

Effect of Covid 19 Pandemic on Family Stability in Ong'ata Rongai, Kajiado County, Kenya

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DOI: [10.36348/sb.2020.v06i10.001](https://doi.org/10.36348/sb.2020.v06i10.001)

| Received: 09.07.2020 | Accepted: 22.07.2020 | Published: 14.10.2020

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Abstract

The purpose of this study was to find out how Covid 19 pandemic has affected family stability. Many Kenyans working from home and others being laid off from work has resulted to untold social economic challenges resulting to domestic violence where majorities of the casualties are women. Specific objectives of this study were: to find out how Covid 19 has contributed domestic violence in the family, to determine how it has affected social-economic in the family and finally to assess how emotional and psychological brought by Covid 19 affect family stability. The Study was conducted at Ong'ata Rongai, a cosmopolitan Sub County in Kajiado County. The target population of the study was 300 persons from Ongata Rongai. Both qualitative and quantitative research design were adopted in this Study. Sampling was through simple random. Questionnaire method was used in data collection. Two well-trained Research Assistants on the methodology to be used were engaged. They explained very well to the respondents on the purpose of the Study. A total of 90 persons of the target population were selected using Gal and Berge formula. Ethical considerations were highly observed as no participant was forced to take part in the study. Both descriptive inferential statistics were used in this study. The data collected was coded and analyzed using Statistical Package for Social Sciences (SPSS) Version 25.0. Tables and Figures were used to present the results. The Null Hypothesis was rejected. The results confirmed that 91% reported that use of physical force caused separation in families, 86% indicated that families involved in domestic violence are psychologically and emotionally affected and 91% indicated refusal to contribute financially to the family. Hence, there was statistical significant association between physical, psychological, emotional, and economic effects of domestic violence that influence family stability brought about by Covid 19 pandemic. The Study concluded that there is need for the Government to work together with other private entities to ensure that sound policies and appropriate approaches to curb domestic violence are developed and implemented. This will ensure that domestic violence will have no place in our current society making Kenyan families stable and to benefit by living in harmony in anticipation of a more peaceful future. The beneficiary of this study will be the people of Ongata Rongai and any other places which might be going through similar problems.

Keywords: Coronavirus, Covid 19, Domestic Violence, Ongata Rongai, Social-economic, Gender Based Violence, Family stability, Presbyterian University of East Africa.

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INTRODUCTION

The world is currently undergoing a great social - economic revolution as a result of Covid 19 Pandemic which has affected so much the world economy. Every sector in life is directly or indirectly affected. Most of the people have been laid off from work while others are being paid half or a third of what they get at the end of the month, private sectors are the most affected. Education sector, Tourism, Hotel industry, Transport and Worship Centers among others are the most hit by this pandemic as they have been put

almost to zero performance, World Health Organization [1]. On the other hand, majority of those who are working are doing it from home. As a result, it has been reported by the mainstream media stations of increased domestic violence which has shaken the family stability globally due to the fact that couples and children have more time of staying together a thing which is making family members to know their weaknesses in a great way. The term "Covid 19" is an abbreviation derived from the word CoronaVirus Disease of 2019 which was confirmed on 31st December 2019, in Wuhan a City in

China. The first petition was reported on 1st December 2019. The World Health Organization gave Corona virus disease the name *Covid 19* on 11th February 2020 in a press release so as to enable the discussion of the disease, spread, containment, prevention, transmissibility, severity and its treatment [1]. This disease was caused by a kind of virus called Novel Corona Virus SARS-COV-2 which later on spread to the whole world. This disease spread basically through droplets of saliva, discharge from coughs or sneeze. Among the cardinal preventative measures are : washing hands regularly in a running water with a soap in at least twenty seconds, using alcohol based sanitizer (70% alcohol), wearing face masks as well as keeping social distances of at least one and half meters. Elderly people and persons with underlying medical conditions such as cardiovascular like diabetes, chronicle respiratory disease as well as cancers are said to be at greater risk. Common symptoms of this disease have been identified as : cough, fever, shortness of breathiness, muscular aches , sore throat, head ache, lack of smell and taste. However, there are some people who have been diagnosed having this disease without any symptoms [1]. Up to date there is no cure for this disease doctors are only giving supportive measures for the disease. Therefore this study is focusing on the effect brought by this pandemic specifically on family stability, which are not limited to gender based violence (GBV).

