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Impact of Orphaned and Vulnerable Children’s (OVC) Intervention Programs on their Holistic Wellbeing in Kenya.

Authors

Ferdinand Wekesa Chemwende¹; Rosemary Wahu Mbogo²

¹PhD Candidate, Africa International University

Email: ferdinand.chemwende@aiu.ac.ke

²Dean, School of Education, Science and Social Studies

Email: rosemarywmbogo@gmail.com

Abstract

This paper examines the impact of OVC intervention programs on the holistic wellbeing of children in Residential children homes in Kajiado West sub-county. The question however is, how effective are the programs conducted in these homes to the wellbeing of the children? A mixed-methods research design was adopted for the study using both qualitative and quantitative data. Targeting one residential home in the sub-county that comprised children between the age of 12 to 25 years, a sample of 20 children was purposively selected from eighth grade, high school and tertiary institution going children as they were at a stage where they could provide relevant information given the length of their stay at the residential home. Data was then collected using self-administered questionnaires and an interview guide, which was further analysed descriptively, drawing findings, conclusions, and recommendations. The study evaluated the overall wellbeing of the children in various aspects, including their education, shelter, food and nutrition, economic status, protection, mental health and family with food and nutrition, shelter and spirituality having a higher impact at an average mean of 2.76, 2.73 and 2.73 respectively. Among the programs evaluated, mission visitors played a significant role in influencing children’s holistic wellbeing depicting a mean of 2.73 followed by talent identification programs at 2.50, Computer Programs at 2.40, Music lessons at 2.11 and Foreign Language at 2.00.

Key Terms: Orphaned and vulnerable children (OVC), Spirituality, Programs, Wellbeing.

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1.0 INTRODUCTION

Supporting orphans and vulnerable children (OVC) in sub-Saharan Africa remains a challenge in most societies where they eventually residential children homes. Sub-Saharan Africa has been overwhelmingly surging in numbers of orphaned children having lost either one or both children. This has led to a drastic increase in orphanage populations, highly attributed to loss of parents over HIV/AIDS, parents with chronic illnesses or food insecurity and abject poverty in specific households. A research study by the Disability Rights International (DRI) carried in Kenya launched an argument, questioning the impact of residential children homes on children's wellbeing (DRI, 2018). In their report, they suggested that well-wishers should preferably support poor families of the children rather than orphanages, to prevent fraudsters using the children to mint money.

In summary, they argued that home-stay' model is best rather than children homes and that most children in orphanages are in fact, not orphans. Moreover, misappropriation of donor money is of high concern in children homes, where in most of them children are vulnerable to sexual abuse and other exploitations (DRI, 2018). Their findings were as a result of a survey conducted on various orphanages in Kenya, between the years 2016 – 2018.

On the same page, the then Cabinet Secretary for Labour and Social Protection in Kenya Mr. Ukur Yattani told the Lifestyle Magazine that "it looks unlikely that the government will register new homes again." The minister continued to reiterate that they (government) were looking at ways of integrating those children, families and society as they grow up, so that they are not detached from the day-to-day matters facing families and society. According to Mr. Yattani, Children orphanages or homes do more harm than good. He stated that "At the centers, the children might get physical support in terms of food, shelter and clothing. But there is the other bigger challenge of socio-psychological support that is required, which can only be found within the family or the society." The DRI report further presents interesting findings.

The Cabinet Secretary affirmed "Once you put children in residential homes, you isolate them from the society. So, that is the psychological stigma that they will experience when they grow up." This statement was in support of the fact that children's homes or 'orphanages' as commonly referred to are not appropriate habitations for vulnerable children in society. The minister was reacting to the scathing criticism tabled in the report findings by the Disability Rights International researchers who had visited twenty-one (21) children home facilities around Kenya – some housing disabled children and others with regular ones (DRI, 2018). Mr. Yattani pointed out that the government may have one more reason to halt the registration of new orphanages. According to the report, individuals sponsor many orphanages or organisations donating thousands of dollars yet at the same facilities, children are still living in worst conditions as few individuals squander the money.

