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**FACTORS ASSOCIATED WITH GENDER BASED VIOLENCE AGAINST WOMEN IN
KALINGALINGA COMPOUND**

BY

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**A research proposal submitted to the University of Lusaka in partial fulfilment of a
Bachelor of Science in public health degree**

DECLARATION

I Godfridah Ethel Zulu declare that this dissertation represents my own work and that all sources I have quoted have been indicated and acknowledged by means of complete references. I also declare that this dissertation has not been submitted for a Degree or any other qualification at this or another University. This work is in accordance with the guidelines for Bachelor's Degree in Public Health of the University of Lusaka.

Student Signature:

Date of Submission:

CERTIFICATE OF COMPLETION

I GODFRIDAH ETHEL ZULU, do hereby declare that this dissertation represents my own work and that it has not previously been submitted for a degree at this or any university

Signature.....*[Signature]*..... Date *22nd MAY, 2022*.....

I Lt Col MWANAMAKWA SAMANYAMA having supervised and read this dissertation confirm that the work has been completed satisfactorily.

Supervisor's Signature.....*M/S*..... Date.....*22/05/22*.....

ABSTRACT

Introduction: Gender based violence (GBV) is defined as an act of violence that result in physical, sexual or psychological harm or suffering to a person. The World Health Organisation (WHO) estimates that one in five of the world's female population has been physically and sexually abused at some time in Sub-Saharan Africa. The proportion of women who experienced physical violence was between 13 and 45%. Zambia is ranked as having the highest number of GBV in Southern Africa, however there is little known about the factors associated with the vice in kalingalinga compound, Lusaka. This study sought to explore factors associated with gender based violence towards women in kalingalinga compound.

Method: The study used qualitative method, with an open ended questionnaire administered to GBV victims aged between 19 to 49 years. Total of 30 respondents participated in the study. Data was analysed using thematic methods.

Findings: The study indicated that majority of the respondents who experienced GBV were aged between 26 and 35, had attained secondary education and were knowledgeable of what gender based violence is all about. Additionally, the study also reviewed that most of the respondents were married and had a monthly income of less than K5000. Furthermore it was discovered that majority of the respondents' spouses consumed alcohol.

Conclusion: It was noted that factors that contributed to GBV included income levels, cultural beliefs and alcohol consumption.

DEDICATION

I dedicate my dissertation work to all the women who experience gender-based violence especially those who participated in this study whose findings will seek to help reduce the scourge towards women in Zambia.

To my mother, Benita Lungu who encouraged me through out and gave me hope till the end.

A special feeling of gratitude to my second parents, Mr. and Mrs. Nyoni, Mr. and Mrs. Lungu and my grandmother Godfridah Lungu whose words of encouragement push for tenacity ring in my ears. My sisters Clara and Ing`utu and my brother Hendrix have never left my side and they are very special.

Most importantly I dedicate this dissertation to myself as a representation of the achievement of a milestone and will serve as a reminder that I can accomplish anything I put my mind to.

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LIST OF ACRONYMS/ABRAVIATION

GBV	Gender based violence
WHO	World health organisation
UNICEF	United Nations international children’s fund
UN	United Nations

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CHAPTER ONE

1.0 Introduction

Gender Based violence refers to harmful acts directed at an individual based on their gender. It is rooted in gender inequality, the abuse of power and harmful norms. Gender based violence is a serious violation of human rights and a life threatening health and protection issue. It is estimated that one in three women will experience sexual or physical violence in their lifetime which makes it one of the major public health concern. According to the 2018 Zambia demographic and health survey 47 percent of women aged between 15 and 49 years have experienced some form of physical violence in their lifetime. Women have been subjected to abuse, torture and have had their rights violated on a daily basis. The acts of violence against women they are sometimes not visible because they occur behind closed doors due to some traditional teachings that encourage women not to open up but rather cover up the wrong doings that they are exposed to. Gender Based Violence affects not only the physical but the psychological integrity of women. Gender based violence occur in form of physical, sexual, psychological and emotion and threats of physical or sexual violence. Most women are more vulnerable to gender based violence because of their status (single, married, divorced, widow), physical weakness (because most women are weaker than men hence they are usually victims of rape, forced marriages and abortions and sexual enslavement) and low economic status (because they bring little or no money on the table and because they are not employed but just a full time house wife). Gender based violence has seen to also increases women's vulnerability to ill health, in terms of women's reproductive, mental, and physical health. Reproductive health problems may include chronic pelvic pain, vaginal infections, painful menstruation and unwanted pregnancies . While mental health effects of violence against women include stress, depression and anxiety, smoking, alcohol and drug abuse, post-traumatic disorder, eating and sleeping disorders, feeling of shame and guilt and low self-esteem. Lastly, physical health problems may include gastro-intestinal disorders, acute injuries, self-harm, sexual dysfunction and chronic health problems (Murthy, 2009). Addressing gender based violence improves the wellbeing of individuals and their

societies and directly affects health outcomes. This study paid particular attention to the factors associated with gender based violence against women in kalingalinga compound.

1.1 Statement of the problem

According to the Zambia demographic and healthy survey (2018) 47 percent of women aged 15-49 years have experience some form of physical violence in their lifetime when instead women are supposed to enjoy their human rights in as much as everyone else does, they are supposed to be actively involved in the development of their societies and attaining their highest needs which includes the physiological, safety, love and belonging, esteem and self-actualization needs. Some research shows that gender based violence is one of the hidden mental health problem and a challenge to development which need agent interventions in order to reduce the incidences . According to recent victim support unit report, there were 4,254 cases of gender based violence recorded in the first quarter of 2021. (Lusaka times 2021). Table 1 shows the number of cases recorded in Zambia from the year 2009 to 2020 according to the report published by the Zambia daily mail and the Zambia reports.

