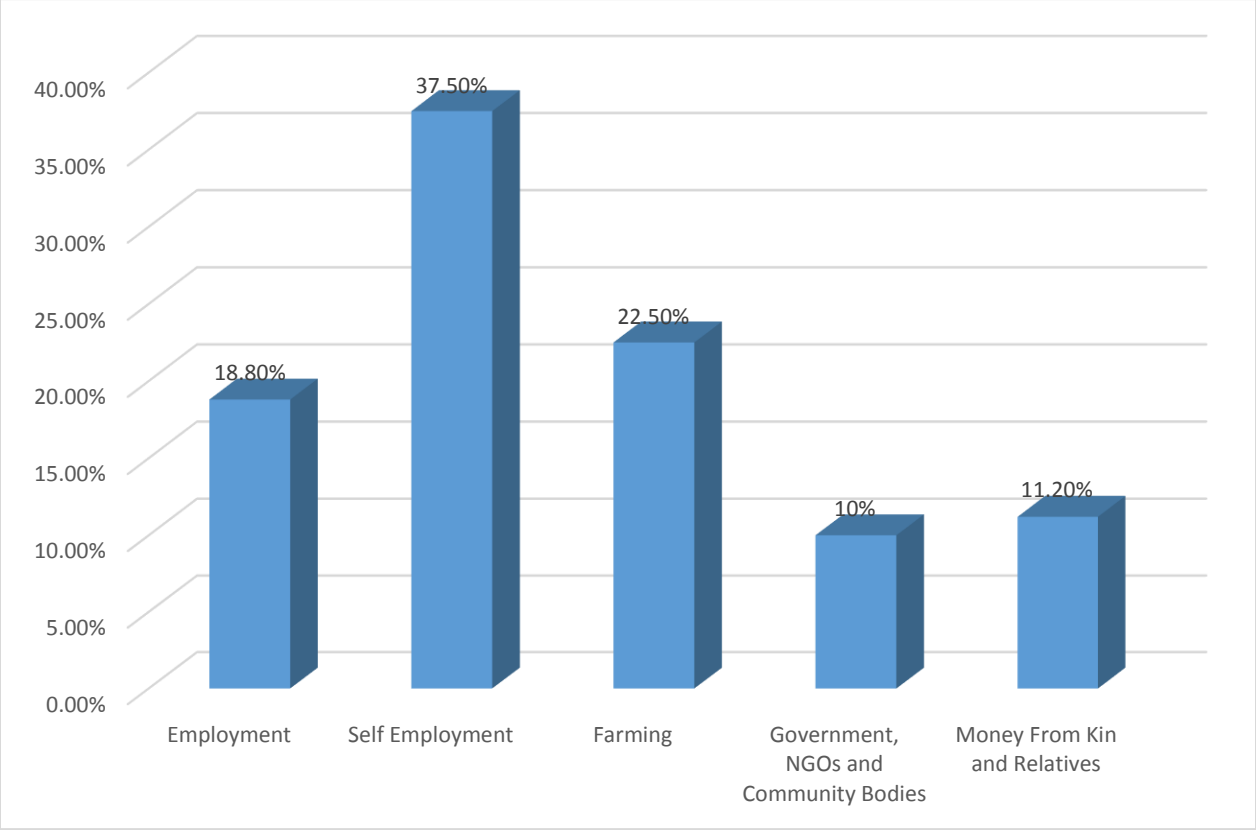


Figure 4.3: Sources of income

Source: Research data (2016)

UNIVERSITY

Figure 4.3 indicate that majority of the respomndents, 37.7% of the respondents mentioned self employment as the main source of family income, followed by 22.50% whose main income came fron farming. The results further reveal that 18.8% of those polled, derive their livelihood from formal employemt, while 10% get their daily bread through aid from government, non-governmental organization, and community based organizations while the remaining 11.20% of the respondents have no any source of income and relied on their relatives to get their daily supplies.

4.3 An assessment of the contribution of self-help groups towards poverty reduction in MachakosCounty

This study sought to assess the contributions of Caritas supported SHGs towards poverty reduction in Machakos County. The study had formulated four objectives to achive this goal. These objectives were: to identify the nature of income generating activities undertaken by Self-help groups towards poverty reduction on Caritas supported groups; to determine effects of income generating activities for SHGs on poverty reduction on Caritas supported groups; to establish the influence of SHGs on the access to microcredit by group members as a poverty reduction strategy on Caritas supported groups; and to establish the challenges faced by SHGs in the implementation of their strategies towards poverty reduction on Caritas supported groups. In this section two of data presentation, the report presents discussions on the findings of each of the four objectives.

ST.PAUL'S UNIVERSITY

4.3.1 Income generating activities of SHG members

The first objective of the study sought to find out what income gerating activities Caritas supported SHGs were carrying out in Machakos County.

4.3.1.1 Involvement of SHGs in income generating activities

The first issue that the study sought to establish was to find out how many groups had income generating projects. Table 4.4 gives a summary with regard to the findings on this question.

Table 4.4: SHGs involvement in income generating projects

Groups Involved in Projects	Frequency	Percentage
Yes	174	66.92
No	86	33.08
Total	**260**	**100**

Source: Research data (2016)

The results as shown in Table 4.4 indicates that 174 (66.92%) groups out of 260(100%) interviewed had income generating projects. However, it is shocking to find that 33.08% of the groups in Machakos County as shown in the table have no income generating projects bearing in mind that these groups are started to boost their members economically. The none participation by some groups in income generating projects can be attributed to constraints faced particularly financial as stated by McGreor (2000). An in-depth interview with the director, Caritas(Machakos region) revealed that some groups face financial challenges due to low savings. He said “majority of the members are

ST. PAUL'S UNIVERSITY

extremely poor and can hardly afford to save even Kshs.100 per month."This fact could also be used to explain why some groups may not be actively involved in income generating activities.

4.3.1.2 Income generating activities for SHGs

On the questions of what income generating activities are undertaken by the Caritas supported SHGs in Machakos County, Table 4.5 presents a summary of the results.

Table 4.5: Income generating activities for groups

Group Projects	Frequency	Percentage
Retail Shops	96	36.92
Farming (crops, and livestock)	79	30.38
Bead Making	40	15.38
Mart making	18	6.92
Others (rope making)	27	10.38
Total	**260**	**99.98**

Source: Research data (2016)

From Table 4.5, that SHGs in Machakos County are involved in variety of income generating projects aimed at boosting the economic status of their membership such as retail business, farming, beadmaking, mart making and making of ropes for commercial purposes. The results indicates that most of the groups, that is, 96(36.92%) are involved in retail shop businesses followed closely by 79(30.38%) groups which are undertaking farming of both crops and livestock. In addition, 40(15.38%) of the Caritas supported SHGs are involved in making beads for commercial purposes, 27(10.38) are engaged in

ST PAUL'S UNIVERSITY

crafting and selling of ropes while the remaining 18 (6.92%) of the respondents revealed that their groups are involved in mart making for income generation.

These finding are in tandem with the study by Ochanda (2011). In his study on the contribution of the grass root organizations to economic empowerment of communities and individuals which focused on self-help groups in Kenya, he observed that SHGs engage in activities such as investment in property, agri-business, sales and marketing, finance mobilization and revolving fund.