Lastly, the report pointed out the inadequacy and insufficient staff personnel in the children homes. They observed that in every single institution visited, they found that there was limited staff to take care of the children. Moreover, the staffs were not trained and, in several places, they found teenagers taking care of the younger children in the homes. This information as drawn from the DRI report, "*Infanticide and Abuse: Killing and confinement of children with disabilities in Kenya* (DRI, 2018), played a significant role in laying a foundational argument for this paper.

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It is from the foregoing discourse that the authors in this paper set to examine the impact of intervention programs and activities in the integration and enhancement of whole-some self-independent individual child. The two admit that at some point there are weaknesses among some if not most children homes in their attempt to providing for the less fortunate, disabled or vulnerable children in our society. The government should not just wake up to halt the registration of new homes without first laying up strong mechanisms and alternatives to salvage the lives of orphaned and vulnerable children. Data based evidence must be used in decision-making and improvement of child intervention programs.

There has been a considerable decline in the use of residential children's care since 1970s, largely due to changes in policy and professional perceptions of residential institutions, as well as concerns about its quality and cost (Berridge, & Lorna, 2012). Study findings have shown that residential care is an important part of the care system and can have both a positive and negative effect on children's emotional, behavioural and social development as well as their mental health and academic progress (Steels, & Simpson, 2017). Many residential children homes were established primarily for providing three basic needs: food, shelter and clothing. Through literature analysis, there is little scholarly information as pertains the impact of intervention programs in residential homes. In the same breath, the authors are in agreement with the Vision Trust, which recognised that the orphan crisis is more complex than it may initially appear and therefore may need more nuanced solutions (Bello, & Pillay, 2019). The authors are optimistic that the unique cultural contexts in Kenya and Africa may be different from the rest of the world. The challenges in Kenyan residential homes (orphanages) may therefore require Kenyan solutions, similar to the rest of the world.

According to Lethale and Pillay (2013), studies have exhibited a desolate picture of the experiences of OVC in children homes. Nonetheless, there is evidence of some few institutions demonstrating resilience in the wellbeing of children brought up in these homes. Therefore, the growing numbers of OVC in Africa and Kenya in particular urgently calls for the need to understand these children's unique experiences and feelings. This paper therefore focuses on the effect of some intervention programs used in the homes to enhance the holistic wellbeing of children in the residential children homes.

2.0 LITERATURE REVIEW

While many studies have been done in favour of/and against residential children homes in Kenya (Chemutai, 2012; Lee et al., 2014; Chege, & Ucembe, 2020), this study has focused on examining the simpact of intervention programs in residential children homes in Kajiado North Sub-County. According to Chege and Ucembe (2020), a good research in this field should portray the challenges in the routine use of residential children homes especially when they have alternative care placements such as foster parents and extended families. In relation to this, the paper besides addressing the impact of intervention programs, also looks at the role played by foster parents for instance on the wellbeing of the children.

It has been observed over time that most research studies in residential care centres emphasise problems associated with being in care centre but few investigate the wellbeing of these children. In whichever manner, studies have revealed that a great number of children who are unable to live with their families need

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substitute care each year for reasons such as being abused, neglected, orphaned or abandoned (Li, Chng, & Chu, 2019). The study conducted in Singapore, investigated differences between children placed in residential care and foster care families with regard to three outcomes: Internalising behaviours, externalising behaviours and perception of care. The study comprised 23 studies based on publications from the previous 20 years. The study sampled out 13,630 children with 7,469 from foster care and 6,161 from residential care and an investigation was conducted. The results indicated that children in foster care had consistently better experiences and fewer problems across the three outcomes as compared to children in residential care. The analysis on children's perception about care indicated that children in foster care families had perceptions that are more favourable about their placement. In other words, they reported higher levels of satisfaction with care settings and caregivers, higher levels of safety feelings among other favourable perceptions. However, it was observed that the difference between developed and less developed countries was a factor to consider in general care giving process (Li et al., 2019).

According to the findings presented by Li et al. (2019), it was noted that the perception of children in the foster care institutions was positive as compared to children placed in residential care. Thus, in this paper, the authors sought to find out what better options could residential homes employ to create the homely environment suitable and conducive to the children. The study examines intervention programs that once created may change the children's' perception and make them feel more safe and secure than in foster care homes. This is because children are being orphaned every day in society out of various causes, which are beyond society expectations (Li et al., 2019).

