

**SOCIO-ECONOMIC EFFECTS OF COVID-19 PANDEMIC ON
FAMILY STABILITY: A CASE OF NUCLEAR FAMILIES IN
UTAWALA WARD, NAIROBI CITY COUNTY, KENYA**

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DECLARATION

This thesis is my original work and has not been presented for a degree or any other award in any other University.

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DEDICATION

This thesis is dedicated to my family, whose steadfast support has been invaluable throughout the process of writing this thesis. Thank you for your patience, understanding, and for putting up with the many hours I spent away from you. I truly appreciate all of you.

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ABSTRACT

Family stability plays a vital role in maintaining social stability. The family is recognized by the Universal Declaration of Human Rights as the natural and foundational unit of society; thus, the family is deserving of protection from both society and the State. The socio-economic well-being of the family has a major effect on its stability. Following the Covid-19 disruption, families experienced major socio-economic downturns, which they continue to grapple with to date. These presented challenges of meeting basic needs, which in turn adversely affected family stability. This study was guided by systems theory purposed to determine the socio-economic effects of Covid-19 on family stability among nuclear families in Utawala Ward, Nairobi City County. Four objectives guided the study thus: to establish the effect of economic conditions of Covid-19 Pandemic on the nuclear family stability in Utawala Ward, Nairobi City County, to assess the effect of communication during Covid-19 Pandemic on the nuclear family stability in Utawala Ward, Nairobi City County, to establish the effect of cohesion during Covid-19 Pandemic on the nuclear family stability in Utawala Ward, Nairobi City County and to assess the effect of spiritual orientation during Covid-19 on the nuclear family stability in Utawala Ward, Nairobi City County. The research used descriptive study design. The population targeted comprised of nuclear families in Utawala Ward of Embakasi East Sub-County of Nairobi City County. The researcher used purposive sampling and simple random sampling methods to identify the study respondents. The sample population was 97 families. Data were collected using questionnaires and interview guides. Quantitative data from the questionnaires were analysed using quantitative techniques (measures of central tendencies) that is mean and standard deviation scores as well as correlation coefficients aided by SPSS (Version 28), and presented using tables and charts. Qualitative analysis was undertaken using thematic analysis. Results were presented in the form of narratives. The study findings indicated a significant negative relationship between economic conditions and family stability ($r = -0.381$, $p\text{-value} > 0.05$) during the Pandemic. A unit increase in the prevailing economic conditions was associated with a 0.381 decrease in family stability. Communication was significantly associated to family stability ($r = 0.415$, $p\text{-value} < 0.05$), implying that a unit increase in communication was associated with a 0.415 improvement in family stability. Cohesion was also significantly correlated to family stability ($r = 0.483$, $p\text{-value} < 0.05$) implying that a unit increase in cohesion was associated with a 0.483 improvement in family stability. There was also a significant positive relationship between spiritual orientation and family stability ($r = 0.606$, $p\text{-value} < 0.05$) implying that a unit improvement in the spiritual orientation was associated with a 0.606 improvement in family stability. The study recommends that the government consider implementing targeted economic recovery programs aimed at supporting small and family-owned businesses. This could include providing low-interest loans, grants, and tax relief to help businesses recover from the financial setbacks caused by the Pandemic. The spiritual institutions should educate families on the concept of spiritual resilience, which involves using spiritual beliefs and practices to overcome adversity. Workshops or seminars could be organized to teach families how to draw strength from their spiritual beliefs during crises, thereby enhancing their overall stability. Families should allocate time for shared activities that foster bonding, such as meals, game nights, or outdoor activities, to strengthen relationships and reduce interpersonal conflicts.

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ABBREVIATIONS AND ACRONYMS

APA	American Psychological Association
COVID-19	Corona Virus Disease 2019
NCIC	National Cohesion and Integration commission
SES	Socio-Economic Status
UK	United Kingdom
UN	United Nations
GDP	Gross Domestic Product
SPSS	Statistical Package for Social Sciences
U.S.	United States
UDHR	Universal Declaration of Human Rights
WHO	World Health Organization

OPERATIONAL DEFINITION OF TERMS

Cohesion: The ability to stick together as a family after the COVID-19 Pandemic.

Communication: The ability to continue passing information to other family members after COVID-19 Pandemic.

Economic Stability: The ability to earn a living after the COVID-19 Pandemic.

Family Stability: Characteristics that ensured a healthy family environment during COVID-19 Pandemic.

Nuclear Family: The family unit that consists of two parents and their children living together in the same household.

Pandemic: a disease that infects many people and for a long time

Socio-Economic Effects: Factors affecting lifestyle quality of families during and after COVID-19 Pandemic in Utawala Ward, Nairobi City County.

Spiritual Orientation: The ability to commune with the Supreme Being after the COVID-19 Pandemic.