4.3.1.3 Income generating activities for SHG members

To measure how SHGs influenced occupation of their members, the researcher asked the respondents to indicate their occupations before and after joining SHGs. Table 4.6 below presents a summary of the results on this question.

Table 4.6: Percentage of respondent's activities before and after joining SHGs

Activity	Percentage before	Percentage after
Peasant farming(crop)	51	47
Shopkeeper	37	60
Casual laborer	31	17
Employed (pensionable)	32	38
Animal farming	25	40
No any activity	20	4

Source: Research data (2016)

ST.PAUL'S UNIVERSITY

According to the findings from Table 4.6, the percentage of peasant farming among the respondents dropped from 51% to 47% while that of shopkeepers increased from 37% to 60% indicating an improvement rate of 23%. Casual laborers recorded a remarkable decline from 31% to 17%, while members who were formerly engaged in animal farming increased from 25% to 40%. A more interesting observation is the drastic decline from 20% to 4% in the number of respondents who had formerly no any income generating activity. These findings are similar to studies by Vetrivel and Mohanasunduri (2011) and De Mel et al. (2007) who in their separate studies observed that microfinance institutions enable members to initiate income generating activities such as retail businesses, mart making, weaving, and sale of vegetables as well as small scale farming. These findings demonstrate the contribution of self-help groups on the kind of income generating activities SHG members engage in and the trends of improvement. The trend established by these results is that there is an improvement in the income generating activities by members of the SHGs as they engage in more income generating activities than the ones they had before. It is expected that members who moved from less productive activities such as casual jobs, non-activity and peasant farming could be either be into formal employment or shop keeping or rearing of animals. Indeed, these improvements in the occupations of the SHG members is an indication more earnings in future if not now.

4.3.1.4 Ownership of income generating activities by SHG members

The study sought to establish the distribution of the respondents who owned income generating projects after joining the groups. Table 4.7 presents summary of findings.

ST.PAUL'S UNIVERSITY

Table 4.7: Members income generating activities

Project/business	Frequency	Percentage
Before	117	45
After	104	40
None	39	15
Total	**260**	**100**

Source: Research data (2016)

The findings from Table 4.7 indicate that 40% of the respondents started small scale businesses by the virtue of joining SHG. While 45% of those polled indicated they had their small businesses by the time they joined SHGs, the remaining 15% said that they did not own any project before or after joining SHG. These observations imply that SHGs can influence some members to become innovative and thereby come up with ideas which can help them improve their living standards. The director, Caritas Machakos Diocese stated that these SHGs engage in several income generating activities ranging from retail businesses, arts and culture and other projects whose goal was to boost their incomes and reduce the burden of poverty among them. In addition, he revealed that their annual survey of members of these groups show that majority of them have improved greatly in terms of their living standards. The director noted that some members do access credit from their groups and that the money has helped them a lot in terms of starting business ventures as well as boosting those businesses which were already in operation. He further revealed that some members moved from temporary shelters to

ST.PAUL'S UNIVERSITY

either permanent or semi-permanent, some members are now able to pay school fees for their children which they could not do before among many other benefits.

Using the observation check list, the researcher was able to see new developments in the respondent's home steads. Most homes had cattle, television sets and radios and bicycles. In addition, most homes did not look like those inhabited by extremely poor people but rather, people who are full of hope. Karin and Osada (1998) established similar results. Their study, they found out that SHGs had changed the fortunes of group members through credit borrowed by members. Considering the fact that Caritas targets the poorest of the poor in this project, the results of these observations can therefore imply that there have been forces embedded with the operations of these groups behind the transformation of the homes of group members.

4.3.1.5 The driving force behind SHG members in income generating activities

The researcher sought to find out the reasons that could have motivated SHG members to engage in income generating projects. Table 4.8 presents a summary of the results from this question.

ST.PAUL'S UNIVERSITY

Table 4.8: Motivational factors for income activities by SHG members

Motivation to start projects	Frequency	Percentage
Skills offered by the group	75	28.85
Inspiration from other members	59	22.69
Credit access	87	33.46
others (desire for success, more income, savings, exposure)	39	15
Total	**260**	**100**

Source: Research data (2016)

Table 4.8 shows that majority of the respondents who started income generating projects after joining SHGs, 85(33.46%) were motivated by the access to credit to venture into businesses, 75(28.85%) were motivated by the skills they received through the training, while 59 out of 260 members interviewed got inspiration from their colleagues. Savings, desire for success and more income were other factors indicated by 15% of the respondents to have motivated them to engage in income generating projects. The implication of these findings is that SHGs have some influence towards the economic status of their members. It means that some people with little means if given ability and capability can engage in productive activities which are not just beneficial to themselves, but the society as a whole. SHGs in this case can therefore be interpreted as conduits through which the less fortunate members of the community can get a chance to advance economically. An in-depth interview with the African Inland Child and Community Agency for Development project officer revealed that microfinance institutions such as SHG have the capacity to lift the less fortunate members of the community to greater

ST PAUL'S UNIVERSITY

heights. The reason cited here was that these groups pool resources together and from which they are able to lend at all most 0% interest. The officer noted that:

> *"Majority of the SHG members cannot afford to borrow in banks or other formal financial institutions because of the high interest ratesand hence these groups provide cheap credits to the members."(002 Christine)*

4.3.2 Influence of Income generating Activities on poverty reduction

The second objective of the study was to determine the contribution of income generating activities of the SHGs in MachakosCounty. Respondents were asked several questions in an attempt to measure their economic statues before and after joining the groups. The results of the findings are shown in Table 4.9.

Table 4.9: Influence of income generating activities

ST.PAUL'S UNIVERSITY

Variable	Frequency before joining SHG	Percentage	Frequency after joining SHG	Percentage
1.Sources of Drinking Water				
Piped water	0	0	7	2.69
surface water/stream	230	88.46	228	87.69
Well	30	11.54	25	9.62
Total	260	100	260	100
2.Toilet				
Flush toilets	2	0.77	5	1.9
Pit latrines	212	81.58	255	98.1
No toilet	46	17.69	0	0
Total	260	100.04	260	100
3.Lighting in the house				
Electricity	5	1.9	18	6.9
Kerosene	255	98.1	203	78.1
Others (Solar)	0	0	39	15
Total	260	100	260	100
4. **Fuel in the household**				
Wood/firewood	235	90.38	221	85
Charcoal	7	2.69	5	1.92
Kerosene	14	5.39	31	11.92
Others (Gas)	4	1.54	3	1.15
Total	**260**	**100**	**260**	**99.99**

Source: Research data (2016)

Table 4.9 indicates that there was a slight change in the sources of water for the respondents before and after joining the groups. Majority, 230 (88.46%) of the respondents interviewed indicated that they were using surface/stream water before joining the groups. However, this number changed slight to 228(87.69%) after some years in the groups. The interesting development to note from the findings is that, the

ST. PAUL'S UNIVERSITY

number of respondents who were using piped water increased from 0% to 7(2.69%) after joining SHG, while the number of respondents using well water declined from 30(11.54%) to 25(9.62%). These results imply that there was a slight shift from the use of both surface water and well water to piped water. The study did not get into the details as to whether this change was attributed to joining of the self-help groups or not.