A research by Schütz, Sarriera, Bedin and Montserrat (2015) was conducted in Brazil to investigate the subjective wellbeing of children in residential care centers versus those from the general population living with their families. The subjects entailed a sample of 218 children aged 8-12 years. As outlined by the study, half of the children were under residential care with another half living with their families. Discriminant analysis was performed using, the seven Personal Wellbeing Index: School children (PWI-SC) items, the eight General Domain Satisfaction Index (GDSI) items and the Ordinary Least of Squares (OLS) single item scale as the independent variable, and as dependent variable - the group in which children belong (foster care/families). Results indicated that all items significantly discriminated towards children living with their families. It was observed thus that children with fewer changes manage to maintain their social bonds and find greater consistency in care, which seems to influence their sense of wellbeing. It was concluded that the promotion of wellbeing must aim at forms of care involving greater stability (Schütz et al., 2015).

According to the findings of the study conducted by Schütz et al. (2015), the researchers established that residential homes were dedicated to giving their children the best while enhancing their wellbeing far beyond many ordinary homes. In addition, ordinary families, which are not stable economically, socially and psychologically pose a big threat to the wellbeing and development of their children. Hence, in the current paper, the authors intended to examine which other intervention programs lacking in ordinary homes can enhance stability and wellbeing among children living in residential homes.

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Another study was conducted in Malta to explore the long-term outcomes of children in residential out-of-home care. The qualitative research explored ten adults aged between 22 and 27 years who spend at least four years in institutional residential care. The results highlighted how participants made sense of considerable hardships and suggested that for 9 out of 10 adults, transition to adulthood lacked the necessary emotional, social and financial support and occurred at an earlier age and in an abrupt manner than for the same young people of the same age. These study findings also indicated that participants desired positive affirmations and significance of care-givers acting as role models whom they could identify with (Abela et al., 2012).

According to a study by Abela et al. (2012) which focused on the long-term outcomes of children that have been living in residential homes. The findings indicated that there was a challenge in transitioning to adulthood children who were now adults confirmed that there was a gap in terms of social, emotional and financial support. Transitioning to adulthood among any child is very important and that is why the authors in the current study opt to examine intervention programs that can help children transition without challenges. The findings also indicated that the adult children needed so much people to identify with as role models. The role models in residential children homes could be the founders of the home or people employed to work as staff. The role models are very important people in the lives of children and adults (Abela et al., 2012). For the case of the current study, the authors examine the role of foster care parents in the development and wellbeing of children.

Finally, another study was conducted in Bamburi Division, Mombasa County to investigate the roles of children homes in provision of care to vulnerable children (Chemutai, 2012). The study was based on three objectives namely: provision of basic needs, provision of physical and psychological security and character development and enhancement through mentoring and provision of education. The study comprised of 50 respondents: 21 management staff, 7 committee members, 17 caretakers, 2 religious leaders and 1 District Children's Officer. It was established that the provision of security, both physical and psychological relied so much on how well the home was established. It was also established that giving children education was the major hope of their future success. The study recommended further investigations as to why government institutions are weak to deal with residential homes which fail to provide minimal basic needs to vulnerable children.

According to Chemutai (2012), provision of security, both physical and psychological was paramount to the growth and development of children. Physical security points out to care in terms of no physical harm, threat, or violence. Absence of physical violence within or outside the children's environment ensures healthy growth and development (Chemutai, 2012). Psychological security means absence of verbal abuse or intimidations using words. Repeated verbal abuse makes children develop low self-esteem, which is harmful to their growth and development. Positive affirmations ensure and promote trust and confidence amongst children.

Materials and Methods: The aim of this study was to examine the impact of intervention programs on holistic wellbeing of children in residential children homes in Kajiado West Sub-County. In order to meet this objective,

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the authors adopted a descriptive survey design employing use of quantitative data collection methods. Descriptive analysis was further conducted to achieve the results as presented in the next section. The study targeted one residential home in Kajiado West Sub-County comprising children between the age of twelve (12) and twenty-five (25) years. This population consists majorly of children in seventh and eighth grade, students in high school and those in tertiary institutions. The study sample comprised 20 children from the residential children home in Kajiado's West sub county. These children were purposively selected from the eighth grade, high school and tertiary institution going category. They were deemed an appropriate sample as they could provide the necessary information given their length of stay at the institution. This category of respondents were perceived to confidently be in place to respond to the questionnaires without being subjected to fear or intimidation. The study employed use of questionnaire guide for data collection with an aim of simplifying the data collection procedure and saving time. The process of data analysis involved collecting, transforming, cleaning and modelling data such that only relevant information was retained. The collected data was therefore descriptively analysed from which the findings, conclusion, and recommendations were made.