LITERATURE REVIEW

The term gender can also be defined as a social construction that the society gives to identify biological sex. It varies across the culture [2]. Intimate partner violence or Domestic violence is a pattern of assaultive and coercive behaviors that include: sexual and psychological attacks, physical attack or economic coercion used by adults or adolescents against their current or former intimate partners. These physical abuses are strangulation, burning, kicking and threats with a knife, slapping, shaking, beating with fist or object. On the other hand sexual abuse refers to coerced sex through threats or intimidation or through physical force, forcing unwanted sexual acts and forcing sex with others [3]. According to the study that was carried by Bans [4], findings showed that 60% of the male who participated reported cases of physical abuse, including being hit, beaten, or stabbed by women. Further they indicated that there were incidents of scratching, slashing, biting and burning. The nature of the abuse included being forced to perform domestic chores, traditionally reserved for women, being beaten up, being forced to sleep in the living room, being locked out and most prevalently being denied conjugal rights. When these cases were reported in mass media they took the same form [5]. They were either sexualized or generally not well researched in a way that would explore the reasons behind such acts. When a woman is killed or battered by her husband, the story is normally

told as a love triangle gone sour, while others blame it on the woman neglecting her duties, drunkenness or simply “not being obedient”. This presentation seems to condone domestic violence as long as there is “a reason”. It justifies the action and protects the perpetrator.

When a man experiences violence from his wife, the case is presented just as a puzzle: ‘it is not understood why she did it’. This kind of presentation does not solve the problem but rather encourages other women to do the same ‘and no one will know why’. Rarely do the reporters dig deeper and address it from a human rights view or from the legal point of view [5]. Deeper repercussions are not addressed such as the possibility of children learning this vice from their abusive parents. Hence Okwemba [6] pointed out that media hold negative attitudes towards these stories and the mass media are therefore perpetrators of the problem. The reports are deeply entrenched in cultural positions which can argumentatively be used to explain why the violence is justified. It is an epidemic and if not reported responsibly it will not go away soon and will paralyze the family values and institution in total. Children who are exposed to violence in the home “may have difficulty in learning, have limited social skills, and they also exhibit violent risky or delinquent behavior or even suffer from depression or severe anxiety. Those in the early years of life are particularly vulnerable. Every year, hundreds of millions of children are exposed to domestic violence at home and this has a powerful and profound impact on their lives and hopes for the future. These children not only watch one parent violently assaulting another, they often hear the distressing sounds of violence, or may be aware of it from many telltale signs.” Violence in the home is one of the most pervasive human rights challenges of our time. It remains a largely hidden problem that few countries, communities or families openly confront. Violence in the home is not limited by geography, ethnicity, or status; it is a global phenomenon. Several studies by Human Rights proponents also reveal that children who witness domestic violence are more likely to be affected by violence as adults – either as victims or perpetrators. In 2015, a Report by the World Health Organization estimated that 35% of women worldwide have experienced either physical or sexual intimate partner violence or sexual violence by a non-partner at some point in their lives. Another Report by European Union Agency for Fundamental Rights in 2014 says that 43% of women in the 28 European Union Member States have experienced some form of psychological violence by an intimate partner in their lifetime. The report also records, 1 out of 10 women in the European Union report having experienced cyber-harassment since the age of 15 including having received unwanted, offensive sexually explicit emails or SMS messages, or offensive, inappropriate advances on social networking

sites). The risk was highest among young women between 18 and 29 years of age [7].

A study conducted in New Delhi by the United Nations in 2012 found that 92% of women indicated of having experienced some form of sexual violence in both private and public spaces in their lifetime while 88% of women also reported having experienced some form of verbal sexual harassment (including unwelcome comments of a sexual nature, whistling, leering or making obscene gestures) in their lifetime [3]. Domestic violence remains widespread in the United Kingdom, accounting for 14% of all violent crimes Office for National Statistics, 2013.

Data suggest that between 25 to 30 per cent of women experience domestic abuse over their lifetime, that start during pregnancy, birth or when children are small [8, 9]. In almost half of reported issues, victims of domestic violence have been abused more than once, with the average length of an abusive relationship being five years [10]. Domestic violence is common in ethnic, religious, social and educational groups [11]. Further, data from home office statistical bulletins and the British Crime Survey show indicated that More than one in four women (28%) and around one in six men (16%) had experienced domestic abuse since the age of sixteen. These numbers are equivalent to an estimated 4.5 million female victims of domestic abuse and 2.6 million male victims [12]. One study found that between 10 and 20% of children in the USA, experience some kind of domestic violence annually [13] and are physically injured [14].

