

INFLUENCE OF CASH TRANSFER PROGRAMME ON THE EMPOWERMENT OF ELDERLY PERSONS IN NORTH MARAGOLI LOCATION, IN VIHIGA COUNTY, KENYA

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Abstract: Cash Transfer Programme was started in 2006 to plug older persons out of extreme poverty and state of powerlessness that come with old age. This study explored the influence of cash transfer Programme on the empowerment of elderly persons in North Maragoli Location, Vihiga County, Kenya. This study assessed the influence of food security promotion on the empowerment of elderly persons. The study used explorative research design that involved use of structured questionnaire to collect data on study variables. Purposive sampling technique was used to select 101 elderly beneficiaries of cash transfer programme. This technique was suitable as the respondents had unique characteristics. Primary data was gathered using questionnaires and interviews. Quantitative data analysis was applied using descriptive statistics. Statistical Package for Social Sciences (SPSS) software was used to enter the data and perform several statistical computations, for instance averages, frequencies and percentages, cross tabulations to summarize and describe the data collected. Inferential statistics involved use of correlations and regression analysis to infer the findings to the entire population. Qualitative data was analyzed using content analysis and presented in form of tables and figures. The study findings revealed that food security promotion had a positive correlation with empowerment at 95% confidence level ($r=0.401$; $P<0.05$), $R\text{ Squared}=0.161$. The study recommends that quality of meals, quality of medical care, and quality of surroundings for elderly persons should be investigated in order to realize full empowerment.

Keywords: Cash Transfer Programme, elderly persons, Statistical Package for Social Sciences (SPSS).

1. INTRODUCTION

1.1 Background of the study:

Cash Transfer programme to poor and vulnerable people is one of the measures the government of Kenya uses to empower communities for prosperity (GoK, 2011) and for making men and women productive in the labour market as well as in their households, (NSPS, 2016). At the global stage, despite recent economic progress there is still wide spread poverty and inequality in developing countries (Sachs & Jeffrey, 2005). According to the World Bank there are over 925 million hungry or undernourished people worldwide. More than 80% of people live in countries whose income inequality is rising. Over 2.1 Billion people globally live on less than two dollars a day, with over 880 million people (Jaron, 2011). Kenya on the other hand, has a total population of 40,610,097 and that of the elderly above 65 years is 1,332,000 (KNBS, 2010). According to Kenya Integrated Household Budget Survey (KIHBS) of 2005/2007, approximately 46 percent of Kenya's population is said to be poor (KNBS, 2007). The poverty rate of older persons of 60 years and above is 56.4% (MOGCS, 2011). North Maragoli is one of the eight Locations in Sabatia Sub-county, Vihiga County, Kenya. The Location has a population of 18487 people (KBS, 2009), but is estimated at 22000 people in 2015 according to Vihiga

County Development Plan (2013-2017). The Location has an area of 16.3 square Kilometres. The older persons aged 60+ represent 13.5 % of the population, approximately 2495. Out of this, those aged 65+ years are 6.5% of the older persons. There are 2000 older persons who are poor and vulnerable. Notably, older persons in North Maragoli location experience challenges similar to older persons from other regions (Armando, 2006).