Table 1: Statistics on gender based violence cases

YEAR	NUMBER OF CASES
2009	9,261
2012	12,924
2015	18,088
2016	18,540
2017	21,540
2019	25,121
2020	26,370

Source: Zambia daily mail, Page number: 6, Year: 2020

Table 1 clearly shows that from the year 2009 there has been a significant increase in the number of reported cases of gender based violence. The number of gender based cases in Zambia is alarming. Traditional and cultural behaviours that have made women vulnerable have been blamed for a high number of GBV cases. Furthermore, violence against women, particularly intimate partner violence and sexual assault, is a major public health issue and violation of women's human rights. Gender based violence is widely acknowledged as a significant public health issue, both in terms of the immediate morbidity and mortality associated with assault and the long-term effects on women's health (Martin and Jacobs 2003). It was against this background that the need to determine the factors associated with GBV towards women in Kalingalinga compound, Lusaka, so as to help raise awareness on the importance of reporting these cases and reducing them through education.

1.2 Justification of the study

Gender Based Violence is now widely known as a major socioeconomic and human rights issue that affects almost all nations. It is also a major source of illness in women and girls with immediate consequences such as increased vulnerability to a variety of physical and mental issues (Ellsberg and Bolt, 2004). Individual women suffer significant social and economic consequences as a result of gender based violence, including personal insecurity, lost income and productivity (UNICEF 2006). It was because of these reasons that there was need to assess the factors that contributed to increased cases of gender based violence against women, and the data collected will help the ministry of community development in putting up policies and interventions to address gender based violence against women. The findings of the study will form baseline data for future researchers.

1.3 General research objective

To assess the factors associated with gender based violence against women in Kalingalinga.

1.4 Specific Research Objective

- To investigate social factors (i.e., beer drinking, education, perception, attitude and knowledge) associated with gender based violence against women.
- To determine economic factors (i.e., employment status and income) associated with gender based violence against women.
- To determine cultural factors (i.e., religion and belief) associated with gender based violence towards women.

1.5 Research Question

- What are social factors associated with gender based violence against women?
- What are socio- economic factors associated with gender based violence against women?
- What are cultural factors associated with gender based violence against women?

1.6 Definition of Terms

Gender based violence refers to harmful acts directed at an individual based on their gender.

1.7 Delimitations of the study

This is an intellectual study which is conducted as an educational requirement and might partially cover the requisites of a full study. Also due to limited financial resources and time, the study might not cover large number of respondents.

1.8 Significance of the study

This study might generate findings that might help policy makers to formulate policies that will aim at reducing cases of gender based violence against women.

The findings might also add to the existing body of knowledge on the factors associated with gender based violence against women.

CHAPTER TWO

2.0 Literature review

2.0.1 Introduction

This chapter analyses “the studies conducted on factors associated gender based violence against women on the global and local scale. These factors will be discussed in the following categories: cultural, educational level, alcohol abuse and socio-economic factors associated with gender based violence against women. Furthermore this chapter will give detailed definitions of gender based violence and the theoretical perspective of gender based violence against women.

Any act of gender-based violence that causes or is likely to cause bodily, sexual, or emotional pain or suffering to women or girls, including threats of such actions, coercion, or arbitrary deprivation of liberty, whether in public or private life, is considered violence against women (United Nations, 2013). It includes intimate partner violence, rape, sexual assault, and other forms of sexual violence perpetrated by someone other than a partner, child sexual abuse, forced prostitution, women's trafficking, and harmful traditional practices like early forced marriage, female genital mutilation, and honor killing (Garcia-Moreno et al., 2015).

The major causes of violence against women include gender-based discrimination and power and resource imbalances (Fulu et al., 2016). International accords acknowledge that violence against women is defined by the use and abuse of power and control in both the public and private realms, and is inextricably related to gender stereotypes that underpin and perpetuate such violence (United Nations, 2013).

2.0.2 Culture and GBV

Culture refers to a group of people or society's ideas, practices, common beliefs, and social conduct. Culture is defined by learned habits, and individuals of a specific culture share values and standards in some ways (Spencer-Oatey, 2012). GBV might be exacerbated by certain

cultural norms and mores. High bride prices, known as "lobola" in Southern Africa, give males the feeling of "owning" their wives. The bride price is also a source of concern since women are hesitant to leave abusive relationships because the bride price must be paid. GBV is exacerbated by cultural practices and traditional beliefs that allow men to physically discipline their wives as a form of affection.

This is more common in polygamous marriages (Southern-Africa Gender Protocols 2011). In addition culture re-enforces the notion of a wife being a property of the husband because of the payments of bride price, hence reduces a woman's self-worth because the husband is in total control of her life. A study conducted by the department of statistics in Jordan on domestic violence revealed that about 20 percent of Jordanians reported having been beaten by their husbands as a way of discipline. The study included 15,000 families and 11,000 women. Most respondents were aged between 15 and 49 years. It was further revealed that in most cases women did not file complaints to authorities because of the culture which states that women should be submissive (Euromed, 2008-2011).

In polygamous marriages, this is more common (Southern-Africa Gender Protocols 2011). Furthermore, due of the payments of the bride price, culture reinforces the perception that a wife is a property of the husband, lowering a woman's self-worth because the husband has complete authority over her life. According to a survey on domestic violence undertaken by Jordan's statistics department, over 20% of Jordanians have been beaten by their husbands as a form of discipline. 15,000 households and 11,000 women were included in the study. The majority of responders were between the ages of 15 and 49. It was also found that because of the culture that dictates that women should be submissive; most women did not register complaints with authorities (Euromed, 2008-2011).