With regard to toilets, findings show a huge change particularly to the respondents who had indicated that they had no toilets before. Table 4.6 indicates that the percentage of respondents who used bush toilets before joining SHG declined from 17.69% to 0% after joining the groups, while the number of respondents with pit latrines increased from 212(81.58%) to 255(98.1%) after joining the groups. In addition, out of the 260 respondents polled, 2(0.77%) were using flush toilets before joining the group but, this number increased to 5(1.9%) after joining the SHGs. This implies that SHG involvement helped some members to construct or move to better toilet facilities. The most important observation to note is that members with no toilets were able to have one. An increase in the number of respondents with pit latrines can be interpreted to mean that members with no toilets acquired some muscles to construct pit latrines courtesy of being in SHGs.

Turning on the lighting used in the households, findings from Table 4.6 shows a substantial increase in the number of respondents who were using solar power after joining SHGs. This number had increased from 0(0%) to 39(15%). This increase can be attributed to either income received from individual or group projects or the exposure of groups to aid agencies that support poor communities to light their houses using solar lumps. In addition, findings indicate a slight increase from the number of respondents

ST. PAUL'S UNIVERSITY

who were using electricity from 5(1.9%) to 18(6.9%), while for those who were using Kerosene, there was a slight decline from 255(98.1%) to 203(78.1%). This implies that some of the respondents who were using kerosene for lighting before could have moved to the use of either electricity or solar energy.

Finally, the results from table 4.9 indicates that the number of respondents using firewood as fuel had declined from 235(90.38%) to 221(85%), while the number of respondents using kerosene as fuel rose from 14(5.39%) to 31(11.92%). This could indicate a slight change from firewood to kerosene. An interesting observation is the decline from 7(2.69%) to 5(1.92%) in the number of respondents who were using charcoal and respondents who were using gas. On his part, the director, Caritas noted that these groups have contributed a lot in terms improving the quality of life of the members saying that members use the proceeds from their projects to do various development initiatives for their benefits. Chijoriga (2000) found the same results during his assessment of the performance of SHGs in Tanzania in terms of their contribution to economic development. His study found that asset base for group members had increased and also that members living standards had also improved. This positive change in assets and facilities with the joining of SHG implies that these groups have the capacity to transform the lives of the less fortunate members of the society. As a result of these groups, SHG members in MachakosCounty can be said to enjoy at least an upgraded life as compared to the period before these groups. Poverty levels are therefore supposed to have declined though by a small margin.

4.3.2.1. Comparison of SHG member's income before and after joining the group

ST.PAUL'S UNIVERSITY

The contribution of income generating activities towards poverty reduction was also measured by comparing the income of the members before and after joining the groups. Respondents were therefore asked to indicate what their monthly incomes were and their current levels of income. The findings are summarized in Table 4.10

Table 4.10: Personal monthly incomes of SHG members before and after joining SHG

Parameter	Income group	Frequency	Percentage
Income(Kshs)			
before joining SHG	Less than 500	198	76.15
	500-1500	55	21.15
	1500-3000	7	2.69
	Above 3000	0	0
	Total	260	99.99
after joining SHG	Less than 500	90	34.62
	500-1500	120	46.15
	1500-3000	35	13.46
	Above 3000	15	5.77
	Total	260	100
Savings (Kshs)			
before joining SHG	less than 100	156	60
	100-500	98	37.69
	more than 500	6	2.31
	Total	260	100
After joining	less than 100	70	26.92
	100-500	166	63.85
	more than 500	24	9.23
	Total	**260**	**100**

Source: Research data (2016)

Findings from Table 4.10 shows that the number of respondents with income of less than Kshs. 500 reduced from 198 to 90 when they joined SHG, while the number of SHG members with monthly income of between Kshs.500-1500, increased from 55 to 120

ST.PAUL'S UNIVERSITY

members. In addition, the findings indicate that the numbers of members who were earning monthly income of between Kshs. 1500-3000 before joining SHGs, increased from 7 to 35 members, while also the number of members who earned Kshs. 3000 and above before joining SHG increased from 0 to 15. These observations indicate that SHGs have a significant impact on the incomes of the members and an increase in incomes implies reduction in poverty. This is because more income of the households leads to an increased living standard.

In the case of savings, the results indicated that the number of members who were saving less Kshs. 100 declined from 156 to 70 with SHGs, while those who were saving between Kshs 100-500 increased from 98 to 166. This indicates that SHGs have some powerful forces which inculcate a saving culture into their members. These results are in tandem with the findings of other scholars. For example, Ochanda (2011) carried out a study on the role of Self-help groups in Kenya in which he reported that SHGs helped members to know how to save. His study further indicated that through group borrowing and saving members were able to improve their incomes by engaging in profitable small businesses. Similar observations were made by Puhazhendi and Satyasai (2000) who in their study, found that the overall impact of self-help groups was significant both on social and economic spheres of the household.

4.3.3 Contribution of microcredit access by members on poverty reduction

Objective three of the study was aimed at determining the influence of microcredit access by self-help group members on poverty reduction. To achieve this objective, the study

ST.PAUL'S UNIVERSITY

formulated a list of questions to find out accessibility to the credit by members and how that credit has changed their lives socially and economically.

4.3.3.1 Accessibility to credit

The study sought to find out the percentage of SHG members who were able to access credit from their groups. The results of this observation are summarized in Figure 4.11

Table 4.11: Credit accessibility by SHG members

Credit accessibility	Frequency	Percentage
No response	10	3.85
Yes	180	69.23
No	70	26.92
Total	**260**	**100**

Source: Research data (2016)

The results from Table 4.11 show that out of 260 respondents, 180(96.23%) indicated that they had accessed credit from their groups while 70(26.92%) members had not yet so far accessed group loans. Only 10 members representing 3.85% of the respondents did not respond to this question. Findings from the study indicate that most members of SHGs in MachakosCounty are can access credit from their groups. Caritas director reported that these groups are informal in the sense that they target the poorest of the poor in the society so that those who cannot afford big amounts of money for registration and savings can afford this one. The aim was for the poor members to bring their little cash together to grow capital from which members can borrow to do business or other projects. These results imply that SHGs increase the chances of the less fortunate

ST PAUL'S UNIVERSITY

members of the society to access credit. Other studies had established similar results. For instance, a study conducted by Chepchirchir (2013) established that participation in self-help groups enhanced the respondent's access to loan and an increase in loan amount. He further reported that before joining the self-help group, only 4.7% of the respondents had taken bank loan which were all below 50,000 Kenyan shillings and after joining SHGs, the number increased to 86.7% with most respondents (58.4%) having had taken loans of between 50,000 to 150,000 Kenya shillings. In a similar rejoinder, Kabeer and Noponen (2005) studied the social and economic impact of SHG microfinance in Jarkhand, India and found that access to financial services is associated with less vulnerability in terms of higher savings, less onerous debt and less crises related to borrowing and more investment in productive activities.

In addition, the study also sought to know among members who were accessing loans, the reasons for their inaccessibility. Findings on this question indicated that majority, 40% of the respondents could not be able to repay their loans-the reason why they were denied subsequence loans, 28% did not access the loans because they did not have enough savings in the group, while the remaining 32% percentage thought that by taking loans from the groups, their household assets will be taken away should they fail to repay it back.