3.0 RESULTS

This study intended to determine the impact of intervention programs in residential children homes on the holistic wellbeing of children, the study conducted in one of the residential children's home in Kajiado West Sub County received a 100% response rate with all questionnaires having been answered and returned for analysis. First, the study presented the demographic information of the children considering their gender, education sponsorship and the type of school attended by the children.

Influence of Foster parents on Children's Wellbeing in Residential Homes

The authors sought to establish how foster parents influenced the Children's Wellbeing. The study sought to determine whether and how foster parents influenced the wellbeing of a child living in a residential home. A descriptive statistical analysis was performed to find out the mean score of the variables depending on the response of participants whose findings are presented in Table 1. NB: The variable means have been arranged in ascending order.

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Table 1: Descriptive Statistics on role of foster care parents

	N	Max	Sum	Mean
Whenever I do a mistake, they listen non judgementally	20	3.00	43.00	2.1500
They regularly attend meetings as required by the school	20	3.00	46.00	2.3000
I always feel they are good role models in my life	20	3.00	48.00	2.4000
We have lots of good times together	20	3.00	48.00	2.4000
They always respect my confidentiality as a child	20	3.00	49.00	2.4500
Overall, I am happy staying with this family	20	3.00	50.00	2.5000
I love meals, shelter & clothing: I am well provided for	20	3.00	50.00	2.5000
I am always allowed to access after school activities e.g. sports	20	3.00	51.00	2.5500
Always provide a safe environment for my living	20	3.00	52.00	2.6000
Always provide consistent, realistic and appropriate discipline measures	20	3.00	53.00	2.6500
Foster family gives me hope for the future	20	3.00	56.00	2.8000
Valid N (list wise)	20			
				2.481818182

From the findings, the study established a mean of 2.481 rounded off to 2.5 and was considered as average score for all variables. Variable means of 2.5 or above were considered high and indicated a strong response on opinions of participants regarding the role played by foster parents in the holistic wellbeing of the children. The authors sought to determine whether the roles of foster parents positively contributed to the wellbeing of children living in residential homes. According to the participant's responses the highest mean of 2.80 was recorded showing that foster parents gave participants hope to live in the future. This indicated that many participants felt the presence of foster parents in their lives positively influenced the hope for a better future hence perceived to contribute to the wellbeing of children in residential homes.

In terms of discipline measures, participants indicated that foster parents always provided consistent, realistic and appropriate discipline measures at high mean of 2.65. Foster parents who therefore took discipline measures upon children under their care were a part of the positive reinforcements towards influencing children's wellbeing in residential homes. The participants strongly felt that foster parents always provided a safe environment for their living. This was indicated by the high mean of 2.60 hence influencing the children's wellbeing.

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Influence of Talent Identification Programs on the Wellbeing of Children

On talent identification programs such as Super Kid competitions, the mean scores were valued against 2.50 or above which would indicate a positive relationship. In the results however, none of the variable means recorded a value closer to average mean as indicated on Table 2.

Table 2: Descriptive Statistics on Talent identification

Variables	N	Max	Sum	Mean
The events helped to bring children together to interact and share knowledge	20	1.00	20.00	1.0000
Overall, was satisfied with comp. challenges	20	1.00	20.00	1.0000
Competitions help me trust in myself	20	2.00	21.00	1.0500
Many of presentations taught me how to be courageous and confident	20	2.00	21.00	1.0500
I learned creative ideas from other children that are helpful to my future	20	2.00	21.00	1.0500
I enjoyed the events I attended so much	20	2.00	22.00	1.1000
I attended talent identification competitions severally	20	2.00	23.00	1.1500
Valid N (list wise)	20			

The low mean score for all the variables were perceived to indicate that the respondents did not fully agree or support the view that talent identification programs influenced the wellbeing of children in residential homes.