In Malawi, a study that looked at social and cultural aspects linked to GBV discovered that both men and women were victims. Women, on the other hand, were more influenced by the practice. Battery, use of abusive words, failure to provide standards, and being overworked were all examples of female maltreatment. Men were deemed to be more abusive than women, who were accused of withholding men meals and indulging in extramarital affairs (Bisika 2008). The study found that certain cultural practices and beliefs, such as "chiongo" (dowry), polygamy, and "the notion of household head," in which the husband was in charge of all decision-making and

the woman had to submit to all decisions, perpetuated GBV. Forced marriages and avoiding having sex with a woman while she was menstruating or during post-partum abstinence was also important factors, forcing males to have extramarital sex. Similarly, GBV has a disproportionate impact on women and girls over the world, according to Felipe and Pirlott (2006). Acceptance of violence against women in some laws, institutions, families, and communities is a sign of gender and power disparities, which contributes to GBV. These power imbalances cause women to remain silent in the face of GBV.

2.0.3 Education Level and GBV

According to WHO (2007) the level of education of the perpetrator or victim can be a recipe for GBV towards women. Higher education was found to be associated with less violence in many settings. The study was conducted in urban Brazil, Namibia, Peru, Thailand, and the Tanzania, where education was found to have some protective effect that started only when women's education went beyond secondary school. Previous research also suggests that education for women has a protective effect, in terms of controlling income and age of the woman may also be a protective factor, in that older women maybe mature enough to handle pressure. It may be assumed that women with higher education have a greater range of choice in partners and ability to choose to marry or not, and are able to negotiate greater autonomy and control of resources within the marriage. However those with lower education may be limited in choices of marriage and fail to negotiate within the marriage.

Similarly, Abramsky (2011) stated that secondary education means that men are less likely to perpetrate IPV or GBV later in life because they understand issues of life, laws and regulation in their communities. Evidence suggests that women with lower education are generally more likely to experience violence than those with higher levels (Lorna-Hayes 2007).

2.0.4 Alcohol Abuse and GBV

Increased levels of GBV are caused by men's failure to cope with feelings of male vulnerability and helplessness, for which they become reliant on heavy use of alcohol and drugs as a coping strategy, rather than by poverty and lack of education (Jewkes, 2002).

According to Phorano (2005), there is a link between alcohol usage and GBV. One out of every three males who drink beats their partners, according to a Rwandan study. GBV was caused by a variety of reasons, including alcohol usage and abuse, poverty, sexual fixation, and cultural influences (Masculinity and Gender based violence in Rwanda 2010). In Rwanda's Gatsibo and Nyarugenge districts, alcohol and drug misuse, poverty, and illiteracy are among the leading causes of GBV. Furthermore, the Rwanda Women's Net Work claimed that in 2013, alcohol and drugs were responsible for 70% of the 767 cases of GBV registered by the organization in the two districts (Ambroise 2014).

According to Khan (2009), men who are in a low socioeconomic status and do not have enough money or are unemployed feel like failures. As a result, they abuse their wives and children by drinking, using drugs, purchasing sex, and using violence against them.

2.0.5 Socio-economic Factors and GBV

Socio-economic status (SES) is a comprehensive measure of a person's job experience as well as their or their family's economic and social position in comparison to others, based on income, education, and occupation. High SES, middle SES, and low SES are the three most common types of social economic status. Studies show a substantial statistical link between household socioeconomic level and the risk of GBV. It has been connected to poverty and women's overall development (Irish Joint Consortium, 2011)

According to Khan (2009), patriarchal legal structures have placed women in lesser social status without property rights, resulting in poorer income, which compels them to be docile even when abused. Inequality in property and money empowers men, resulting in female enslavement and violence. Not only does income disparity exist within households, but it also exists at the social level. Men engage in violence outside the home due to class and economic disparity.”

According to Silberschmid (2001), the African region's overall economic collapse has resulted in severe economic challenges for both men and women, as well as increased tensions in terms of gender roles and expectations in many communities. Men have had to retreat from their traditional responsibilities as breadwinners as a result of widespread unemployment, while women have formed a new socio-economic role for themselves that undermines men's position as head of the household. Without a commensurate proactive adjustment in gender norms for males, the shift in gender roles and growth of women's rights directly exacerbates GBV in the African region.

According to the Millennium Development Goals (MDGs) task group, men in difficult economic circumstances, for example, those who are unemployed, have poor job autonomy, low socio-economic status and low educational levels may resort to violence out of frustration and a sense of hopelessness. At the same time, poor women are likely to have fewer resources to escape violence in the home (Lorna-Hayes, 2007).

Silberschmidt (2001) asserts that although GBV occurs in all socio-economic groups, it is more frequent and severe in lower socio-economic groups, and has therefore been linked to poverty and unemployment. Victims of GBV may be women or men, girls or boys. However due to persistent imbalance of power between men and women, girls and women are more affected (Rumbold, 2008).

Men in challenging economic conditions, such as those who are unemployed, have limited job autonomy, have low socioeconomic standing, and have low educational levels, may resort to violence out of frustration and a sense of hopelessness, according to the Millennium Development Goals (MDGs) task group. Poor women, on the other hand, are more likely to have fewer resources to escape domestic violence (Lorna-Hayes, 2007). GBV occurs in all socioeconomic levels, according to Silberschmidt (2001), but it is more common and severe in lower socioeconomic groups, and has thus been connected to poverty and unemployment. GBV victims can be males or women, girls or boys. However, because of the persisting power imbalance between men and women, girls and women are disproportionately harmed (Rumbold, 2008)

Women and girls are disproportionately affected, according to the United Nations Report (UN 2007). They are not only at high risk and primary targets of gender-based violence, but they

also suffer worse consequences than men. Women have less alternatives and resources to avoid or flee abusive circumstances and seek justice as a result of gender discrimination and their lower economic status (Euro med 2008-2011).

Throughout the Middle East, systematic denial of women's human rights, as well as ancestral clashes between law, state, and religion, enhance women's vulnerability to violence. As a result of social and political pressures, GBV cases are underreported (MadiSkaff 2013).