4.3.3.2 Effects of credit on the income of SHG members

The researcher sought to establish the effect of credit advanced to the SHG members increase their income levels. The respondents were asked to indicate yes or no on

ST.PAUL'S UNIVERSITY

whether the loans they borrow from their groups had affected their levels of income. The findings on this question are summarized in Table 4.12

Table 4.12: Effects of credit on SHG member's income

Response	Frequency	Percentage
Yes	200	76.92
No	60	23.08
Total	**260**	**100**

Source: Research data (2016)

Table 4.12 shows that 76.92% of SHG members sampled in the study agreed with the above stated statement, while 23.08 % of the members did not agree to the above statement. The interpretation of this is that for members who borrow money from the groups to invest, see their income grow as opposed to the members who do not get loans from SHGs. McGregor et al. (2000) found similar results that credit from SHGs enables poor households to raise their incomes and assets through borrowing and investment.

4.3.3.3 Benefits enjoyed by SHGs as a result of credit access

The researcher sought to find out the benefits enjoyed by the SHGs and their membership. Table 4.13 presents a summary of the findings.

ST.PAUL'S UNIVERSITY

Table 4.13: Benefits of SHGs to their members

Benefits of SHGs	Frequency	Percentage
Paying of school fees	56	21.54
Buying of assets	28	10.77
Business capital	69	26.53
Trainings	20	7.69
Financial management	25	9.62
Basic needs	62	23.85
Total	**260**	**100**

Source: Research data (2016)

The findings reveal that SHG have many benefits to their members. According to Table 4.13, 21% of the SHG members, educate their children by paying school fees courtesy of belonging to the group, while majority of the members, 69(26.53%) obtain capital for their businesses from the groups. Other benefits mentioned by the respondents included taking care of the basic needs (23.85%), acquisition of skills through trainings (7.69) organized by the groups, acquisition of financial management skills (9.62%) and the purchase of assets (10.77). These results reveal that there are many benefits enjoyed by SHG due to easy access to cheap credit from the group. An in-depth interview with the project officer, African Inland Child and Community Agency for Development (AICCAD) reveal that SHGs have greatly improved the living standards of the members and enhanced their quality of life. The officer stated that members borrow and invest money and thereby increasing their income levels. On his part, the director, Caritas for Machakos region, argued that apart from economic gain, these groups have also enhanced

ST PAUL'S UNIVERSITY

self-esteem of the members through active participation in group activities. He noted that women who could not been seen or heard, are now visible and recognized in the community just because of their participation in the groups. This observation can therefore be interpreted to mean that this particular model of SHGs, have a strong force to turn around both social and economic fortunes of their members.

4.3.4 Challenges affecting SHGs in MachakosCounty

The final objective, objective number four sought to determine challenges which face Caritas SHG with regard to implementation of their strategies towards poverty reduction. Respondents were asked to indicate what challenges they as individual members encounter as well as their groups.

ST.PAUL'S UNIVERSITY

4.3.4.1 Challenges faced by groups

Table 4.14 presents key challenges of SHGs in MachakosCounty

Table 4.14: Challenges faced by groups

SHG challenges	Frequency	Percentage
Insufficient Capital	85	32.69
Inadequate skills	98	37.69
Non-cooperation of some members	23	8.85
Some members are less active	19	7.31
Poor project selection	14	5.38
Lack of transparency/poor management	14	5.38
Failure or delays in paying loans by some members	7	2.69
Total	**260**	**99.99**

Source: Research data (2016)

There are many challenges affecting SHGs which the study was able to identify. According to Table 4.14 the main challenges affecting the SHGs in MachakosCounty include: insufficient capital, inadequate skills among the members, lack of transparency and poor management, non-performing loans, non-cooperation among members and lack of participation for some members. Out of the 260 respondents interviewed, 85(32.69%) indicated insufficient capital among the groups to be the key challenge, 98(37.69%) stated that lack of skills among group members was the key challenge, while respondents who thought that non-cooperation of some members was a challenge were 23 representing 8.85%. poor project selection was polled at 5.38% while lack of

ST.PAUL'S UNIVERSITY

transparency/poor management was cited as a major challenge also by 14(5.38%) of the respondents. The challenges affecting SHGs as reported in this study means that these groups are curtailed in their role of fighting poverty bearing in mind that SHGs are models or strategies which are used by governments around the world to reduce poverty. The findings in this study are consistent with the observation made by Chaim (2006) reported that, lack of proper bookkeeping, lack of proper understanding and coordination between and among SHG, were among the major challenges affecting the performance of SHGs. On his part, the director Caritas stated that the main challenge afflicting these groups is the high levels of poverty. The director indicated that due to poverty, group members are unable save as much in order to raise cash for their projects or even advancing loans to members.

A part from the groups, the researcher also sought to find the difficulties that individual members undergo because they might have a bearing on the performance of the group. Respondents were hence requested to indicate the difficulties they suffer in connection with their groups. A summary of the findings on this issue is presented in Table 4.15.

Table 4.15: Challenges facing SHG members in MachakosCounty

Key Challenges	**Frequency**	**Percentage**
lack of know how/low level of education	89	34.23
low/no income	121	46.54
inability to access loans	50	19.23
Total	**260**	**100**

Source: Research data (2016)

ST. PAUL'S UNIVERSITY

According to Table 4.15, respondents indicated three main challenges which affect SHG members. Majority of the members, 121(46.54%) stated that the main challenge affecting SHG members is low level of income, while 89 members representing 34.23% of all the respondents interviewed indicated less education to be the key challenge affecting them. Inability to access credit facilities was the third key challenge stated by 19.23% of the respondents interviewed. These results points to some of the reasons which can hinder the growth of these groups and thereby affect their contribution to poverty reduction. The findings of this study are not any different from the results of other researchers in other jurisdictions. For example, Rahma (2002) studied the problems in microfinance in Malaysia. Among the problems he identified among members included: low savings which was occasioned by low levels of income among members, low levels of education and lack of know-how by group members. Vadivoo and Sekar (2004) found similar observations. In their study on SHGs, they reported that lack of adequate income among the members affected their savings. As part of resolving the established challenges, Caritas suggested for continuous capacity building for group members, strengthening of group leadership since there is a huge skill gap.

This study has learned that Caritas supported SHGs are very unique as compared to other SHGs across the country through an in-depth interview with director, caritas for Machakos region. The director revealed that these groups are informal and target the poorest of the poor in the community and as such, they are homogenous (formed with people of the same social-economic status). The reason cited for informality of the groups is that the extreme poor people cannot afford cash for registering a SHG with the relevant government authorities and therefore, these category of the poor people were left behind

ST.PAUL'S UNIVERSITY

before. The director noted that the informality of the groups extents even to the leadership structure where they practice rotational leadership, that is, there is no permanent leader in the group meaning that every members gets a chance at one particular point to exercise leadership. The director also noted that members do save as low as Kshs. 20 per month. This is an amount which is very affordable to most members of the community in MachakosCounty. The implication of these revaluations is that members are not only empowered economically but, socially and politically as well. The end results of this are an empowered community with the necessary tools to fight against poverty.

ST.PAUL'S UNIVERSITY

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.0 Introduction

The aim of this chapter is to give summary, conclusions and recommendations of the study. The chapter therefore provides the summary, conclusion and recommendations based on the research findings as discussed in the previous chapter. The study established several channels through which self-help groups in MachakosCounty reduce poverty. The study has also made recommendations for policy as well as further studies.