Influence of Computer Programs on Children's Wellbeing

The descriptive statistical results indicated that none of the variables recorded an average mean of 2.50 and above. The highest mean recorded was 2.40 in which the participants said that they have hopes for the future through computer knowledge. The low means were perceived to depict less influence of computer lessons on the wellbeing of children in residential homes. Table 3 indicates summary of the descriptive results.

Table 3: Descriptive Statistics on use of Computer

	N	Max	Sum	Mean
Computer lessons improved my academic performance	20	3.00	39.00	1.9500
Computer classes helped me in career choice	20	3.00	40.00	2.0000
Computer knowledge enhanced my interactions with helpful people	20	3.00	43.00	2.1500
Computer knowledge enhanced my thinking & creativity	20	3.00	44.00	2.2000
Overall, I enjoyed learning computer classes	20	3.00	44.00	2.2000

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Computer basics were helpful to my studies	20	3.00	46.00	2.3000
Have hopes for the future through computer knowledge	20	3.00	48.00	2.4000
Valid N (list wise)	20			

Influence of Learning a Foreign Language on Wellbeing of Children

Based on the findings presented on this aspect, the results as presented in Table 4 indicated that all items recorded low means of less than 2.00, which showed that learning a foreign language did not influence their wellbeing so much. It would also be probable that the children did not have chance to study any foreign language.

Table 4: Descriptive Statistics on use of foreign language

	N	Max	Sum	Mean
Learning foreign language helped improve my academic performance	18	2.00	23.00	1.2778
Foreign language helped me in career choice	17	3.00	27.00	1.5882
Foreign language was helpful to my studies	18	3.00	29.00	1.6111
Foreign language advanced my interaction with other people	18	3.00	29.00	1.6111
Foreign language enhanced my thinking and creativity	18	3.00	30.00	1.6667
Have hopes for the future through foreign language	18	3.00	33.00	1.8333
Overall, I enjoyed learning foreign language	18	3.00	35.00	1.9444
Valid N (list wise)	17			

Influence of Music lessons on the Wellbeing of children

The study findings presented in Table 5 show that the highest variable indicated a mean of 2.11 which is lower than the average mean. Though the variable recorded the highest mean, its rating below average indicates that the participants did not support the view that music classes influenced their wellbeing. However, they did indicate that slightly music lessons were helpful to their studies. The participants also indicated at a closer range of mean 2.00 that music lessons enhanced their thinking and creativity.

Table 5: Descriptive Statistics on use of Music lessons

	N	Ma	Sum	Mean
Music classes helped me in career choice	18	3.00	27.00	1.5000
Music lessons helped improve my academic performance	18	3.00	29.00	1.6111
Have hopes for the future through music skills	18	3.00	30.00	1.6667
Music lessons enhanced my interaction with helpful people	18	3.00	34.00	1.8889

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Overall, enjoyed music lessons	18	3.00	35.00	1.9444
Music lessons enhanced my thinking and creativity	18	3.00	36.00	2.0000
Music lessons were helpful to my studies	18	3.00	38.00	2.1111
Valid N (list wise)	18			

Influence of Mission Visitors on the Wellbeing of Children

The study sought to establish whether there was any influence by Mission visitors and the results as illustrated in Table 6 shows that participants strongly support the view that visiting missionary teams in residential children homes greatly enhanced interactions with helpful people outside their compound who perhaps influenced their wellbeing. This was evidenced through the highest mean of 2.73 indicating that many participants were positively in agreement. The authors also noted that at closer mean of 2.57, the respondents indicated that visitor's interactions enhanced the children's hope for the future. It was perceived that perhaps visitor's contributions towards supporting residential homes could have influenced positively the perception of children about their concerns and needs. This in turn influenced the wellbeing of children in residential homes through visitors.