Financial insecurity is a major contributor to gender-based violence against women. According to Guedes (2004), if a guy cannot demonstrate his power intellectually or monetarily, he will resort to physical force. Another factor is society's portrayal of a male as strong, educated, creative, and intelligent, whereas a woman is the polar opposite of all of these characteristics. As a result, women and girls who lack empowerment are more vulnerable as a result of such norms and practices.

According to Bisika (2008), the way parents raise their children creates disparities between males and girls, as well as a prescription for gender-based violence later in life. When a boy grows up believing that he is not supposed to wash his own clothes, cook, or help around the house, marrying a lady from a home where tasks are shared equally between girls and boys can lead to stress and violence. According to a situational study undertaken in 2005 in Zambia (Mazabuka, Chadiza, Chibombo, and Mansa), GBV is linked to poverty, with girls being coerced into early marriages as a result of lobola (bride price). Women and girls were frequently compelled to succeed deceased female relatives, particularly if the man was a well to do (consultants, 2005)

In conclusion GBV towards women limits their participation in the development process at individual, community, and national level. Gender activist are concerned with promoting equality between the sexes and improvement in the status of both women and men in society. It is well understood that social and economic development can only be attained when there is equal participation of both men and women in the development process (Gender Statistics report 2010). Worldwide there are lists of events that are said to trigger violence against women. These include: women not obeying their husbands, not having food ready on time questioning husbands about money or girlfriends, going somewhere without his permission and refusing him sex among others. All of these represent transgression of dominant gender norms. Bisika (2008) and

Baine (2012) assert that GBV is a complex and multidimensional problem embedded within broad socio-economic, political and cultural context within traditional norms influencing the likelihood of GBV. The key risk factors of GBV are best described in the ecological framework in recognition of multiple causes of violence and the interaction of risk factors operating at individual, relationship, and community and society level.

2.1 Theoretical review

2.1.1 Ecological framework

The theoretical framework that was used to guide this study is the ecological framework. The ecological framework is based on evidence that no single factor can explain why some people or groups are at higher risk of interpersonal violence or abuse, while others are more protected from it. The framework views interpersonal violence as the outcome of interaction among many factors at four levels including individual, relationship, community and society. This helps understand the interplay of personal, situational and social cultural factors that combine to cause abuse (WHO 2002).

Ecological model

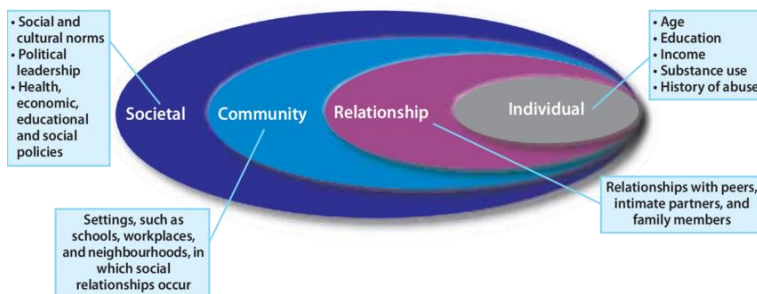


Figure 1: Ecological Framework (Source: Heise (1998))

The ecological framework indicates at individual level the factors include the perpetrator being abused as a child or witnessing marital violence in the home, frequent use of alcohol and substance abuse, while at a relationship level cross cultural studies has cited male control of

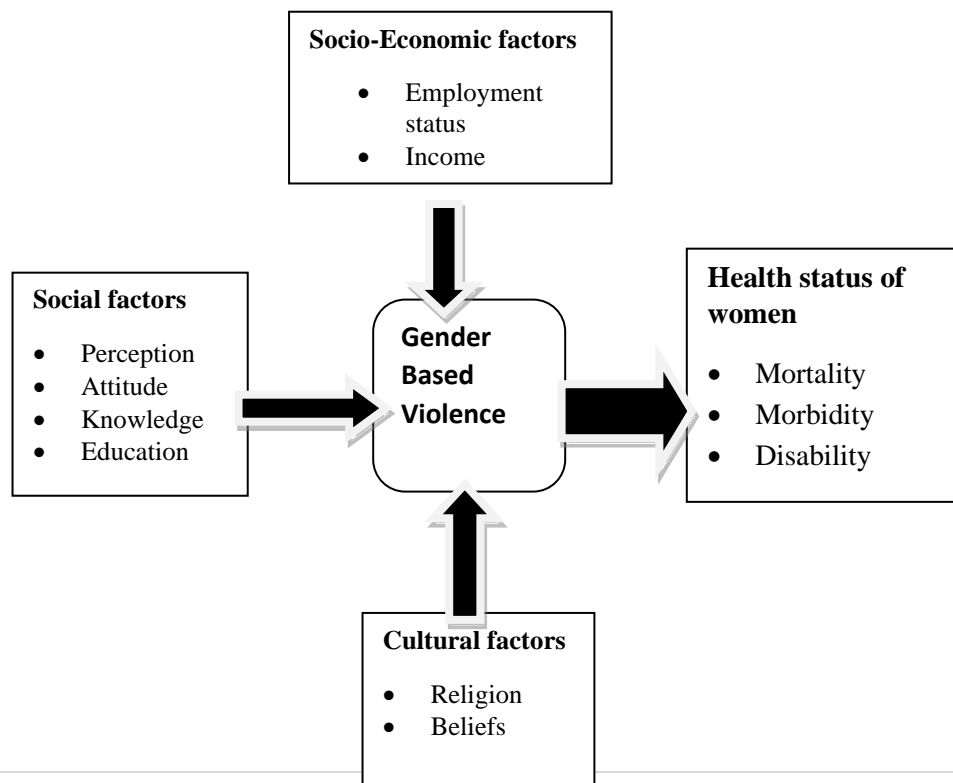
wealth and decision making within the family and marital conflict as strong predictors of abuse . Individual issues such as alcohol and substance dependency has been cited in literature review as factors contributing to GBV, hence the ecological framework applies to the study.