1.2 Statement of the Problem:

In recent times huge budgetary allocations go towards payment of older persons in Kenya, yet older persons remain poor, lonely and unproductive in our villages (Owour, 2014). The external lenders and private individuals therefore continue to burden the Kenyan tax payer in financing the programme (Seleoane, 2008). Cash transfer programme are well-meaning for Kenyans and can transform the lives of underprivileged in our communities (Chawla., 2013), however it has not empowered the elderly in recent times to be self-reliant and contribute towards economic growth of the country. The study on influence of cash transfer programme on the empowerment of elderly persons in development Kenya is therefore imperative. The program helps in alleviating suffering on many members of society while helping society discover members of community forgotten, such as severely disabled, elderly and less fortunate. The need to empower society is key for success of any development agenda (Green, 2013). The transfer of money directly to recipients gives them personal choices on how they spend the money. Older persons however have numerous challenges that come along with age and the quality of their lives seldom improves (Mwanzia, 2015). Booysen (2005), indicated that vulnerabilities rises with age for numerous reasons; such as, joblessness, low income and sickness, hearing impairment, immobility and personal security challenges. These factors if not considered may increase suffering in households than redeem the elderly in spite of getting money. The CTP for elderly is funded from government revenues, failure therefore to understand influence of cash transfer programme on the empowerment of elderly persons, may lead to loss of large amounts of money invested, but still plunge thousands of old people who are benefitting into extreme poverty (Owour, 2014). It is against these that the proposed study aim to investigate the influence of CTP on the empowerment of elderly persons in North Maragoli Location, in Vihiga County, Kenya. Beneficiaries in the Cash Transfer Programme in North Maragoli location are 256 older persons representing an equivalent number of Households (according to Sabatia Sub-county Social Development office). There are 2000 older persons who are poor and vulnerable. However the Older Persons cash transfer programme only supported 256 beneficiaries due to government financial constraints. The beneficiaries are distributed across five Sub-locations of North Maragoli Location. Older persons in North Maragoli location experience challenges similar to older persons from other regions (Armando, 2006). First, they lack protection and are at danger of insecurity. They lack basic resources, such as water, food and clothing (Anderson, 2010). They also lack information and rarely attend Chiefs Barazas as the only forum for accessing current information. They also suffer from various health problems due to old age, and mostly depend on children and well-wishers for material and financial support (Alexander, 2010). High level of poverty infringes on their rights of participation and freedom, hence remain inferior and powerless (Mutinda & Okeyo, 2015)

1.3. Objectives of the Study:

The General objective of this study is to investigate the influence of Cash Transfer programme on the empowerment of elderly persons in North Maragoli Location, in Vihiga County, Kenya. The specific objective of this study include:-To assess the influence of food security promotion on the empowerment of elderly persons in North Maragoli Location, Vihiga County, Kenya

1.4 Research Questions:

1. To what extent does food security promotion influence empowerment of elderly persons in North Maragoli Location, Vihiga County, Kenya?

1.5 Significance of the Study:

Ageing persons are an important component of every country's demographic strata deserving social protection like other age sets. This study will help beneficiaries appreciate the role of CTP in providing them with the ability to access basic services and improve their leisure and social interactions. The study would be a useful reference for beneficiaries in assessing quality of needs, preparedness in dealing with shocks that come with old age, and find the need to find leisure and engage in income generating activities as areas necessary for their well-being. It is hoped this study would be valuable to several stakeholders. First, to the National and County Government of Kenya in policy formulation that involves administration of Government Cash Transfers to fight poverty among vulnerable groups.

1.6 Scope of Study:

The study was carried out in North Maragoli Location, Sabatia Sub-County, Vihiga County, and sought to explore the influence of Cash Transfer programme on the empowerment of elderly persons. The study focused on older persons' in the location that benefit from the CTP. The period within which the study was carried out was from August 2017 to September 2017.

1.7 Limitation of Study:

The influence of cash transfer fund on the empowerment of elderly persons has not been well documented in Kenya. Consequently, there was too little local literature to suffice a review on older persons cash transfer, the researcher therefore resorted to use of accessible literature on cash transfers and their impact on community.

2. LITERATURE REVIEW

2.1 Review of Variables:

2.1.1 Food Security Promotion:

Cash transfer is a strategy towards poverty reduction or alleviation (Gentilin, 2007). Poverty alleviation is a set of measures, both economic and humanitarian, that are intended to permanently lift people out of poverty (Jordan Bradly, 2013). Most poor old people in rural areas fail to meet adequate food requirements due to poverty. Others due to diminished income and physical ability slide into extreme poverty (Devereux, 2002).

Older persons worry about food compared to other basic needs such as shelter, clothing and medical care. They worry about food running out of stock, skip meals to preserve food, and fail to afford a balanced diet (Tabitha, 2015). Cash transfers can enhance food security promotion as a little money can be invested in crop farming. The United Nations Development programme states that simple economic growth will not reduce or alleviate poverty, improve equality or produce jobs, unless said growth is inclusive of all individuals in the economy. Optimal agricultural performance by small scale farmers for poverty relief, food security, is shown to increase income and employment (UNDP, 2016).