5.1 Summary of the findings

The results on the demographic characteristics of repondents indicate that,out of 364 sampled respondents, the study interviewed 260 respondents as well as two key informants. It was also observed that majority of the respondents were married women. Concerning the age of the respondents, most of them were aged between 30-40 years, while educationwise, majority of those polled were primary school

The study found that most of the Caritas sponsored SHGs in machakos County have income generating activities such as: retail business, farming, beadmaking, mart making and making of ropes for commercial purposes. The study did notice an improvement in terms of household facilities courtesy of SHGs.There was a substantial increase in the income levels of SHG members because of income generating projects initiated by both members and groups.There was a positive impact of the credit advanced to members by their respective groups towards poverty reduction as most members used the loans for economic activities which later improved their living standards.

ST.PAUL'S UNIVERSITY

Finally, several challenges affecting the practices and operations of SHGs were identified. These included: inadequate capital, inadequate skills among the members, lack of transparency and poor management, non-performing loans, non-cooperation among members and lack of participation for some members are other challenges.

5.2 Conclusion

The aim of this study was to assess the contributins of Caritas supported SHGs towards poverty reduction in Machakos County. Four specific objectives formulated to achive this purpose. The objectives were: to identify the nature of income generating activities undertaken by Self-help groups towards poverty reduction on Caritas supported groups; to determine effects of income generating activities for SHGs on poverty reduction on Caritas supported groups; to establish the influence of SHGs on the access to microcredit by group members as a poverty reduction strategy on Caritas supported groups; and to establish the challenges faced by SHGs in the implementation of their strategies towards poverty reduction on Caritas supported groups. Based on the results and their subsequent summary, the study draws a number of conclusions in light with the study objectives.

The first objective was to identify the nature of income generating activities undertaken by Self-help groups towards poverty reduction focusing on Caritas supported groups. The study found that SHGs in MachakosCounty engage in activities such as mart making, retail businesses, crop and livestock farming, making ropes for commercial purposes and beadwork. These activities have led to an increase in monthly incomes of most members and hence poverty reduction.

ST.PAUL'S UNIVERSITY

The second objective set out to determine effects of income generating activities for SHGs on poverty reduction focusing on Caritas supported groups. It was found out that income generating activies initiated by both groups and members increased the income levels as well as the asset base of their members. The groups were also found to have inculted the culture of savings among their members which boosts the capital base of the groups. More capital base would imply more investment and hence more incomes which eventually leads to poverty reduction.

The third objective was to establish the influence of SHGs on the access to microcredit by group members as a poverty reduction strategy with focus on Caritas supported self-help groups. The study found that Caritas supported self-help group's practices encourage accessibility of credit to their members. In addition, members were found to channel the loans they obtain from groups in income generating projects to boost their welfare which is synonymous to poverty reduction.

Finally, the fourth objective set out to establish challenges faced by SHGs in the implementation of their strategies towards poverty reduction with focus on Caritas supported groups in MachakosCounty. The study identified several challenges which hamper smooth operations of the SHGs in MachakosCounty. The challenges identified were: low levels of capital which is occasioned by low savings, poor management coupled with lack of transparency, low levels of technical know-how among the members, non-cooperation among some members and failure by some members to repay loans. These challenges are likely to adversely affect the role of SHGs in Machakos towards poverty reduction.

ST. PAUL'S UNIVERSITY

5.3 Recommendations

Based on the findings and conclusions, the researcher makes the following recommendations:

1. Training to SHG members must be prioritized so as to equip them with both technical and managerial competencies. This will bring in professionalism in the running of the groups which will make them more effective as poverty reduction strategies. Through trainigs, group members will also benefit with skills on how to run their enterprises.

2. This concept of Self-help groups should be extended to all marginalised areas/poor communities because it has shown that it can be a good strategy for poverty reduction in Kenya.

3. Caritas and other sponsors of theses groups should closely monitor these groups, and adress the challenges that they are facing so as to make them more effective towards poverty reduction.

4. Furthermore, the study recommends another study which should include both SHG members as well as non-members for comparison purposes.

ST.PAUL'S UNIVERSITY

REFERENCES

ADB, (2014-2018) Country Strategy Paper for Kenya. Available at: http://www.afdb.org/fileadmin/uploads/afdb/Documents/Project-and-Operations/2014-2018_-_Kenya_Country_Strategy_Paper.pdf

Alkire, S. & Foster, J. E. (2011).Counting and multidimensional Poverty measurement. *Journal of public economics Vol 95*

Andy, S. (2012). Where do the world's poor live? A new update," IDS working paper, Volume 2012 No.393.

Barker, R. G. (1968).*Ecological psychology*. Stanford. Stanford University Press

Ben-Ari, A. &Azaiza, F. (1995). *The association meaning of the concept "Self-help "A comparison between Jewish and Arab populations living in Israel: Social development issues*, 17(2/3), 127-40. Author

Bett, E. A. (1992). *Providing for the rural poor: international decay and transformation in Uganda.* Kampala: Fountain Publishers L.t.d

Bound, J. & Krueger, A. (1991). The extent of measurement error in longitudinal Earnings Data.*Journal of labour econ omics* 9(1):1-24

Cavatassi, R. D., &Lipper, L. (2004).*Estimating Poverty over the space.* Rome, FAO

Chaim, G.V. (2006). Impact of Microfinance scheme.*HARD Times*, 8(10), 25-27

Chepchirchir, S. (2013).Impact of Women participation in Self-help groups on Economic empowerment in NakuruCounty.*Interdisciplinary Journal of contemporary research in Business, vol. 5* pp.385-403

Chijoriga, M. M. (2000*). The Performance and Sustainability of Micro Finance Institution in Tanzania*, Working Paper.

ST.PAUL'S UNIVERSITY

Chitere, O. &Mutiso, R. (1991).*Working with rural communities: a participatory action research in Kenya.* Nairobi: Nairobi University Press.

Cooper, C.L. (1975). *Theories of group process.* New York: John Wiley

Davis, B. (2003). *Chosing a poverty mapping method*. Rome, FAO

Devietti, E. & Candace, N. (2010).*Sustainability of savings group: Conference Synthesis.* Washington DC: The step Network.

De Mel, S, McKenzie, D. &Woodruff, C. 2007. Who does Microfinance Fail to Reach?

Experimental Evidence on Gender and Microenterprise Returns.*Bureau for Research and Economic Analysis of Development.*

Dolphyne, F.A. (1991). *The emancipation of women: An African Perspective.* Accra. Ghana University Press

Fafchamps, M. & La Ferrara, E. (2012). *Self-help groups and Mutual assistance:*

Evidence from Urban Kenya. Nairobi. Republic of Kenya

FAO (2014).The State of World Fisheries and Agriculture.*Annual Report*

Fraenkel, J. R., Norman, E. Wallen& Hyun, H.H. (2012*). How to Design and Evaluate*

Research in Education (8th ed). New York: McGraw Hill Companies.