On the other hand, at community level women’s isolation and lack of social support, together with male peer groups that condones and legitimizes men’s violence, predict higher rates of violence. High unemployment levels are also another risk factor.

Finally, societal level studies around the world have found that violence against women is most common where gender roles are rigidly defined and enforced and where concepts of masculinity are linked to toughness, male honor and dominance. Other cultural norms associated with abuse include tolerance of physical abuse of women and children, acceptance of violence as a means to settle interpersonal disputes and the perception that men have ownership of women. The ecological model will be used to guide this study.

2.1.2 Conceptual Framework;

Factors associated with gender based violence against women.



The conceptual framework describes the factors that are associated to the increased cases of gender based violence against women. The factors are grouped as the socio-economic, social and cultural factor that lead to gender based violence which has the end results of either being morbidity, mortality or disability.

CHAPTER THREE

3.0 Methodology

This chapter discusses the study approach, study design and study setting. It also defines the study population, sampling technique, data collection methods, and data analysis and finally it will address issues of ethical consideration of the study.

3.1 Study Approach

A qualitative research was used. This is a largely investigative process where the researcher makes sense of social phenomenon by contrasting, comparing and classifying the objectives of the study. Qualitative research involves research methods that concerns itself with the systematic collection, ordering, description and interpretation of data that is generated from talks, observations or documentation, the researcher want to collect richer information and get more detailed picture of issues, or events. (Arora 2009 and Malterud, 2001). Qualitative research also focuses on seeking to understand the geniuses'. An exploratory study design was used for this study, as the purpose was to determine the factors associated with gender based violence against women in Kalingalinga compound. An exploratory study design attempts to identify new knowledge, new insights, new understandings, and new meanings in addition to what was previously studied (Brink, 2006). The phenomenon under study gender based violence against women in Kalingalinga and the study participants were women who reside in Kalingalinga who are victims of gender based violence and vital informants were carefully selected as those people with the ability to give their perspectives from first-hand experience and knowledge regarding to gender based violence against women in their own context.

3.2 Study Design

This study used an explanatory, descriptive cross-sectional design (Houser, 2008). The design is appropriate for the study because it was less time-consuming, cheap, easy to conduct and relatively quick. Data on all variables was collected once and it was easy to measure prevalence and factors contributing to GBV (Polit and Beck, 2008).

3.3 Study population/Target population

A study population refers to all the members that have the characteristics of what is being studied (Babbie, 2005). The study population included women who reside in Kalingalinga compound aged between 18 to 49 years old who are GBV victims and went to the police station and clinic to report that they were abused either by their husband or intimate partner.

3.4 Sample size, sampling procedures

A sample size of 30 participants was utilized during this study. The specific sample size was selected based on the nature of the study. According to Saunders et al (2018), qualitative studies will always succumb to what he termed as a saturation point. He described saturation point as a criterion for discontinuing data collection because the responses being given by the participants of a study are repetitive and further claimed that failure to reach saturation has an impact on the quality of the research conducted.

Purposive sampling was used in selecting the participants. Purposive sampling is a selection method commonly used to select a sample based on the experience of the phenomenon and/or in-depth knowledge being studied (Babbie, 2005). Permission to conduct the study was obtained. The researcher visited the police station and talked to the officer in charge of the victim support unit who assisted in recruiting the study participants and a nurse from the clinic. The role of the police officer and the nurse was to help identify potential participants from the registers who met

the inclusion criteria and provided their telephone details to the researcher to contact them for interviews and submission of questionnaire.

The selection of the sample for participants was guided by the following inclusion criteria:

- Women who have experienced any form of gender based violence
- Aged between 18-49 years
- Who have reported the case to kalingalinga police

The exclusion criteria included:

- Women from other parts of Lusaka
- Those who will not be comfortable to participate in the study
- Women who are below 18 years of age and those above 49

Sample size: This was determined by the data saturation point, this was when same answers were given

3.5 Data Collection Methods

Data collection method is how the data was collected to address the research problem (Polit and Beck, 2008). In this study data was collected using a structured interview schedule using open ended questionnaire that allowed the participants to express themselves fully. This helped the researcher to collect data from the large sample and ensured consistency of responses. Furthermore the structured interview schedule was easier to administer especially in the case of those women who were unable to read, as questions were read out for them and they were also assisted to fill in the interview schedule. Research assistants were trained in research methods for three (3) days to ensure uniformity in data collection. Research assistants were the police officer in charge of victim support unit. The main researcher and her two research assistants collected the data. Questionnaires were given to the participants. The respondents were allowed to fill in the questionnaires between 25 and 30 minutes.

3.6 Data analysis

Thematic analysis was used to analyse the data for this study. The Key themes considered were demographic, social, cultural and economic factors. This was done with the help of tables, percentages and terms of frequency. Thematic analysis is a way of identifying and analysing data patterns. It emphasizes on identifying, scrutinizing and recording patterns with data.

3.7 Validity

Validity is defined as determination of whether a measurement actually measures what it is purported to measure (Burns & Groove, 2005). On the other hand validity is the extent to which inferences made on the basis of scores from instruments are appropriate and meaningful, or the extent to which the calculated statistics accurately portray the actual relationship (Shuttle worth 2008). Validity in this study was upheld by ensuring that all aspects of variables pertaining to factors contributing to GBV towards women were included in the interview schedule. This helped determine the extent to which it actually reflects the abstract construct being examined. To ensure validity of the research tool, an exhaustive literature search was conducted in order to have adequate content coverage. All variables of the study were included in the research instrument and the sequence of the questions in the interview schedule was the same for all respondents. External validity is the extent to which study findings can be generalized beyond the sample used in the study (Burns & Groove, 2005).