Latest statistics shows that 51% of African women report of being beaten by their husbands is always justified if they either go out without asking for permission, neglect the children, argue back, deny her husband conjugal right, or burn the food [15]. The prevalence of both acceptance and incidence of domestic violence declined by about 10 percentage points between the first (2000-6) and second half (2007-2013) of the 2000s. At 51%, acceptance of domestic violence is still exceptionally high, and more than twice the average in the rest of the developing world. It appears deeply ingrained in some societies (77% acceptance rates in Mali and Uganda); in others, only a minority consents, (13% in Malawi, 21% in Mozambique). The link with a country's overall level of development (or household income within countries) is weak acceptance rates are only 7.6 percentage points lower, in upper middle and high income countries, controlling for other country traits. In South Africa, domestic violence is found to be high and is triggered by several factors such as alcohol abuse had [16]. A study conducted by the World Health Organization in 2012 found that 65% of women in South Africa have been experiencing spousal abuse every year before a new research was conducted [17]. Findings of the study

showed that their partners sometimes used alcohol before the assault. As a result of alcohol, Most victims of domestic violence, whether women or men find it difficult to speak about so as to avoid being stigmatized or fear of being ridiculed [18].

Some of the cases reported in the mass media are presented in such a manner that gives prominence to gender stereotypes that are culturally and socially motivated. These stereotypes most of the times either tend to condemn the victim or glorify the perpetrator thus justifying domestic violence. The family unit is a very important institution in the development of a nation. It is through the productivity of each individual that a nation grows. Problems within the family especially domestic violence tremendously affect the much needed productivity. If mass media were to play the role of reporting responsibly, this problem can be lessened and even eliminated. It is therefore important to understand how best media can avoid perpetuating gender stereotypes which are in themselves gender oppressive and lead to domestic violence.

Demographic and health survey carried out by the Ministry of Planning in 2003 in Kenya revealed that at least half of all Kenyan women had experienced violence since the age of 15, with close family members among the perpetrators. Although these statistics do not explain what form of violence is referred to as they were shocking, 39% of the women interviewed said that they were abused by a husband or partner. A woman by the name Mwendu from Machakos was chopped off both hands by her husband county in 2016.

Cases of domestic violence are on the rise in Kenya. In the midst of Coronavirus Pandemic that hit the whole world since 2019, has reported cases of domestic violence rising dramatically. In the past, women were known to be beaten by their husbands, but of recent years, women too are inflicting violence on their husbands [19]. For instance, Nyeri County in Kenya, have been experiencing cases of women beating their husband which was not limited to chopping off their private parts thereby incapacitating them to produce children for ever. This have made men recently to form the lobbying group known as "Men against Women Excesses" so as to fight husbands battering. This movement is looking for cases where men have been battered with an aim of suing the offenders. However, the group is yet to come up with statistics for the number of men who have been subjected to domestic violence.

When addressing the 9th state address on the coronavirus pandemic on 6th July 2020, the president of the republic of Kenya Uhuru Kenyatta mentioned family as the basic institution which should be strong pillars of the society. When the family is weak even the state becomes weak. This is because the mainstream media

station have been reporting of increased domestic violence and school girls getting unwanted pregnancies during the Covid 19 pandemic break.

Covid 19 pandemic has spared neither men nor women. Domestic violence against men deals with domestic violence experienced by men or boys in an intimate relationship such as marriage, cohabiting, dating or within a family. Violence against men constitutes a crime just as for women. Sometimes ago men especially in Kenya have been subjected to domestic violence. Most of the courts systems are biased on fathers' rights in favor of women especially when it comes to the matter as to bring up the children after separation of the two parents. In some cases, some women have made it a lucrative business of acquiring quick wealth from the fathers after separating due to small issues. Almost now and then there are cases of women asking for a large amount of money in the name of bringing up the baby comfortably. Many men have been ordered by courts to continue supporting a child that is not theirs even after presenting conclusive evidence (such as the results of a DNA test proving that they are not the Biological father of the child and even in some cases they had no relations with the child at all [20]). According to a study from the crime survey for Wales and England, at least 40% of men aged 16-59 experienced domestic abuse between 2014 and 2015. Mayo Clinic says that domestic violence against men can take different forms which include emotional, physical abuse, sexual and threats of abuse. Imbalance of power and control are signs of abusive relationships, other indicators for domestic violence against men are: When the wife starts calling him names, insults or putting her husband down, preventing the husband from going to work or school, stop husband from seeing family members and friends, try to control how her husband spends money, where he goes or what he wears, threaten you the husband with violence or a weapon, kicks, shoves, slap, hits or otherwise hurt her husband, children or pets. Domestic violence puts children at a risk of developmental problems, psychiatric disorders problems of schools, aggressive behavior and low self esteem [21].