Gartner, A. &Riessman, F. (1997).*Self-Help in the human services.* San Francisco: Jossey-Bass

Gottlieb, B.H. & Peters, L. (1991).A national demographic portrait of mutual aid group participants in Canada.*American Journal of Community Psychology, 19*

IMF (2014).From Stabilization to Sustainable growth.*Annual report*.https://www.imf.org/external/pubs/ft/ar/2014/eng/pdf/ar14_eng.pdf

ST PAUL'S UNIVERSITY

IFAD (2014).*Annual Report.* Available at:https://www.ifad.org/documents/10180/80944732-73c3-4df8-baa4-c4105721ea7d

Hayer, H, (1976). Achievements, problems and prospects in the agricultural sector: An economic assessment of groups, *Margin, Vol.32*

Hay, M. &Stitcher, S. (1984). *African Women, South of Sahara*. London. Longman

Hulme, D. & Paul, M. (2007).*Finance for the Poor or poorest?Financial Innovation, Poverty and Vulnerability.* Bangladesh: Thaka University Press.

Humm, A. (1997). Self-Help: A movement for changing times. *A journal for Social Policy, vo17*, pp 4-5

Jayachandra, K. &Gurappa, N, (2006).Impact of dairy cooperatives on income, employment and creation of assets of marginal and small farmers.*cooperative review, vol 32* pp 23

Jothi, O. (2010). Socio Economic Impact: Microfinance of Self-Help Groups. *Journal of Indian Management,Vol 7*,pp 93

Joysankar, B. (1999). *Contribution of Self-help groups to the pursuit of women empowerment*. West Bengal: Author

Kabeer, N. &Noponean, H. (2005).*Socio Economic Impact of Microfinance and livelihood promotion programme.*Jarkhand: The Institute of Development studies.

Kabeer, N. (2001). Conflicts over credit: Re-evaluating the empowerment potential of loans towomen in rural Bangladesh. *World Development*, 29(1), 63–84.

Kenya Integrated Budget Household Survey (2015)

Kenya Integrated Budget Household Survey (2015)

KNBS (2009).*Population census*. Nairobi. Government printer.

ST. PAUL'S UNIVERSITY

KNBS.(2009).Nairobi, Government Printer

Karin, R. &Osada, M. (1998).Dropping Out: An Emerging Factor in the Success of Microcredit-based Poverty Alleviation Programs.*The Developing Economies*, 36 (3).

Kindernothilfe, (2012).*The Self-help approach, unleashing human potential. Available at*: www.self-help-approach.com/caseStudies.aspx

Kothari, C, (2004). *Research Methodology- Methods and Techniques*. New Delhi: New age International publishers

Kulundu, M. (2007).*A review of anti-poverty policies and initiative in Kenya: Proceedings of the national workshop and policies in Kenya*. Nairobi: University of Nairobi Press.

Krejcie, R.V, & Morgan, D.W (1970). Determining Sample Size for Research activities. *Journal of Education and Psychological, Measurement,* 30, 607-610

Krishna, A. (2003). Social Capital, Community Driven Development, and Empowerment*: World Bank Working Paper 33077.World Bank,* Washington, D.C.

Luft, J. (1990). *Group process: An introduction to group dynamics.* California: National press books

Lukas, A. (1991). *The helping power of doing good: the health and spiritual benefit of helping others.* New York. Fawcett Columbine

Lukwata, J., Ogula, P. A., Ryan, P., Aloys, A., Waka, G., &Onsongo, J. (2014). *An assessment of the Kenya Government's Revolving loan funds Programme and the Catholic Church's Self-help Group approach Projects.* Nairobi: CUEA Press.

ST. PAUL'S UNIVERSITY

Mawa, B. (2008). Impact of microfinance towards achievement of poverty alleviation. *Journal of social science vol 5*

Mbithi, P. &Rasmusson, R. (1997).*Self-reliance in Kenya: the case of Harambee*. Uppsas: Scandinavian Institute of studies

Mbithi, P. (1974). *Rural sociology and rural development: its application in Kenya*. Nairobi: Kenya Literature Bureau

McGregor, D. (2000). *Filling the Gap in South Africa's Small and Microcredit Market:* An analysis of major policy, Legal, and Regulatory Issues. Maryland: IRIS Centre, University of Maryland

Ministry of Gender, Children and social development (2008).Gender Data sheet. Nairobi: Republic of Kenya

Mitullah.W, V. (1994).*Women and democracy in Africa: the Kenyan experience.* Windhoek: Author

Mohummed, S. Ullah, M. & Lu W, (2013). Micro credit and poverty reduction: A case study of Bangladesh.*Rogue Economic Papers*

Mugenda, &Mugenda, A. (2003).*Research methods, quantitative and qualitative approaches.* Nairobi. African Centre for technology studies.

Mutiso, G. C. M. (1997). *Kenya politics, policy and society.* Nairobi, East African Literature Bureau

Mutoro, B.A. (1997). Women working wonders: the role of women in small-scale farming, a case of North maragoliVihiga District. *PHD thesis,*

ST PAUL'S UNIVERSITY

University of Utretcht Netherlands

NABARD (2008). Impact and sustainability of Self-help group's bank linkages program: Working paper. Nairobi. NCCK.

Narayan, D. (2002). *Empowerment and Poverty Reduction: A Source book*. Washington: World Bank.

Ochanda, M, (2011). *The contribution of the grass root organizations to economic empowerment of communities and individuals: Case Study self-help groups in Kenya*. Denmark: Rosklide,

Omiti, Owino&Odundo (2002). *The policy framework paper.* Nairobi: Government printer

Omiti, J., Owino, W., Otieno, W., &Odundo, P. (2002).*Poverty Reduction Efforts in Kenya: Institutions, Capacity and Policy*, Discussion Paper No.033/2002

Ongesa,T.N., Omwario,N., Sisia,A., &Gongera,G.,E.(2014). The Effectiveness of Poverty Reduction efforts in Kenya.An Evaluation of the Kenyan Government Policy initiative on Poverty alleviation.*Journal of International Affairs and Global Strategy,23* (2014)

Orodho, J. A. (2009). *Elements of Education and Social Science Research Methods, Second Edition.*Maseno: Kanezja.

Pernenger, S., (2011).*Sample size for pre-test of questionnaire.* Available at: http://www.ncbi.nlm.nih.gov/pubmed/25008261

Place, F. Kristjason, P. Makauki, A. Kariuki, G, &Wangila, J (2004). Assessing the factors underlying differences in achievement of

ST.PAUL'S UNIVERSITY

farmer groups. *Agricultural Systems Vol. 82*pp, 157-272

Puhazhendi, V., &Badatya, K.L. (2002). Self-help group bank linkage programme for poor: *an impact assessment paper presented at seminar on Self Help group at New Delhi, 25,* 26-11-2002

Poverty strategy reduction Paper 2000-2003 Vol 1. Nairobi: Government printer

Rappaport, Julian (1981). In Praise of Paradox: A Social Policy of Empowerment Over Prevention, *American Journal of Community Psychology, 9:*1

Reierson, J. D., Coons, S.J., &Plaza, C.M. (2008). Best Practices for Survey Research Reports: A Synopsis for Authors and Reviewers, *American Journal of Pharmaceutical Education, 72*(1): 11

Republic of Kenya (1994).*Welfare monitoring survey.* Nairobi: Government printer

Sen, A. (1985). *Commodities and capabilities*. Amsterdam: Author

Sessional paper No 1 of 1981 on national food policy. Nairobi: Government printer

Sessional paper No 1 of 1986 on Economic Management for Renewed Growth. Nairobi: Government printer

Sessional paper No 10 of 1965 on African Socialism and its Application to planning in Kenya. Nairobi: Government printer.