Over the years there has been a lot of poverty alleviation programs; including, food aid, free clothing and temporal shelter for poor. Cash transfers to elderly is a recent development strategy, with an aim to break the cycle and make older persons feel food secure in their sunset years. Most of these programs according to World Bank, 2010 went into the support of hunger, education, housing and utilities. Further still poverty is wide spread all over the world. Cash transfer programme to elderly, ideally is to cushion them from adverse effects, but should not stop there, instead should articulate the realization of empowerment for them (Barr, 2014).

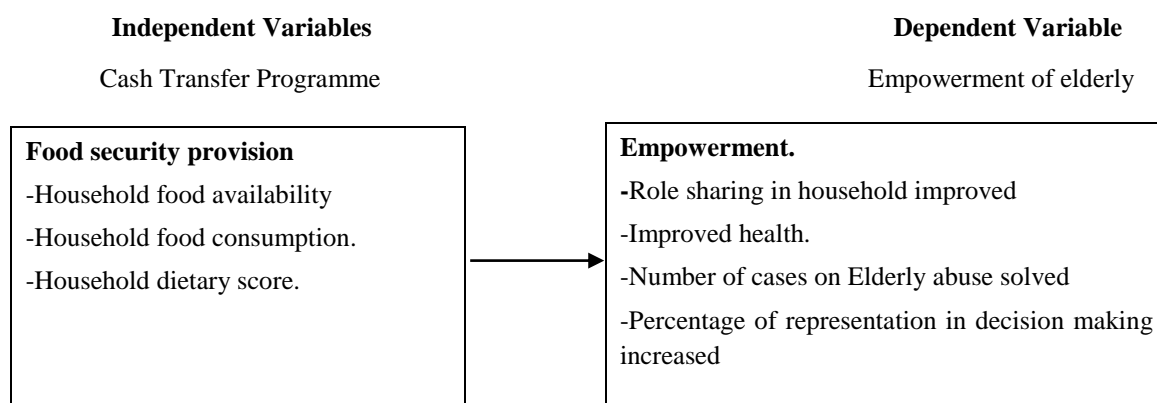


Figure 2.1: Conceptual Framework.

2.2 Empirical Review:

Mwanzia (2015), carried out a study on Effects of Older Persons Cash transfer programme on the elderly in Westlands Sub-county, Nairobi Kenya. The study had three variables; economic development, basic rights and poverty reduction. The study concluded that there was significant impact in recipients of CTP as regards welfare improvements. Cash transfer also improved economic growth of older persons in the Sub-county. The study however did not focus on empowerment of elderly beneficiaries.

According to (Booyesen, 2005), most societies vulnerability rises with age for numerous reasons, including decline in job opportunities (especially in formal employment), reduced pay for those in employment, increased vulnerability to health conditions, limited mobility, discrimination in access to credit and financial markets, restrictions in access to basic services such as education or health, and changes in household composition and status. Cash transfer fund for the elderly have as their primary aim the potential for prevention of poverty and vulnerability among these people. Cash transfers to older people promote their status and decision-making powers within the household, with potential benefits in terms of the allocation of income (Klein & Colin 2011).

Cash transfers to the elderly can facilitate investment which reduces the incidence of risks and therefore of future poverty Seleoane (2008). Investment in physical, human, and social capital reduces the intergenerational transmission of poverty, and therefore the persistence of poverty over time. Seleoane, adds that social grants actually stimulate entrepreneurial activity, in that the grants are reinvested into other income generating activities.

DFID report, 2011 states the following as roles of CTs;- build human capital while breaking inter-generational poverty, enable a household better manage shocks or life cycles without resorting to extreme coping strategies; such as selling productive assets, going without health care, reducing quality and quantity of food intake as well as withdrawing children from school. Little has been done on role of CTP on the empowerment of the elderly persons.

Previous studies focused on impact of cash transfers and how CT programme had become popular, because of its transformative action on the need for poor to make choices on spending (Johannes and Jeremy, (2013). Initial researches focused on children and women and had little studies on elderly beneficiaries. Linking older persons' cash transfer programme to other complimentary services such as access to markets, health services and education facilities for their households, among other benefits would guarantee sustainability (Philomena & Kangai, 2012). Available literature did not focus on empowerment for elderly, but examined areas of impact regarding other cohorts of population; for instance, women who attend clinic merit to be in cash transfer programme, children attending school were also considered based on number of days in school. These conditions in reality do not explain the success of the programme as beneficiaries may focus on fulfilling conditions and benefit as opposed to getting empowered and be independent. This study therefore aims to explore the role of CTF on the empowerment of elderly.