Table 6: Descriptive Statistics on Mission visitors

	N	Max	Sum	Mean
Visitors helped improve my academic performance	19	3.00	35.00	1.8421
Visitors helped me in career choice	19	3.00	39.00	2.0526
Visitors interactions enhanced my thinking & creativity	19	3.00	43.00	2.2632
Visitors interactions was helpful to my studies	19	3.00	46.00	2.4211
Overall, I did enjoy visitors	19	3.00	46.00	2.4211
Visitors interactions enhanced my hope for the future	19	3.00	49.00	2.5789
Visitors enhanced my interactions with helpful people	19	3.00	52.00	2.7368
Valid N (list wise)	19			

Overall Children's Wellbeing in Residential Homes

The study sought to establish the overall wellbeing of children in residential homes. To acquire information from the participants, a data collection tool from Orphans and Vulnerable Children (OVC) Wellbeing tool by Catholic Relief services 2009 was adopted. The development of OVC tool was an important component of monitoring, evaluating and improving services to orphans and vulnerable children. The goal of the OVC Wellbeing Tool (OWT) therefore is to improve both the quality and responsiveness of OVC programs by identifying and responding to unmet needs and evolving circumstances in vulnerable children's lives which impact on their wellbeing. The authors adopted and fully used this tool to determine the state of children being brought up in residential children homes. The results of the findings have been indicated in the field scoring sheet below. The results are illustrated in Table 7.

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Table 7: Field scoring sheet on children's wellbeing

		N	Sum	Mean
FOOD & NUTRITION	I ate at least two meals a day	20	52.00	2.6000
	I had enough food to eat	20	57.00	2.8500
	I went to bed hungry	20	57.00	2.8500
			FNA	2.76
EDUCATION	My teachers treated me like other students	20	51.00	2.5500
	I had materials needed to do my class work	20	51.00	2.5500
	I was treated well as other students in my class	20	53.00	2.6500
	I liked school	20	49.00	2.4500
	I had enough books and supplies for school	20	49.00	2.4500
			EDA	2.53
SHELTER	I had a house where I could sleep at night	20	57.00	2.8500
	I felt secure in my neighbourhood	20	53.00	2.6500
	I felt safe where I lived	20	54.00	2.7000
			SHA	2.73
ECONOMIC	My school attendance was affected by need to work at home	20	51.00	2.5500
	My family had enough money to buy the things we needed	20	33.00	1.6500
	One of the adults taking care of me(us) earned money working at a job	20	39.00	1.9500
			ECA	2.05
PROTECTION	I was treated differently from other children in my household	20	54.00	2.7000
	I was treated the same as other children in my school	19	48.00	2.5263
	I was treated differently from other children in my village	20	50.00	2.5000
	I did not get enough sleep and felt tired because of all the work I did	20	50.00	2.5000
			PRA	2.55
MENTAL HEALTH	I have people I can talk to when I have a problem	20	48.00	2.4000
	I was able to do things as well as most other people	20	49.00	2.4500
	I am as happy as other kids my age	20	47.00	2.3500
	I feel that I live in a safe place	20	55.00	2.7500
				MHA

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	At home, I had someone to look after me if I got hurt or felt sad	20	51.00	2.5500
	I had adults that I could trust	20	46.00	2.3000
FAMILY	I get emotional help and support I need from my family	20	41.00	2.0500
	I felt I was supported by my extended family	20	41.00	2.0500
			FA	2.23
HEALTH	I felt strong and healthy	20	49.00	2.4500
	I worried about my health	20	45.00	2.2500
	My health was good	20	45.00	2.2500
	I am growing as well as other kids my age	20	52.00	2.6000
			HA	2.38
	My believe in God gives me strength to face difficulties	20	58.00	2.9000
SPIRITUALITY	My belief in God gives me comfort and reassurance	20	57.00	2.8500
	My faith community is important to me	20	49.00	2.4500
			SPA	2.73
	People in my community try to help me	20	50.00	2.5000
COMMUNITY	I feel welcome to take part in religious services	20	50.00	2.5000
			CCA	2.50
	TOTAL WELLBEING SCORE			2.494

NB:

- $OWT = FNA + EDA + SHA + ECA + PRA + MHA + FA + HA + SPA + CCA$
- Scores on questions 3, 6, 12, 15, 17, 18, and 28 were reverse-coded prior to running this calculation.

1) Food and Nutrition

The results indicate that participant's response on food and nutrition was positive at high mean of 2.60, which was above average. The results therefore imply that the children were not starved. The participants responded strongly on question of whether they had enough food to eat at highest mean of 2.85. The high mean indicated that perhaps residential homes had good feeding plans to ensure children are fed same/better than other children in normal families. In addition, participants disagreed strongly at highest mean of 2.85 indicating that there were no cases of children going to bed hungry.