Selinger, E. 2008.*Does Microcredit Empower? Reflections on the Grameen Bank Debate*.Spinger Science +Business Media B.V.

Shyna, S. (2013). Self -Help Groups as Poverty Reduction Strategy in enhancing Socio-economic status of Rural Women. *Excellence International Journal of education and Research,* 1(4).

Sigot, (1995).*Towards a common ground: Gender, national resource and management*

ST.PAUL'S UNIVERSITY

in Africa. Nairobi: ACTS Press.

Stamp, P. (1975).Perceptions of change and economic strategy among kikuyu women. *Rural Africana, vol 32*

Suguna, B. (2006). *Employment of women through self –help groups.* Nairobi. Discovery publishing house

UN.(2005) *Millennium Development Goals* (http://www.un.org/millenniumgoals)

Vadivoo, S.K., &Sekar, V. (2004). Self-Help Group Movements for women empowerment. *Kissan world,* 31(7), 13-14

Vanitha, C., & Krishnamurthy, B. (2004). Empowerment for rural women in Karnataka.*Communication and empowerment of women vol 2*, pp558-591

Vanmeenen, G. (2006). *Savings and internal lending communities: a basis for integral human development.* Baltimore: Catholic relief Services

Vetrivel, S. &mohanasundari, M (2011). Self-help groups: women empowerment and social security in Timil Nadu. *Journal of advances in management,*Vol 4

Weiss. J., Montgomery.H. &Kumanalieva.E. (2003). Microfinance and Poverty reduction in Asia: *ADB Institute Research* Paper Series No. 53

Weber, H. (2004). The new economy and social risk: banking on the poor? *Review of International Political Economy.*University of Aberden, Aberden.

WFP (2015).*The Sate of Food Insecurity in the World.*Available at: http://www.compassion.com/multimedia/state-of-food-insecurity-in-the-world-2015.pdf

Wignaraja, P. (1990). *Women, poverty and resources.* New Delhi: Sage Publishers.

ST.PAUL'S UNIVERSITY

Wipper, A. (1975). The MaendeleoyaWanawakeorganization.*African studies review 18, no. 3*

World Bank (2008).*Development indicators database.* Washington DC. World Bank.

World Bank (2000).*Attacking Poverty*. New York: Oxford University Press.

World Bank (2014).*Risk and Opportunity*. Washington DC: Author

World Development Report (2000/2001). *Attacking Poverty*. World Bank

World Development Report (1990). *Poverty*. New York: Oxford University Press

World Development Report (2005). *Human Development Index*. New York: Oxford University Press

Zaman, H. (2000).*Assessing the Poverty and Vulnerability Impact of Micro-Credit in Bangladesh.* Washington DC: World Bank

ST.PAUL'S UNIVERSITY

Appendix I: Household Questionnaire

Consent note

Hello. My name is **Joachim Kasimbi,** and I am a student at St. Paul's University pursuing masters in Development Studies. I am conducting an academic study on the contributions made by SHGs towards poverty reduction here in MachakosCounty. The findings will be used to generate a report which could be used by the, government, local and international organizations in enhancing poverty reduction measures.

The questionnaire will take about 30 minutes.

All the answers you give will be confidential and your participation is completely voluntary. However, I hope you will participate since your views are important in the success of this study.

Name of the respondent (optional):

……..

Date……...Sub-location……..

SECTION A: BACKGROUND INFORMATION

(Please tick)

1	What is your marital status?	1.Married 2.Separated 3.Deserted 4.Divorced 5.Widowed 6.Never Married	
2	Age (in completed years)	a) 10-20 b) 20-30	

ST.PAUL'S UNIVERSITY

		c) 30-40 d) 40-50 e) 50-60 f) Above 60 years	
4	What is your level of education?	a) Primary b) Secondary c) Others (specify)……..	
5	What is the nature of your work?	a) farming b) business c) employed d) Others (specify)……	
6	When did you join this group?	a) Less than a year b) 1 -2 years ago c) 2-4 years ago d) 4-5 years ago e) More than 5 years	

ST.PAUL'S UNIVERSITY

SECTION B: INCOME GENERATING ACTIVITIES

7. Is your group currently involved in any group project? 1. YES 2. NO

8. What is the current project (s) being carried out by you group? *(Tick)*

a. Farming
b. Bead making
c. Cooking mid-day meal for schools:
d. Livestock (dairy, piggery, poultry, goatery, duckery)
e. Retail shops
f. Tailoring
g. Mart making
h. Others (specify)……

9. What are the challenges faced by your group in carrying out income generating projects?

10. Did you own a business/project before joining your self-help group? 1. YES 2. NO

11. Did you start a business/project after joining the self – help group? 1. YES 2. NO

12. If your answer to question 11 above is YES, what motivated you to start your business/project?

A. Training on business skills offered to the group

B. Learning from the success of fellow group members

C. Easy access to credit from the group

D. Any other reason, explain….

ST.PAUL'S UNIVERSITY

SECTION C: INFLUENCE OF INCOME GENERATING ACTIVITIES

The following questions relates to economic status of SHG, (please tick the rating scale as appropriate).

13	Source of drinking water before joining SHG (please circle)
	a) Piped Water b) Well Water c) Surface well/other well d). Surface water e) Pond/Tank f) River/Stream g). Rainwater
	Source of drinking water after joining SHG
	a) Piped Water b) Well Water c) Surface well/other well d) .Surface water e) Pond/Tank f).River/Stream g).Rainwater
	Toilet facility for the household before joining SHG
	a).Flush toilet (Own)

ST PAUL'S UNIVERSITY

	b).Flush toilet (shared) c).Pit toilet (own) d).Pit toilet (shared) e).No facility (Bush)
	Toilet facility for the household after joining SHG
	a).Flush toilet (Own) b).Flush toilet (shared) c).Pit toilet (own) d).Pit toilet (shared) e).No facility (Bush)
	Main source of lighting in the household before joining SHG
	a).Electricity b).Kerosene c).Other (specify…….
	Main source of lighting in the household after joining SHG
	a).Electricity b).Kerosene c).Other (specify…….
	Main type of fuel for the household before joining SHG
	a).Wood

ST.PAUL'S UNIVERSITY

	b).firewood c) Charcoal d) .Kerosene e). others (specify)…..
	Main type of fuel for the household after joining SHG
	a).Wood b).firewood c) Charcoal d) .Kerosene e). others (specify)…..
	Source of livelihood before joining SHG
	a).Peasant farming b).Casual labor c).Retail business d). Others (specify)…….
	Source of livelihood after joining SHG
	a).Peasant farming b).Casual labor c).Retail business d). Others (specify)…….

ST. PAUL'S UNIVERSITY

For the following questions, circle the correct response

14	What was your Level of income(Kshs) per week(estimates)	a). 0-50 b) 50-100 c) .100-200 d) 200-500 e) 500-100 e). above 1000 (specify)…..	
	Did the level of income change after joining SHG?	a).Yes b).No *(prop on the details)*	
15	If your income has increased due to improved project/business or a new project/business, how has this changed your life	a). I live in a good house. b). I can afford medication for me and my family c). I can take three meals in a day. d). Others (specify)…..	
16	What benefits have you enjoyed since joining SHG?	a). I can borrow money for business. b). I feel part of the community c). have improved my living standards c). I can participate in women activities. d). Others (specify)…..	