2.3 Knowledge Gap:

Brodsky and Schneider (2013), discussed on food security and was built on data from a unique and at-risk population; an Afghan Women's underground humanitarian and political resistance organization in Pakistan and Afghanistan. The study was designed to come up with a model to account for Social, Political and cultural context that infuses into the unique settings and persons. The study focused on adaptation despite risk and adversity. It did not focus on food security provision and interventions that could influence empowerment of elderly. However the model is useful in relating resilience and empowerment.

Separate researches have been done on the impact of cash transfers in general. In Rarieda Kenya., (Johannes & Jeremy, 2013), conducted a randomized evaluation to measure the impact on economic and psychological well-being on rural households by a project named "Give Directly Cash Transfer programme" had results demonstrate that the programme had significant welfare improving impacts; both economically and psychologically for transfer recipients. There has been no particular study that has investigated the influence of Cash Transfer programme on the empowerment of elderly.

The literature reviewed was largely on cash transfers to general populace, only a handful of the studies have investigated the impact of older persons' cash transfer. The researcher did not come about any studies that have investigated the influence of Cash Transfer Programme on the empowerment of elderly persons. Despite some studies addressing the innovation of cash transfers as a development strategy, some of the independent and dependent variables were found to only focus on specific areas such as school attendance, rate of medical checkup for pregnant and poor rural women, and cash transfers were used to incentivize poor households ensure compliance and development in these areas. This study therefore seeks to address these gaps.

3. RESEARCH METHODOLOGY

3.1 Research Design:

The study used explorative research design to investigate influence of Cash Transfer Programme on the empowerment of elderly persons in North Maragoli Location, in Vihiga County, Kenya. Explorative research design is suitable because it helps cover study problems that have not been studied more clearly, and seeks to find new insights and ideas, establish priorities, develops operational definitions and improve the final research Shields *et al.* (2013).

3.2 Population of the Study:

There are approximately 256 elderly beneficiaries of cash transfer programme in North Maragoli Location. The population of the study is spread across the Five Sub Table 3.1 shows sample frame of the study for 256 elderly beneficiaries of cash transfer programme.

3.3 Sampling Frame:

Sampling frame is the working population or the list containing the population element of the study (Cooper & Schindler, 2011).

Table: 3.1 Sampling Frame

Sub-location	Male	Female	Total
Mulundu	26	23	49
Mudete	23	22	45
Digula	24	22	46
Kigama	32	27	59
Kivagala	31	26	57
Total	136	120	256

3.4 Sample size and Sampling technique:

Purposive sampling was used to select 101 cash transfer programme beneficiaries (Kothari, 2004) because all these respondents were felt required and because they had unique characteristics. This represents 39% of the population which is a good sample (Mugenda & Mugenda, 2006).

3.5 Research Instruments:

The study employed structured interview questionnaires that was closed and open-ended (Collins & Hussey, 2013). Open ended questions (unstructured) provide the respondents with a chance to express their own personal opinion beyond the researcher's span of knowledge (Abdalla, 2014). Key informant interviews were used to collect data. Community leaders and officers from Social Development Department responsible for the implementation of the Cash Transfer Programme were interviewed to find out how they feel about influence of Cash Transfer Programme on the empowerment of elderly persons. Data was collected using a key Informant Interview Guide.

3.6 Data Collection Procedures:

Data was collected through a structured questionnaire since it allows easy collection of large quantity of data within a short period of time. However, most of the beneficiaries were too old and illiterate to respond through a questionnaire, therefore the researcher engaged them on personal interviews and used designated caregivers to get as much information as possible from them. Upon getting clearance from the College Supervisor, Jomo Kenyatta University of Agriculture and Technology, the researcher proceeded to the field with the permission from the Ministry of East Africa, Labour, Social Protection, and Department of Social Development for information on subsequent permission to collect data in the Location. The questionnaires were administered by the researcher to the selected respondents who are elderly beneficiaries of cash transfer programme. The questions were both closed and open-ended.