3.8 Reliability

Reliability is the degree of consistency or accuracy with which an instrument measures the attribute it is designed to measure (Burns & Groove, 2005). It refers to how well an instrument will produce the same information each time it is used. Similarly (Polit& Beck, 2008) asserts that reliability is the stability of measuring an instrument over time. The idea behind reliability is that any significant results must be more than a one-off finding and be inherently repeatable (Shuttle worth, 2008).

To ensure reliability in this study, questions in the interview schedule were made simple, clear and brief. This was done to ensure stability of the tool and to eliminate biases and minimize the errors.

3.9 Ethical Considerations

Considering that GBV is a sensitive area of study, collecting of data often raises a number of ethical questions and safety concerns .

- This research abided by the ethical codes of confidentiality in that the information collected was not shared with anyone nor published but used for academic purposes only.
- The Participants were told that participation in the study was voluntary, and that they had the right to withdraw from the study at any time they felt uncomfortable answering the questionnaire.
- The respondent were asked to sign a consent form if they agreed to participate in the study
- An information sheet was given to the respondents, highlighting the procedure of the study
- The researcher got approval from the Research Ethics Committee of the University of Lusaka.
- Request to conduct the research at Kalingalinga police post was obtained from the police officer in charge of the victim support unit.

CHAPTER FOUR

4.0 Results

4.0.1 Introduction

The chapter discussed the analysis and presentation of findings. The general objective of the study was to assess the factors associated with gender based violence against women aged between 18 and 49 in Kalingalinga compound. The four broad areas which were covered in the chapter were; demographic, social, cultural and economic factors as discussed below.

4.0.2 Demographic Characteristics of the Study Participants

The section presented demographic characteristics of the study participants namely; age, marital status, educational level and socio-economic status.

Table2: Demographic characteristics of the study participants.

Variables	Indicators	Number of participants n (%)
Age (years)	25 and below	5(16.7)
	26 to 35	14(46.7)
	Above 35	11(36.7)
	Total	30 (100.0)
Education level	Primary	10(33.3)
	Secondary	15(50.0)
	Tertiary	5(16.7)
	Total	30 (100.0)
Marital status	Married	22(73.3)

	Single	8(26.7)
	Total	30 (100.0)
Employment status	Formal employment	5(16.7)
	Self employed	16(53.3)
	Unemployed	9(30.0)
	Total	30 (100.0)

Table 2 showed that the study involved 30 participants of which the majority (46.7%) of them were aged between 26 and 35. Furthermore, there were few participants (16.7%) aged below 25. Most of the participants had attained secondary level of education (50%). Few participants (16.7%) had attained tertiary education.

Table 2 reviewed that 73.3% and 26.7% of the participants were married and single respectively. Additionally, it was reported that most of the study participants were self-employed (53.3%) and only a few of them were in formal employment (16.7%).

4.3 Social Factors Associated with Gender Based Violence Against Women

Table 3 reviewed that 63.3% of the respondents did not consume alcohol and only 36.7% consumed alcohol. Additionally, 76.7% and 23.3% of the victims' spouses consumed and did not consume alcohol respectively.

Table 3: Alcohol consumption status of the victims and their spouses

Variables	Indicators	Number of participants n (%)
Alcohol drinking status of victim	Yes	11(36.7)
	No	19(63.3)
	Total	30(100)
Alcohol consumption status of victims' spouses	Consumed	23(76.7)
	Not consumed	7(23.3)

Total	30 (100)
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4.3.1 Attitude and Gender Based Violence

On social factors we also assessed the attitude, knowledge and perceptions that women in Kalingalinga compound had with regards to gender based violence. The following were the answers;

Majority of the respondents said that gender based violence is *“bad in that it affects the health of the victims and also infringes human rights”*. Some said that gender based violence is a *“public health concern in that it can affect the health of the people and result in death and can affect the development of the country”*. Additionally, others mentioned that *“GBV is on the rise and it is because of female’s vulnerability”*.

The findings indicated that majority of the respondents understood what comprised of GBV. In support with the statement some respondents indicated that GBV against women is *“men beating their wives”*, others said it was *“male control over women”*. Additionally, one of the respondents defined GBV against women as *“suppressing the freedom and rights of women”*

Respondents stated that gender based violence can be prevented through education and sensitization as evidenced from their statements. *“Education and sensitization on the badness of GBV in the community”* others said through *“empowering women so that they are independent to sustain themselves”*. Additionally, some stated that *“reporting to the police and raising awareness”*

4.4 Cultural factors associated with gender based violence against women

Table 4 shows that 50% of the respondents attend religious groupings frequently, 33.3% of the respondents rarely attend religious meetings and only 16.7% did not attend any religious groupings.

Table4: Frequency of attending religious groupings and gender based violence

Variables	Indicators	Number of
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			participants n (%)
Frequency of attending religious groupings	Frequently		15(50%)
	Rarely		10(33.3%)
	Not at all		5(16.7)
Total			30(100%)

The study reviewed that respondents believed that cultural norms contributed to GBV against women based on their responses. In line with the statement one of the respondent stated that “Women are told to endure and be strong when they are been beaten by their spouses” another one said that “I was told to be strong because that’s what marriage is all about” and another respondent stated that “a husband that beats you loves you”.

4.5 Economic Factors Associated with Gender Based Violence Against Women

Table5: Source of income of the respondents and spouses

Source of income	Indicators	Number of participants n (%)
Victims’ employment status	Formal employment	5(16.7%)
	Business/self employed	16(53.3%)
	Unemployed	9(30%)
	Total	30(100)
Victims’ spouses employment status	Formal employment	13(43.3)
	Business/self employed	15(50%)
	Unemployed	2(6.7%)
	Total	30(100%)
Monthly Income per	Less than K2000	11(36.7%)
	Between K2000 to	15(50%)

household	K5000	
	More than K5000	4(13.3%)
	Total	30(100%)

The main sources of income of the respondents were formal employment and self-employed. Furthermore, table 5 showed that 53.3% of the respondents were self-employed, 30% were unemployed and 16.7% were in formal employment.