CHAPTER ONE: INTRODUCTION AND BACKGROUND TO THE STUDY

Introduction

This chapter provides an overview of the study's background, presenting the problem statement, the general and specific objectives, as well as the research questions. The section also covers assumptions, justification, significance and scope along with the study's limitations and delimitations and then concludes with the chapter summary

Background to the Study

Family stability is the socio-economic well-being of the families and has a major effect on their stability; it is possible that the families have experienced a far greater impact in the long term as the labour force and business entities continue to grapple with the aftermath of COVID-19 Pandemic (Prime et al., 2020). Global economies were adversely hit by the COVID-19 Pandemic, which resulted in financial distress caused by job losses, lower incomes, and interruptions to businesses and industries. Families were particularly vulnerable, particularly those with low incomes or unstable work (citation needed). Economic uncertainty and a change in how families allocate resources resulted from the disruption of many households' routines and means of subsistence caused by the shutdown of public areas, workplaces, and schools (Bizoza & Sibomana, 2020). This aspect would form the foundation for understanding how economic instability affects family dynamics, communication, and overall cohesion.

The lockdowns and curfews experienced in the major towns for example Nairobi and Mombasa Counties dwindled the revenue streams in businesses leading to the

eventual closure of business ventures and generating challenges of meeting the basic needs such as food and house rent (Development Initiative, 2020).

Another factor that affects family stability is communication. Communication in this context means that family members are able to pass and receive information to and from each other. Family communication is an essential component of social stability. According to Prime et al., (2020) the family is the primary stake in the formation of a society; an understanding of any event, that disrupts and affects family stability is critical to developing relevant and targeted readiness policies and mitigation in our society, a fact magnified by the COVID-19 Pandemic.

The Covid-19 pandemic significantly altered lives worldwide, with families being especially impacted (Adisa et al., 2021). It is undeniable that the COVID-19 disruption impacted the proper functioning of the family unit either directly or indirectly throughout the world, causing immense suffering and devastation, which are still being felt. The loss of lives, socio-economic recession and social disruption are among the most severe consequences of this Pandemic (Chakrabarti & Chatterjee, 2023). This study sought to find out how Covid-19 Pandemic affected the socio-economic status of families in Utawala ward, Embakasi, Nairobi City County.

The Universal Declaration of Human Rights (UDHR) identifies the family as the natural and foundational unit of society, deserving protection from both society and the State (Claeys & Edelman, 2020). Achieving the 2030 Agenda for Sustainable Development Goals must prioritize the family due to its critical role as a primary educator, socio-economic contributor, and social safety net (Liu et al., 2020). Additionally, strong family relationships, where members provide mutual comfort, security, and support, are essential for emotional and physical well-being

(Pietromonaco & Collins, 2017), making them particularly crucial during the challenges posed by the Covid-19 crisis.

Family stability characterized by the ability of the nuclear family to live together, is nevertheless a function of a number of factors. This study focused on socio economic well-being, communication, cohesion and spiritual orientation of the family as the study constructs. With regard to economic conditions, many families were affected, for instance, by the impact of the Covid-19 pandemic on United States of America's households revealed that "stay-at-home orders" and lockdowns, coupled with heightened economic uncertainty and stress, caused significant anxiety for many couples. This, along with inadequate coping strategies, resulted in a concerning rise in domestic violence reports both within the U.S. and globally (Boserup et al., 2020).

A study done in South Africa on family well-being by Gayatri and Puspitasari (2022) concluded that, the Covid-19 pandemic significantly affected family life, bringing about challenges such as physical and mental health issues, economic instability, and family violence. Key findings from the study highlighted that the most pressing difficulties included disruptions to children's education, financial hardships resulting from job losses, and isolation from extended family members due to movement restrictions. Families lost their businesses, employment and were therefore unable to meet their financial obligations. According to Prime et al., (2020), all these themes are indicators that family stability was affected by Covid-19 Pandemic either through the disease itself or the mitigation measures imposed by the government.

Family communication played a crucial role in fostering adjustment, coping with distress, and addressing psychosocial challenges within the family (Gayatri & Irawaty, 2022). It also contributed to the development of family culture through the

creation of intimacy, norms, and values (Taipale, 2019). During challenging periods, such as the pandemic, communication became even more critical, allowing family members to share their concerns, fears, and anxieties, which helped protect their psychological well-being. Conversely, in families with poor communication and strained relationships, issues such as interpersonal conflicts were more prevalent (Hado & Feinberg, 2020). Thus, communication is vital during times of crisis. Following the Covid-19 pandemic however, family communication often became strained; individuals who once engaged in face-to-face interactions grew distant, while limited use of technology further reduced both interpersonal and intrapersonal communication. Despite the recognized importance of communication in maintaining relationships during crises, little is known about how strained family communication specifically affects family stability. This study aimed to explore the impact of strained family communication on family stability.

Family cohesion plays a significant role in family stability. Maintaining connections with extended family and friends was crucial for preserving family well-being and staying positive during periods of physical distancing. The pandemic offered a valuable opportunity to strengthen the nuclear family relationships or rekindle family bonds that had weakened or remained dormant over time (Ahmed et al., 2020). Engaging in shared activities fostered greater involvement in one another's lives among the nuclear family members, improving responsiveness and tolerance within the family (Azarian, 2020). Nuclear family members could either revisit past enjoyable activities or try new ones together. Spending quality time as a nuclear family not only enhances cohesion but also transforms difficult times into opportunities for collective support, which helps to build stronger bonds and resilience (Ahmed et al., 2020). Quality family time involves making sacrifices, such

as engaging in one-on-one conversations with each family member to strengthen individual relationships. Moreover, nuclear family members should dedicate regular time each day to social bonding or cohesion. This can be achieved by participating in family traditions or rituals, or by creating new activities (Szabo et al., 2020).