3.7 Pilot Test:

A pilot study was done on 6 elderly beneficiaries from neighboring Location of Wodanga, Sabatia Sub-county, Vihiga County, Kenya. Pretesting enhances the reliability of the data collected for the research and also avoids response bias in case they happen to complete the same questionnaire in the main study. The rule of the thumb suggests that 5% of the target sample should constitute the pilot test (Cooper & Schindler, 2011).

3.7.1 Reliability:

This study intends to use the internal consistency approach to ensure reliability. To also establish the reliability of the instrument, Cronbach alpha Test was used since it involved a single administration of the instrument therefore it might yield greater internal consistency. The most commonly used measure of reliability is Cronbach's alpha test (Cortina, 1993). It has values in between 0 and 1 where zero indicates no consistency at all and 1 perfect consistency. This is rare in practical situations and values close to 1 will indicate internal consistency in studies. Cronbach's alpha in this study was found to be on average 0.7 for variables, indicating an acceptable level, according to George and Marley (2003).

3.7.2 Validity:

The researcher will validate the content of the research instrument that will be evaluated through the actual administration on the pilot group. The study's content validity was attained through expert opinion by the supervisor, identification of relevant indicators through extensive search of the literature on the concept to be measured.

3.8 Data Processing and Analysis:

The quantitative data collected was sorted, checked and edited for completeness for analysis using statistical package for social sciences (SPSS). The data was then analyzed using descriptive techniques. Quantitative data was analyzed using both descriptive and inferential statistics. Qualitative data was analyzed using the coding, pattern and content analysis technique. Content analysis technique was used in making inferences by objectively and systematically identifying specified characteristics of information collected from the field (Nachimas & Nachimas, 1996). This technique was also used to analyze audio, video and written data from surveys, experiments and observations.

4. RESEARCH FINDINGS AND DISCUSSION

4.1 Response Rate:

The study administered a total of 101 questionnaires and 77 questionnaires were returned. The questionnaires were administered to respondents in October 2017. According to (Cooper & Schindler, 2011) a response rate between 30 to 80 per cent of the total sample size can be generalized to represent the opinion of the entire population. According to Bell (2005) a response rate of 60% was adequate to permit data analysis. Table 4.1 shows that the study achieved a response rate of 76%. The response rate for the study was therefore excellent.

Table 4.1: Response rate.

Questionnaire	Frequency	Percentage (%)
Returned	77	76
Unreturned	24	24
Total	101	100

4.2 Reliability and Validity:

To test reliability 6 beneficiaries of cash transfer programme were used in the pilot test and 6 questionnaires were administered. Using Cronbach alpha test, the responses yielded an acceptable reliability measure of 0.7 and above. Reliability refers to degree to which a research instrument yields consistent results after the repeated trials (Mugenda & Mugenda, 2003). This means that if the instrument is used repeatedly to take the same measurement or reading, it should return the same results. Cronbach's Alpha test was used to test internal consistency of the data. The higher the score, the more reliable the generated scale. Gliem and Gliem (2003) recommend a Cronbach alpha that exceeds 0.7. Table 4.2 shows that all the scales were significant. Food security promotion had the highest reliability scale of 0.796.

Table 4.2: Reliability Coefficients.

Scale	Cronbach's Alpha	Number of items
Food security promotion	0.796	10

4.3 Descriptive Analysis for Study Variable:

The study investigated the influence of cash transfer programme on the empowerment of elderly persons in North Maragoli Location, in Vihiga County, Kenya. The respondents were asked what their responses were on various statements on each study variable as beneficiaries of cash transfer programme. This was on a 5 point Likert scale (where 1 = Strongly disagree 2= Disagree, 3= Neutral, 4= Agree, and 5= Strongly agree).

4.3.1: Food Security Promotion.

The researcher was interested to know the respondents' perception on food security promotion as CTP beneficiaries on their empowerment. The respondents were asked if were worried that food run out would affect their empowerment, not affording balanced meal affects empowerment, food not lasting, skipping meals for adults, eating less than should, hungry often, losing weight because not enough food, and missing food whole day. The responses were presented in Table 4.3

Table 4.3: Descriptive statistics on Food Security Promotion.