2) Education

Based on the results in table 7, the variable recorded a mean of 2.53 which is above average indicating that residential homes had laid structures to enable children acquire basic learning as other children in normal families.

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3) Shelter

Nevertheless, participants strongly affirmed that they were sheltered accordingly at high mean of 2.73. This indicated that residential homes offered better shelter facilities, which perhaps contributed to children's wellbeing.

4) Spirituality

The study also sought to determine how residential homes facilitated spiritual life of children. The participant's response indicated at high mean of 2.73 that their spiritual life was well nourished. The researcher perceived the high mean to indicate how spiritual life is important to children and residential homes were committed to achieve the same goals.

5) Correlation Tests

The authors tested whether there was any significant relationship between gender and spirituality and the results turned positive. There is a significant positive relationship between spirituality and gender at $p < 0.045$ which is less than alpha 0.05.

Table 8: Correlation on spirituality and gender

Correlations		My belief in God gives me comfort and reassurance	Gender
My belief in God gives me comfort and reassurance	Pearson Correlation	1	.420
	Sig. (2-tailed)		.045
	N	20	20
Gender	Pearson Correlation	.420	1
	Sig. (2-tailed)	.045	
	N	20	20

The study also sought to determine whether there was a correlation between overall health wellbeing and their satisfaction staying with the family. The correlation test indicated a significant relationship between foster parents and children's feelings of being strong and healthy. The relationship was significant at $r = .594$, $p < 0.006$ which is less than 0.05.

Table 9: Correlation on satisfaction living in the homes and health

Correlations

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		Overall, I am happy staying with this family	I felt strong and healthy
Overall, I am happy staying with this family	Pearson Correlation	1	.594**
	Sig. (2-tailed)		.006
	N	20	20
I felt strong and healthy	Pearson Correlation	.594**	1
	Sig. (2-tailed)	.006	
	N	20	20

****.** Correlation is significant at the 0.01 level (2-tailed).

The study noted a significant correlation between overall mental health and children’s interaction with visitors at $p < 0.040$, and $r = .475$. This significant relationship could indicate that children found visitors as perfect friends to share their problems or issues. The table below indicates correlations relationships calculated by SPSS.

Table 10: Correlation on visitations and mental health

Correlations			
		Overall, I did enjoy visitors	I have people I can talk to when I have a problem
Overall, I did enjoy visitors	Pearson Correlation	1	.475*
	Sig. (2-tailed)		.040
	N	19	19
I have people I can talk to when I have a problem	Pearson Correlation	.475*	1
	Sig. (2-tailed)	.040	
	N	19	20

***.** Correlation is significant at the 0.05 level (2-tailed).

4.0 CONCLUSION AND IMPLICATION TO RESEARCH AND PRACTICE

Conclusion: The aim of this study was to examine the impact of intervention programs in residential children homes on the overall wellbeing of the children under their care. Generally, this paper provides insights on the concern for community as a whole taking charge in supporting OVC in society. This biggest concern should be in ensuring that these children have a shelter over, food for their stomachs and nutritional value, and spirituality guide to strengthen their faith. These are among other aspects including protection, health, family etc. The study established that visitation by missionaries in the homes largely enhanced their hope for the future through

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the interactions they had. Nevertheless, much was gained through studies in learning foreign languages and taking up music lessons, which was a boost for their creativity.

Implications to research and practice: In addressing the research questions, the findings reported in this paper are hoped to significantly impact on the lives of children living in residential children homes through:

1. Sensitising the government to review its policies on supporting the children homes in Kenya financially and materially. In addition, the government may also consider formulating policies on working together with sponsors and founders of children homes to help realise the full dreams and visions of registered children homes.
2. The findings may sensitise the community at large to realise the need to support residential children homes for the orphans and vulnerable children. Instead of relying heavily on international funding, the community may initiate local sponsorship programs to support their own children homes.

The home's management staff may benefit from the findings by developing programs that may help children discover their potentials through learning, talents, business ventures or innovations. More so, the results may help the children under residential homes to realise their potentials and hidden talents by utilising all the available opportunities and resources to be fruitful and productive.

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