Indicators of domestic abuse include:

Emotional abuse

One may belittle or put you down. Blame you for the abuse or for arguments. Deny that abuse is happening or play it down, isolate you from your family and friends or make unreasonable demands for your attention.

Threats and intimidation

The person abusing you may threaten to hurt or kill you, destroy things belonging to you, stand over you or invade your personal space. Threaten to kill children or themselves, read yours emails, text or letters harass or follow you.

Physical abuse

This may include; punching, hitting or slapping. Pushing or shoving, biting, kicking, burning or choking you, throwing things and holding you down.

Sexual abuse

Touching you in a way you don't want to be touched or make unwanted sexual demands. Hurt you during sex or pressure you to have sex and finally pressure you to have unsafe sex (e.g. not using a condom)

On the other hand Social economic impact on gender violence are:

- a) Medical cost/legal services/court/counseling. Emerging response teams, interrogations, lime start in courts, hiring a lawyer, compensation, criminal investigations cost of witness.
- b) Loss of jobs, death, taxation.
- c) Low productivity to job absence
- d) Crisis services.
- e) Administrative time and cost for search, hiring and training replacements
- f) Illiteracy for children, Special education for children who witness violence
- g) Sexual exploitation of young girls
- h) Child labor
- i) Leads to alcoholism
- j) Data on the social, economic and health costs of violence leave no doubt that violence against women or men undermines progress towards human and economic development.
- k) Assaults result in injuries ranging from bruises and fractures to chronic disabilities such as partial or total loss of hearing or vision and burns may lead to disfigurement.
- l) Children from families experiencing domestic violence or have themselves been abused, exhibit health and behavior problems which are not limited to their weight, their eating and their sleep [22].
- m) They may have difficult at school and find it hard to develop close and positive friendships.
- n) They may try to run away or even display suicidal tendencies [23].

The emerging reality of men becoming victims to domestic violence is featured in 2014 Kenya demographic and health survey (KDHS) which shows 44% of men between 15-40 years having experienced physical violence against 45% of women, while 21% of married men were emotionally abused by their spouses with a further 4% experiencing sexual violence [24]. June Ashioya an advocate of the high court and a member of FIDA Kenya which draws membership from female lawyers and implements activities on human rights of women said that there are very many women who violate the right of men, but are not reported. She

is one of those advocates who handles cases of domestic violence against men continues to say that fear of reporting the violations hamper search for justice.

Most of the male victims feel embarrassed and humiliated. The authors of this journal agree with this because of the men's ego they would not like to look like they are abused by their wives for fear of stigmatization. It has been reported by the mainstream media in Kenya that majority of educated and wealthy women do beat their husbands especially those people who are professionals such as judges, doctors, politicians as well as businessmen. It is true because these cases have been witnessed in the social media platform, big politicians reporting to the police that they have been beaten by their wives or have been attacked by unknown people at night.

According to world health organization (WHO) globally one in every seven men has experienced domestic violence meaning that men also should be encouraged to speak up. Most of gender based violence experienced by women of are caused by finances, infidelity and matrimonial property. In Nairobi, Kenya a survey released by the national crime research center shows that cases of gender violence against men has increased recently. This study targeted 819 residents (656 female and 163 male) in 13 countries, excluding northern eastern countries. The prevalence current were said to be 48.6 % for men and 37.7 % for women [25]. The study reported that more men than women have been bodily harmed. These men were said to be bodily harmed by women or men as reported by the media. This reflects gender bias in which women trivialize the experiences of men and cultural change in which men admit being victimized by women. Mombasa, Vihiga, Busia and Kiambu were reported to have exhibited the highest rate of the gender violence against men. Both gender reported the most common form of gender violence which were inflicted on them was bodily harm. (73.8 % and 68.9% among female and men respectively) other forms of harassment identified in this report was economic deprivation/financial restrictions and psychological humiliation [25].