	Frequency and Percentage (%)					Mean	Standard Deviation
	SDA	DA	N	A	SA		
Worried food would run out	2(2.6)	5 (6.5)	2 (2.6)	56(72.7)	12 (15.6)	3.92	.823
Couldn't afford balanced meals	2(2.6)	3(3.9)	2(2.6)	59(76.6)	11(14.3)	3.96	.751
Food did not last	2(2.6)	2(2.6)	3(3.9)	58(75.3)	12(15.6)	3.99	.734
Adults skip meals	1(1.3)	2(2.6)	6(7.8)	54(70.1)	14(18.2)	4.01	.698
Eat less than should	2(2.6)	2(2.6)	5(6.5)	56(72.7)	12(15.6)	3.96	.751
Adults skip meals often	2(2.6)	2(2.6)	7(9.1)	56(72.7)	10(13.0)	3.91	.747
Hungry but didn't eat.	3(3.9)	2(2.6)	5(6.5)	61(79.2)	6(7.8)	3.84	.762
Lose weight, not enough food	1(1.3)	3(3.9)	5(6.5)	53(68.8)	15(19.5)	4.01	.734
Did not eat for whole day	2(2.6)	2(2.6)	3(3.9)	59(76.6)	11(14.3)	3.97	.725
Adults did not eat whole day often	2(2.6)	2(2.6)	8(10.4)	59(76.6)	6(7.8)	3.84	.708
Valid N (listwise)	77						

Regarding the statement on worrying food would run out affects empowerment, majority of the respondents 56(72.2%) were in agreement with the statement that had a mean score of 3.92. This can be interpreted to mean that older persons worry a lot if they anticipate food run out. They fear because they are weak due to age and ability to find food in their frail age is a toll order. This also confirms that vulnerability rises with age as confirmed by Booyen (2007), Seleone (2008) and Klein & Colin, (2011). Also majority 59 (76.6%) agreed that not affording a balanced meal affects empowerment, had a mean of 3.96. This put older persons to nutrition related ailments, a fact that proves why older persons are sickly and inactive, hence powerless, Tabitha (2015), Devereux (2002). 58 (75.3%) of respondents were in agreement that if food does not last it affects their empowerment. Further, 54 (70.1%) of elders who skip meals affects their empowerment, had a mean of 3.90. This common for older persons because they skip meals in order to save or let the grand-children eat. They also don't spend money given by the programme for fear it would run out. This is in line with what Chawla (2013) noted that poverty and vulnerability are as a result of human behavior. Majority agreed most of elders who fall hungry but don't eat, lose weight due lack of enough food, not eat often or don't eat at all affect their empowerment. As beneficiaries of cash transfer they have the power to buy food and can choose what to eat with the assistance of the caretaker (Alexander, 2010). The findings are in conformity with (Magdalene, 2013) who argued that material deprivation, discrimination and exclusion are characteristics of vicious cycle of poverty, and enabling individual to break away empowers such individuals.

4.4 Inferential Statistics:

4.4.1 Regression Analysis:

Table 4.4: Regression Results for food security promotion.

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.401 ^a	.161	.150	.27669		
a. Predictors: (Constant), food security promotion						
ANOVA ^a						
Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	1.102	1	1.102	14.389	.000 ^b
	Residual	5.742	75	.077		
	Total	6.843	76			
a. Dependent Variable: Empowerment of elderly						
b. Predictors: (Constant), Food security promotion.						

The model summary shows that R squared =0.161 implying that 16.1% of variations in the dependent variable is explained by the independent variable (food security promotion). This therefore means that other factors not studied in this research contribute 83.9% of elderly empowerment. Since F statistic is more than zero or is large enough $F(1,76)=14.389$, $P<0.05$ this implies that food security promotion is significant predictor of empowerment of elderly persons. This findings are in line with studies done by (Alexander, 2010), (Bachelet, 2011), and (Barbone, 2014), who found that food security promotion influences empowerment of communities.

Table 4.5: Regression Results for Combined Independent Variables and Empowerment.

Model Summary ^b						
Model	R	R Square	Adjusted Square	R	Std. Error of the Estimate	Durbin-Watson
1	.775 ^a	.601	.578		.19483	1.857
a. Predictors: (Constant), Food security promotion, promotion of IGAs, access to health care provision, Leisure and social interaction.						
b. Dependent Variable: Empowerment of elderly						
ANOVA ^a						
Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	4.110	4	1.028	27.068	.000 ^b
	Residual	2.733	72	.038		
	Total	6.843	76			
a. Dependent Variable: Empowerment of elderly.						
b. Predictors: (Constant), Access to food security provision, promotion of IGAs, access to health care provision, Access to leisure and social interaction.						