ST.PAUL'S UNIVERSITY

17	Since joining SHG, what are some of the changes/improvements that have occurred to you?)	a). have started a business. b). I feel part of the community c). have improved my living standards c). I can pay school fees for my children/grant children d). Others (specify)…..	
18	What challenges do SHG members face?	1. 2. 3. 4	
19	What are the challenges facing SHGs?	1. 2. 3. 4	

ST.PAUL'S UNIVERSITY

SECTION E: INFORMATION ABOUT CREDIT ACCESS

20. Have you received credit from your group since its joining? 1. YES 2. NO

21. What are/were the reasons for borrowing money from the group?

A. For domestic use

B. For starting a business

C. For supporting an existing business

D. All of the above i.e. A, B, and C

E. Other reasons for borrowing

22. Has the borrowed money affected your level on income in any way? How? Explain

23. Have you ever failed to repay your loan within the stipulated period? 1. YES 2. NO

If the answer is YES in number 23 above, what were the reasons? ……

24. Have you ever asked for credit from your group and denied? 1. YES 2.NO

25**.** If the answer is YES to question number 24 above, please briefly explain how this affected your plans……

General comments

I appreciate Your Valuable Information

ST.PAUL'S UNIVERSITY

Appendix II: Interview schedule for the sponsor

Promoter (Sponsor)

Consent note

Hello. My name is Joachim Kasimbi, and I am a student at St. Paul's University pursuing Masters in Development Studies. I am conducting an academic study on the contributions made by SHGs towards poverty reduction here in MachakosCounty. The findings will be used to generate a report which could be used by the, government, local and international organizations in enhancing poverty reduction measures.

The questionnaire will take about 30 minutes.

All the answers you give will be confidential and your participation is completely voluntary. However, I hope you will participate since your views are important in the success of this study.

Position of the respondent in the organization: …….

Name of the organization……Date……..….

1. Since the introduction of the Self-help group concept in the year 2006 in MachakosCounty, what changes do you think have occurred to the members and the community at large?.....
2. What is so unique about these groups?
   ……
3. Can you comment about the ability of these SHGs in poverty reduction?
   ……..
4. What are the challenges faced by the SHGs in MachakosCounty?
   ……..,.
5. In which way can such challenges be resolved?

ST.PAUL'S UNIVERSITY

……
……

6. What can you recommend as an improvement towards the operations of the SHGs?

I appreciate Your Valuable Information

ST.PAUL'S UNIVERSITY

Appendix III: Observation check list for household survey

The following will be observed during study.

- Houses building materials
- Fence-presence or absence of it, its quality
- Assets

ST.PAUL'S UNIVERSITY

Appendix IV: Document Analysis Schedule

The following information was looked at in the document:

- Type of the document;
- Procedure and data collection instruments;
- Data analysis procedure;
- Findings;
- Validity, conclusion and recommendations.

ST.PAUL'S UNIVERSITY

Appendix V: Table for determining sample size from a given population

N	*S*	*N*	*S*	*N*	*S*
10	10	220	140	1200	291
15	14	230	144	1300	297
20	19	240	148	1400	302
25	24	250	152	1500	306
30	28	260	155	1600	310
35	32	270	159	1700	313
40	36	280	162	1800	317
45	40	290	165	1900	320
50	44	300	169	2000	322
55	48	320	175	2200	327
60	52	340	181	2400	331
65	56	360	186	2600	335
70	59	380	191	2800	338
75	63	400	196	3000	341
80	66	420	201	3500	346
85	70	440	205	4000	351
90	73	460	210	4500	354
95	76	480	214	5000	357
100	80	500	217	6000	361
110	86	550	226	7000	364
120	92	600	234	8000	367
130	97	650	242	9000	368
140	103	700	248	10000	370
150	108	750	254	15000	375
160	113	800	260	20000	377
170	118	850	265	30000	379
180	123	900	269	40000	380
190	127	950	274	50000	381
200	132	1000	278	75000	382
210	136	1100	285	1000000	384

Note.—*N* is population size.

Source: Krejcie& Morgan (1970)

Appendix VI: Post Graduate Letter to contact research

ST. PAUL'S UNIVERSITY

Private Bag 00217 LIMURU, KENYA
Email: bps@spu.ac.ke
Website: www.spu.ac.ke

Tel Office: +254(0) 20-2020505/10
Mobile: +254(0) 728- 669000
(0) 728- 062420
(0) 736- 424440

BOARD OF POSTGRADUATE STUDIES

10th May 2016

National Commission for Science and Technology,
P.O. BOX 30623-00100,
Nairobi.

Dear Sir/Madam,

Re: Recommendation for Joachim Kasimbi to conduct a Masters of Development Studies (MDS) research.

This letter confirms the above named person is a second (final) year student of the MDS Programme at St. Paul's University.

The final year consists of a major research work leading to a dissertation comprising 20,000 words. The student's selected topic is *"An asses of the contribution of self help groups towards poverty reduction, A case study of caritas supported groups in Machakos Sub-County"*.

The research will take place in Machakos County from April 2016 to May 2016.

Yours Faithfully,

BOARD OF POSTGRADUATE STUDIES ST. PAUL'S UNIVERSITY 11 MAY 2016 KENYA P.O. PRIVATE BAG

Prof. D.C. Ciamorion
Director, Postgraduate Studies

Appendix VII:Research Permit

THIS IS TO CERTIFY THAT:
MR. JOACHIM MUTETI KASIMBI
of ST PAULS UNIVERSITY, 334-90100
MACHAKOS,has been permitted to
conduct research in *Machakos County*

Permit No : NACOSTI/P/16/86588/11500
Date Of Issue : 17th June,2016
Fee Recieved :ksh 1000



on the topic: *AN ASSESSMENT OF THE CONTRIBUTION OF SELF HELP GROUPS TOWARDS POVERTY REDUCTION: A CASE STUDY OF CARITAS SUPPORTED GROUPS IN MACHAKOS COUNTY*

for the period ending:
13th June,2017

.....
Applicant's Signature

.....
Director General
National Commission for Science, Technology & Innovation

ST.PA

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 Officers 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 9625

CONDITIONS: see back page

ST.PAUL

NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY AND INNOVATION

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

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

Ref: No.
NACOSTI/P/16/86588/11500

Date:
17th June, 2016

Joachim Muteti Kasimbi
St. Paul's University
P.O. Private Bag-00217
LIMURU.

RE: RESEARCH AUTHORIZATION

Following your application for authority to carry out research on ***"An assessment of the contribution of self help groups towards poverty reduction: A case study of caritas supported groups in Machakos County,"*** I am pleased to inform you that you have been authorized to undertake research in **Machakos County** for the period ending **13th June, 2017.**

You are advised to report to **the County Commissioner and the County Director of Education, Machakos 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.

DR. STEPHEN K. KIBIRU, PhD.
FOR: DIRECTOR-GENERAL/CEO

Copy to:

The County Commissioner
Machakos County.

The County Director of Education

ST

Appendix VIII: Study Area