The researchers of this study concur with this report because they witnessed these cruel harassment on men on the social media in 2015 through the national TV channels, a woman cut the private part of her husband. Other men are beaten while drunk by their wives. In Nairobi magazine for February 2017, there was a report of the late Kiiru secondary school principal who was killed by thugs who had been deployed by his wife. Some of those brutalities are done as a result of continued disagreement in the family ranging from infidelity to financial crisis. Some women have become furious on learning that their husband has mistress and they start planning how they can terminate those

friendships once and for all. Some men are accused of not providing for the family and have indulged their lives in alcohol and other drug substance addictions thereby draining all the family resources. Violence against men might be higher if all incidences are reported to the legal system. Sexual harassment is also another common form of harassment. Wealthy women do take the advantage of poor young men in exchanges of money.

Many African traditional men beat their wives to show their superiority while other customs equate women with children thereby disciplining them as they do to children. Men claim that women have been empowered and that they use that opportunity to fight them. There are a lot of organizations fighting for the rights of women. Like FIDA, when men have nowhere to go. Failure of men to contribute to the needs of the children and to meet the conjugal rights of their wives also promotes violence against them. Other causes of violence are unemployment, hardship, income inequality and stress. Interestingly, in some African countries, it is cultural for men to beat their wives as a show of love to them. Some women remind their husbands that they have stayed for long without beating them. Coronavirus pandemic has accelerated domestic violence at a great height compared with pre-Corona period.

METHODOLOGY

The target population of the study was 300 persons from Ongata Rongai. A total of 90 persons of the target population were selected using Berge & Gall sample size formula that state that at least 30% of any given population is significant for any given target population. Sampling was through simple random Questionnaire method was used in data collection. Ethical considerations were highly observed as no participant was forced to take part in the study. Two well-trained Research Assistants on the methodology were engaged. They explained very well to the respondents on the purpose of the Study. The data collected was coded and analyzed using Statistical Package for Social Sciences (SPSS) Version 25.0. Tables and Figures were used to present the results. On testing the null hypothesis (Ho) which stated that physical, psychological, emotional and economic effects of domestic violence do not influence family stability, it was rejected.

RESULTS AND DISCUSSION

This section presented data analysis and interpretation of the study findings on factors affecting family stability at Ongata Rongai in Kajiado County. The results were presented in frequencies, percentages, tables and figures. The analysis was done with the help of SPSS Version 25.0. It was presented based on the following subsections: background information,

physical force potentiality, psychological and emotional effects and economic effects of domestic violence.

Demographic Data

The gender of the participants was as follows: women 80%, while men were 20%. Marital Status: Married 57%, single 37% while separated were 6%. Age: 21-30 years 63%, 31-40 years 14%, 41-50 years 9%, 51 and above years 14%. Education: Secondary

23%, college 31%, university 46%. Occupation: Employed 14%, self-employed 33% while un employed were 47%.

How the use of Physical Force Affect Family Stability

The study sought to find out how the use of physical force affects family stability.

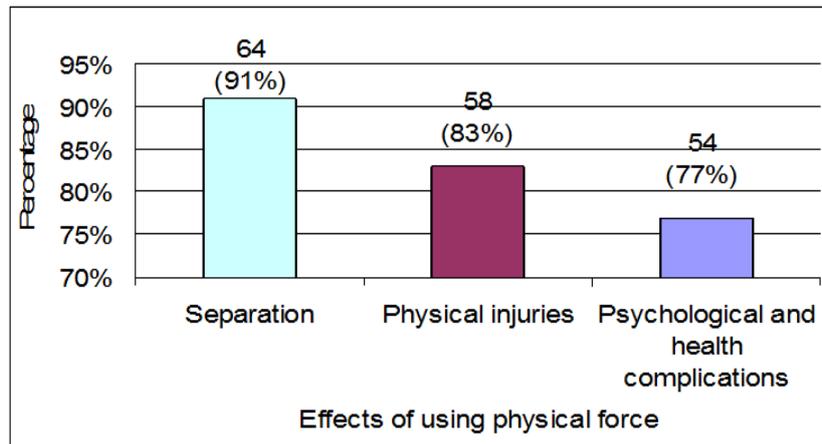


Fig-1: Effects of physical force on family stability

An overwhelming majority (91%) of the respondents reported that use of physical force caused separation in families. Another 83% indicated that use of physical force caused physical injuries. Similarly, more than two thirds (77%) of the respondents recorded that use of physical force in families caused physical health problems.