The model summary tells us that R squared =0.601 implying that 60.1% of the variations in dependent variable is explained by the independent variables. This therefore means that other factors not studied in this research contribute 39.9% of empowerment of elderly persons. This also implies that food security promotion have a significant relationship in influencing empowerment elderly persons. Durbin-Watson is 1.857 which means there is no autocorrelation problem. This regression model is significant and can be used to assess the association of dependent and independent variables. Since F statistic is more than zero or is large enough $F(4,76)=27.068$, $P<0.05$ this implies that independent variables are significant predictors of empowerment of elderly persons. This findings is in line with studies done by (Alma, 2015), (Adams & Robert, 2008), (Armando, 2006) who found out that roles of cash transfers programme impacted on the empowerment of older persons.

Table 4.6: Coefficients^a on combined variables

Coefficients ^a								
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
		B	Std. Error	Beta			Tolerance	VIF
1	(Constant)	.037	.387		.096	.924		
	Food security promotion	.242	.082	.238	2.954	.004	.854	1.170
a. Dependent Variable: Empowerment of elderly.								

Coefficients of determination explains the extent to which changes in the dependent variable can be explained by the changes in the independent variables or the percentage of variations in the dependent variable (empowerment of elderly persons) that is explained by all the four independent variables.

The regression equation was $Y=\beta_0+\beta_1X_1+\varepsilon$

Where by Y= empowerment of elderly persons

β_0 = Constant

β_1 = Coefficient

X_1 = Food security promotion.

ε = error term

From the regression findings the substitution of the equation

$Y=\beta_0+\beta_1X_1+\varepsilon$ became

$Y = 0.037+ 0.242X_1$

Assuming all other independent variables are 0.000 empowerment of elderly persons will be 0.037. A unit increase in food security promotion will lead to 0.242 increases in empowerment of elderly persons. This therefore infers that food security promotion contributed to empowerment of elderly persons. The study confirmed that there was a positive relationship between food security promotion and empowerment of elderly persons in North Maragoli Location, in Vihiga County, Kenya $P (0.004) < 0.05$. For the second research question the study confirmed that there was a positive relationship between promotion of IGAs and empowerment of elderly persons, $P (0.000) < 0.05$. Regarding research question three, access to health care provision had no significant influence on the empowerment of elderly persons $P (0.241) > 0.05$. The fourth research question confirmed that there was a positive relationship between leisure and social interaction and empowerment of elderly persons $P (0.000) < 0.05$.

5. SUMMARY, CONCLUSION AND RECOMMENDATION

5.1 Summary:

This chapter has reviewed literature on the extent to which CTP influences older person's empowerment. It has reviewed the variables and two models; such as, Empowerment process model and Trans-conceptual Model of Empowerment and Resilience (TMER), as well as theories. Structural adjustment theory and Empowerment theory has been discussed. Empowerment of elderly has also been discussed. This has been summarized through a conceptual framework. Empirical areas of study have also been covered and build on the premise that the empowerment of the elderly depends on how well the independent variables would be implemented.

5.2 Conclusion:

Based on the above findings, the study concludes that food security promotion influences empowerment of elderly persons in North Maragoli Location, in Vihiga County, Kenya.

5.3 Recommendation:

The study recommends that access to basic needs by older persons had other benefits to beneficiaries. Moreover, food security, shelter, medical care and clothing should be encouraged as this will help in addressing other challenges affecting older persons. Policy makers are also encouraged to avail more funds and build institutions for elderly in society. The study also recommends that building resilience among old people is important owing to the fact that old age has numerous challenges that makes them vulnerable to shocks and disasters.

5.4 Areas for Further Study:

It is recommended that the study be done to cover the influence of cash transfer programme in the whole country which will allow generalization of CTP roles on empowerment. Further the study only focused on four key objectives of CTP. Other aspects should be considered for study, for instance use of mobile money transfers for paying beneficiaries to help reduce on traveling costs involved, hence enhance communication and reachability.

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