It was also found that 50%, 43.3% and 6.7% of the respondents' spouses were doing business, in formal employment and unemployed respectively. Furthermore, majority of the respondents (50%) were coming from households whose monthly income was between K2000 to K5000. Few respondents (13.3%) household monthly income was more than K5000.

The study reviewed that finances contribute to gender based violence as deduced from the respondents' responses. In line with the statement one of the respondents stated that *"When there is money at home there is peace"*. Similarly, another respondent stated that *"when my husband makes less money than me he becomes violent"*. In the same vein, one of the respondents stated that *"I don't work and I depend on my husband so I can't leave him"*.

In summary majority of the respondents were aged between 26 and 35 and had attained secondary education. The study also reviewed that most of the respondents were married and had a monthly income of between K2000 to K5000. Furthermore it was discovered that majority of the respondents' spouses consumed alcohol. It was also noted that factors that contributed to gender based violence included income, cultural beliefs and alcohol consumption.

CHAPTER FIVE

5.0 Discussion

5.0.1 Introduction

The chapter presented the discussion of the findings on the factors associated to gender based violence against women aged 19 to 49years in Kalingalinga compound” in line with the literature reviewed according to the following subheadings; demographic, social, cultural and economic factors contributing to gender based violence against women.

5.0.2 Demographic factors associated with gender based violence against women

The study found that more young respondents experienced gender based violence than older respondents. The findings are in line with United Nations (2013) study findings which noted that more young women experienced GBV than old women. The reason could be that older women are more submissive to their husbands and partners.

The study further reviewed that majority of the respondents had attained secondary education compared to those who had no formal education. This is in contrast with Sinister(2013) who indicated that in most countries studied, education clearly reduced risk of GBV. However education appeared to have less effect on the risk of violence in some African countries such as Nigeria, Zambia, Cameroon and Liberia.

Additionally, the results showed that majority of the women were married compared to those who were single. The findings are in line with Baine (2012) who indicated that cultural norms

taught married women to be silent and submissive, meaning that most married women experienced GBV but were silent about the vice in order to maintain confidentiality in their marriages. This is in contrast Chandra (2009) who stated that in South East Asia unmarried women and girls suffered tremendous physical and psychological stress due to violent behaviour from men. Which means marriage was a protective factor in this case.

5.0.3 Social factors associated with gender based violence against women

The study found that the majority of the respondents who experienced gender based violence had attained secondary level of education. It was reported that despite the women having attained some form of education they still experienced gender based violence. In contrast, WHO (2007) study indicated that education for a woman was a protective factor against GBV.

The study found that majority of the respondents spouses consumed alcohol and only a few did not consume alcohol. These findings are in line with Ambroise (2014) who found that GBV cases were as a result of alcohol abuse. Similarly, Masculinity and Gender based violence in Rwanda (2010) report reviewed that GBV was associated with alcohol consumption. Correspondingly, Jewkes (2002) study also indicated that GBV was as result of alcohol abuse.

5.0.4 Cultural factors associated with gender based violence against women

The study revealed that the majority of the respondents believed that cultural norms are the major cause of GBV. One of the respondents stated that “*women are vulnerable, because of men are in control of everything*”. Furthermore, one of the respondents stated that “*a man that beats you loves you*”. This is in line with Euro med (2008-2011) who indicated that the cultural norms often dictate that men are aggressive, controlling and dominant, while women are docile, submissive and rely on men as providers. Euro med (2008-2011) study also revealed that being beaten by a spouse was a way of discipline. It was further revealed that in most cases women did not file complaints to authorities because of the culture which states that women should be submissive (Euromed, 2008-2011).

The study further revealed that majority of the respondents who experienced GBV attended religious groupings frequently compared to those who did not attend any religious groupings. In line with the findings, Tamwa (2006) reported that women who attended religious bodies experienced GBV. It was also noted that there were religious ideologies on women being inferior to men, the perception of women being unclean, the portrayal of women as submissive and also the frown on divorce by some religious sect makes it further difficult for women to leave abusive marriages or report to the victim support unit because they are taught to pray for their partners.

5.0.5 Economic factors associated with gender based violence against women

The study reviewed that majority of the respondents who experienced GBV were self-employed and had a monthly household income of less than K5000. The study findings were in line with Bakare (2003) who reviewed that lack of economic resources made women vulnerable to GBV. Similarly, a study by Khan (2009) reviewed that women usually have low income levels which makes them submissive even when they are abused. One of the respondents stated that *“my husband becomes violent when he has no money because he feels like he is not a man enough”*. Correspondingly, Lorna-Hayes (2007) men with low social economic status resorted to violence out of frustration and a sense of hopelessness.

Furthermore, the study revealed that some women could not leave their marriages because they depended on their husbands to provide for their needs. This is in line with the study conducted by the United Nations Report (UN 2007) which revealed that women and girls are overwhelmingly affected, they are not only at high risk and primary targets of gender based violence, but also suffers exacerbated consequences as compared with what men endure. As a result of gender discrimination and their lower economic status, women have fewer options and fewer resources at their disposal to avoid or escape abusive situations and to seek justice (Euro med 2008-2011).

In conclusion, the study reviewed most of the married young women experienced gender based violence. Additionally, it was reviewed that alcohol abuse, income level and cultural norms were major factors that were associated with GBV against women.

5.1 Limitation of the Study

- The study relied on self-reports, hence the findings cannot be confidently generalized. Furthermore, self reporting can yield results that are biased.
- The study sample was small (30), therefore, the results cannot be generalized accurately the entire population.
- Causality could not be established because the study investigated associations.