A number of studies on the effects of domestic violence have revealed that most families experience a lot of challenges as a result of domestic violence. These support the findings of this study. A study conducted by Devaney [26], on the impact of domestic violence on children found that those who have experienced domestic violence are exposed to both physical and emotional traumas. The multiple traumas were caused by neglect, sexual and physical abuses which have both

the immediate and long term consequences. These findings also concurred with those of another study conducted by Rudford *et al.*, [27] on Child Abuse and Neglect in the UK, which found that families with domestic violence were more likely to separate than those without. The separation may be prompted by quarrelling, battering and the feeling of discomfort in the marriage or relationship. The US Catholic Bishops also emphasize that “no person is expected to stay in an abusive marriage,” since it is violence and abuse which break up marriage rather than divorce.

Psychological and emotional effects that are likely to affect families involved in domestic violence

A number of items were used to establish the psychological and emotional factors that are likely to affect families involved in domestic violence.

Table-1: Psychological and emotional effects that affect families involved in domestic violence

Items	Yes		No		Not Sure	
	F	%	F	%	F	%
Expression of aggression	60	86	2	3	8	11
Limiting access to friends	60	86	4	6	6	8
Threats of physical or sexual violence	60	86	6	8	4	6

Majority of the respondents (86%) reported that families involved in domestic violence express aggression. Another 3% of the respondents refuted the statement while the remaining 11% were not sure. Additionally, a vast majority of the respondents (86%) indicated that there existed both limited access to friends and threat of physical and sexual violence in

families with domestic violence. Victims of domestic violence are subjects of both emotional and psychological disturbances. According to a study conducted by Watson and Parson [28] on the Domestic Abuse of Women and Men in Ireland found that husbands and intimate partners sometimes batter their partners with the intent to harm the other person

mentally or emotionally. Their intention may also be to exert control over another person.

Psychological aggression may include expressive aggression e.g. limiting access to transportation money, friends, and family; excessive monitoring of whereabouts; threats of physical or sexual violence; control of reproductive or sexual health for example refusal to use birth control or coerced pregnancy termination Centers for Disease Control and Prevention; 2015 [29]. The findings also correspond with the findings of a general study conducted by the United Nations Secretary General's Study 2006 on violence against children that found that domestic

violence is a social problem, affecting each member of a family including children. The Study reports that even when children are not the ones directly experiencing violence or aggression, parents under stress can cause stress in their children. For children, witnessing domestic violence can lead to the development of many negative behavioral traits or mental health issues. Exposure alone can be traumatic. Children who witness violence in the home are affected in ways similar to those who experience physical abuse.

Economic effects of domestic violence

A number of items were used to find out the economic effects of domestic violence

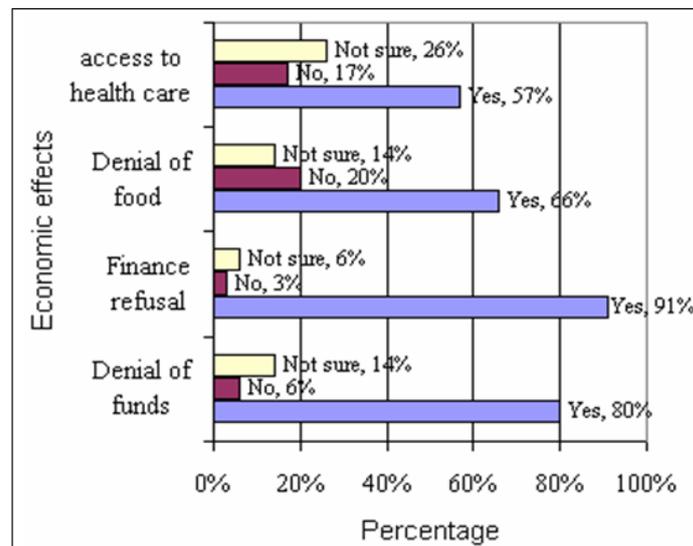


Fig-2: Economic effects of domestic violence

80% of the respondents indicated that there was denial of funds for family use in families with domestic violence. An overwhelming number of respondents (91%) also reported refusal to contribute financially in a family. On the other hand, two thirds, 66% of the respondents reported that there was denial of food and basic needs due to domestic violence. Slightly over half, 57% of the respondents indicated that families with domestic violence control access to health care. Another 26% of the respondents were not sure if the control of access to health care was associated with domestic violence. The findings show that families with violence experience both economic and social derivation which affect individuals' lives. According to a study by the Centers for Disease Control and Prevention 2015 on the costs of intimate partner violence against women in the United States found that domestic violence has high economic impact from increased healthcare costs to workplace issues including as safety, loss of income and productivity. The study further added that economic abuse may include acts such as denial of funds, refusal to contribute financially, denial of food and basic needs, and controlling access to health care, employment among others. Another study

by Lyon [30] on Meeting Survivors' needs affirm that battered women may also lose their jobs.

CONCLUSION

Covid 19 Pandemic has accelerated Gender violence for both women and men. For a long time gender violence has been associated with women but of recent time violence against men has been on increase. Statistics shows that 40% of men are victims of domestic violence, however it is believed that the number may be high as most of the men do not report for fear of stigmatization. The community and faith based institutions should develop educational programs to minimize domestic violence. Educate the community on effects of domestic violence, Women should be empowered economically. The victims of both genders should be careful when they note indicators of violence and when it happens then it should be reported immediately to the authority. The legal systems should come up to strict laws to perpetrators of violence. Incase of violence one should not hit back it worsens violence. Exercise of diplomatic is the best method to solve differences, a third party like faith leaders; counselors or mentors should be involved when or

before the situation worsens. Life is sacred and therefore killing or chopping some parts of the body should be avoided because it terminate or decrease population. Further it has a very big negative social-economic effect as discussed in this paper. Responsibilities in the family should be clear; this is because finance and the control of power have been found as the main contributors of domestic violence. These families should make sure that their children are not involved in these violence's as it affect them deeply psychological to the extent of their education. The practice of gender equity in all sectors should be implemented for both public and private sectors. Covid 19 has affected the whole world, majority of people have been laid off from places of work, and some businesses have been closed. The government should come up with strategies to revive the economy focusing in all areas. People should observe the preventive measures of Noval Corona virus so that people may not divert the resources of the family to the treatment of this pandemic.

RECOMMENDATIONS

Based on the findings and discussion of this study, the researchers recommended the following:

- i. Continuous programs need to be initiated to raise awareness on the negative impact of domestic violence in the family and between intimate partners. Existing platforms like the Church can be used to cultivate a positive image among couples, further families should be made to understand that Covid 19 pandemic has brought up a new norm that need to be understood.
- ii. All people should obey strictly measures suggested by the World Healthy organization, Health experts and government direction so as to avoid being infected with coronavirus pandemic.
- iii. The government and the Church should adopt better approaches and strategies to ensure that sound policies and laws controlling domestic violence are fully implemented so as to curb and to punish perpetrators. It should also work in partnership with NGOs and other private entities to ensure that domestic violence has no place in our current society.
- iv. Better approaches and strategies should be adopted to ensure that these policies adequately protect women, men, and children in the society.
- v. The community and faith based institutions should develop educational programs to minimize domestic violence. They should educate the communities on the effects of domestic violence economically.
- vi. The victims of both genders should be careful when they note indicators of violence before

- vii. and after it happens and this should be reported immediately to relevant authorities
- vii. To solve the differences, a third party such as faith leaders or counselors should be involved when or before the situation worsens. Life is sacred and therefore killing or chopping some parts of the body should be avoided because it terminates or decreases the population. Further, it has a great socio-economic effect as discussed in this Study.
- viii. Responsibilities in the family should be shared because control of finance and management of the home has been found to be the main contributor to domestic violence.
- ix. Children should not be involved in the violence since this would affect them psychologically as this would in turn affect their school performance and their normal life generally.
- x. Gender equity should be implemented in both public and private sectors.
- xi. Women and youth should take the advantage of Government of Kenya economic initiations through Uwezo Fund as well as youth fund to start group projects or should take loans from SACCOs to start Small and Medium enterprises (SME) to

Recommendation for Further Study

Further studies are needed in the area of family instability which are not limited to the following areas:

1. Gender equity in the family, places of work and leadership responsibility in the society.
2. Economic recovery strategies for the family set up for both Covid and post - Covid Era
3. Effect of spiritual growth programs on family stability
4. Effective family self discipline strategies toward coping with Covid 19 pandemics

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