CHAPTER SIX

6.0 Introduction

This chapter summarized the entire investigation on factors associated with gender based violence against women in Kalingalinga Compound. It presented the conclusion and the recommendations.

6.1 Conclusion

The study was carried out to determine the factors associated with Gender based violence against women in kalingalinga compound, Lusaka. The study involved 30 women who experienced gender based violence, of which the majority were married and aged between 26 and 35.

The study reviewed that despite the majority of the respondents having attained secondary level of education, they still experienced gender based violence. Additionally, it was discovered that majority of the respondents spouses consumed alcohol which made them violent most of the times.

The Cultural factors that were reviewed to be associated with gender based violence among respondents' were cultural norms, women's vulnerability and cultural practices. Women were told to be strong when they were being beaten because that was belied to be the norm of marriages. The study also reviewed that majority of the respondents experienced GBV attended religious groupings frequently.

Another factor that was also found to be associated with GBV was socio-economic status as respondents low socio-economic status made them vulnerable to GBV. Furthermore, it was established that majority of the respondents who experienced GBV had a monthly income of less than K5000.

6.2 Recommendations

The following recommendations have been made based on the study findings:

- The study revealed that some women could not leave their marriages because they depended on their husbands to provide for their needs. The ministry of local development can help by empowering these ladies and impact them with skills that can help them to be financially independent.
- The study revealed that cultural norms taught married women to be silent and submissive, meaning that most married women experienced GBV but were silent about the vice in order to maintain confidentiality in their marriages; hence there is need for the Communities to promote autonomous self-help groups which will be able to help GBV victims who find difficulties in disclosure.
- Ministry of Gender to work hand in hand with the Ministry of health and local communities in raising awareness against GBV.
- In order to establish causality follow-up studies should be conducted in future.
- Future researchers should consider using bigger sample size so that the findings can be generalized.

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Appendices

a. *Information sheet: Respondent*

Introduction

This consent form gives information about the study in which you are about to participate. To make sure that you have all the details about this study, you must read this form or someone else will do. If you agree to participate in this study, you must sign the consent form or put your thumbprint in the space provided if you cannot sign. You will be allowed to keep a copy of this form and discuss anything that is unclear to you concerning the study with the staff of this study. If you feel that you do not want to take part, you are free to refuse your consent and you will not be victimized in any way.

Purpose of the research

I Godfridah Ethel Zulu of the Department of Public Health, School of Medicine and Health Sciences at University of Lusaka am carrying out this study. This study is being done in partial fulfilment requirement of the Bachelor of Science in Public Health (BSc PH), which will be submitted to the Department of Public Health. If you have any questions about the study, you can direct them to the following people on contact addresses: Principle Investigator Tamara Zulu, P. O Box 36711, Lusaka, Cell Phone number 0770728242: Mr C. K. Chungu, The Head of Public Health Department, P.O Box 36711, Lusaka, Cell Phone number – 0973424744.

You are being asked to take part in a research which aims at “Factors associated with Gender Based Violence against women in Kalingalinga compound”.After signing the consent form, you will be interviewed for 15 minutes.

.

Risks, discomforts and benefits

There are no risks that may arise from taking part in this study. The benefits are that the study will generate information on the general picture on understanding 'Factors associated with Gender Based Violence against women in Kalingalinga compound, and help policy makers in Ministry of Health to come up with interventions to curb GBV.

Confidentiality

The information that the respondents will give will remain confidential and will not be made available to anyone who is not connected with the study. Your name will not be used in the study.

The above section is to be detached and given to the participant.

b. Consent form

By signing below, I confirm that I understand that participation in this research and entirely voluntary. The materials in this consent form have been explained to me, and my questions have been answered to my satisfaction. I freely and voluntarily choose to participate in the study. I understand that participation or not, will not affect me in any way. I understand that my rights and privacy will be maintained.

I hereby give my consent to participate in the study “Factors associated with Gender Based Violence against women in Kalingalinga compound”.

Name of Respondent **Date**

Signature of respondent/thumbprint **Date**

Name of witness **Date**

Signature of witness **Date**

c. Gant Chart

	Activity	Responsibility	Month 1	Month 2	Month 3	Month 4	Month 5
1	Prepare a proposal and submit to the university	Researcher	█	█			
2	preparation of study tool	Researcher		█			
3	prepare for field work	Researcher		█			
4	Travel to data collection	Researcher and assistants		█			
5	Select data collectors and reseach assistance	Reaseacher			█	█	
6	conductin training for data collectors and supervisors	Researcher			█		
7	pre-testing of the survey instrument	Reaseacher and assistants			█	█	
8	Data collection	Assistants				█	█
9	data entry and cleaning	Researcher and assistants				█	
10	Data analysis and write up	Researcher					█
11	Submission of disertation	Researcher					█
12	prerentation of disertation	Researcher					█

d. Budget

S/N	ITEMS	UNIT COST (K)	TOTAL COST (K)
1	Printing of proposal	250	250
2	Stationery (pens and notebook)	50	50
3	Printing of data collection tools (questionnaires)	350	350
4	Transportation	100	100
5	Allowances for Researchers	100	300
TOTAL COST			K1,050

e. Interview Schedule

- 1. Gender.....
- 2. Marital status.....
- 3. Age
- 4. Education level
- 5. Religious denomination.....
- 6. Frequency of attending religious groupings
- 7. Your Occupation status
- 8. Spouse’s occupational status.....
- 9. Monthly Income level.....
- 10. Do you consume alcohol?.....
- 11. Do your spouse consume alcohol?.....
- 12. Explain what you know about GBV against women.....
- 13. Explain how you think finances or occupation contributes to GBV against women.
.....
- 14. Explain how you think Cultural norms contribute to GBV against women.
.....
- 15. Explain your views about GBV against women.
.....
.....
- 16. Explain how you think GBV against women can be prevented.
.....
.....

Thank you for your participation



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