Finally, spiritual orientation was an important factor in family stability during the epidemic; praying or engaging in worship to draw closer to God proved to be an effective way of coping with challenges (Deak & Mengga, 2023). Research on this topic suggests that one of the primary means of finding life's meaning is "spirituality," typically understood as a search for purpose (Gencer, 2019). It was observed that during the pandemic, there was a rise in people's spiritual engagement, with many focusing on spiritual rituals such as praying, reading sacred texts, and striving for inner peace (Güngörer, 2020). As a coping mechanism, spirituality helps to alleviate undesirable situations or stressors by altering how the stressful situation is evaluated, reducing stress, or managing its source (Achour et al., 2021).

Globally, although the coronavirus was first identified in December 2019, a substantial body of research on its impact on family stability has already been generated. There however remains a need for more context-specific studies that explore diverse cultural, social, and economic settings, as existing findings may not fully capture variations in family experiences across different regions. For instance, a survey by the American Psychological Association (APA) in 2020 found that many families in the United States were experiencing increased instability due to the pandemic. This instability was closely linked to socio-economic and employment issues, as many individuals lost their sources of income and became more dependent. In the U.S., the lockdown measures reduced time spent outside the home, leading to a

significant drop in employment and a sharp decrease in job vacancies (Montenovo et al., 2020).

In the UK, the first national lockdown was implemented on March 23rd, 2020, to halt all non-essential contact in an attempt to curb the spread of the virus.

Institutions of learning went to virtual learning and many businesses considered offering non-essential services closed requiring citizens to remain at home unless necessary. A survey was conducted by the WHO (2020) and it reflected extensive concerns around anxiety and isolation, which threatened family stability, and recommended that its priority was to come up with strategies that supported the emotional well-being of individuals.

In China, the Covid-19 pandemic posed a threat to family stability, leading to an unprecedented rise in divorce requests (Ahmed et al., 2020), prompting the government to implement a mandatory 30-day cooling-off period in several provinces. The pandemic also contributed to a surge in domestic violence cases during the lockdown. In India, reports of domestic violence doubled during the first week of the lockdown, while France saw a 36% increase in such incidents during the same period. Australia experienced a 75% rise in domestic violence cases in the early weeks of the lockdown. In less severe cases of conflict, many families and couples faced new challenges that likely intensified existing tensions (United Nations [UN], 2020).

In Sub-Saharan Africa, family stability has become an increasingly important topic. This may be attributed to the effects that are presented across grossly impacting psychological well-being of individuals (Odimegwu et al., 2020). Families faced increased pressure to adopt more safety measures, wear masks, engage in home-based

hobbies, watch television, participate in e-conferencing and e-learning, and carry out most of their daily activities within the home and confined spaces (Ahmed et al., 2020). Social distancing restrictions also affected families' connections within the nuclear family, leading to reduced social interaction, limited access to healthcare services, and restrictions on event gatherings such as weddings or engagements. These factors introduced a new form of impact on family stability that had not been previously addressed in the literature (Woodruff, 2020).

In Kenya, the disruptions caused by the Covid-19 pandemic resulted in significant socio-economic and social losses across the country, heightening concerns about food security and access to healthcare and education. The unemployment rate more than doubled compared to pre-pandemic levels, while the nation's real GDP contracted by 0.3 percent in 2020, pushing an additional two million Kenyans into poverty. This marked the steepest decline in Kenya's real GDP since 1992 (World Bank, 2020). Furthermore, in efforts to curb the spread of the virus, the Kenyan government implemented a range of policies, including mobility restrictions and school closures, which impacted 300,000 teachers and over 18 million students (World Bank, 2020). This had a great negative impact on the nuclear family given that these were people who were used to live together as a unit.

Locally, scholars have evaluated the subject of socio-economic ramifications of Covid-19 disruption on family stability. For example, Odunga (2021) studied the socio-economic impact of Covid-19 Pandemic on the family spending in Kenya's urban areas. Again, Barasa et al., (2022) assessed the socio-economic impact of Covid-19 Pandemic on the stability of young people in Kenya. These scholars however assessed the economic effects of the pandemic, there is therefore limited

research specifically examining how strained family communication during the pandemic affected overall family stability in the nuclear family structure.

Nairobi City County was the worst hit by Covid-19 pandemic in that it recorded the highest number of infection cases (Moochi & Mutswenje, 2022); consequently, many people have continued to experience the effects of Covid-19 pandemic. In Utawala Ward, many families lost their sources of livelihood, and they continue to experience strained communication. In some, spiritual foundations were shaken to the core as they experienced the loss of loved ones, while the fabric that wove the family members almost disintegrated such that there was no more cohesion among members (Moochi & Mutswenje, 2022). It is in light of this that the researcher sought to conduct this study in order to identify the socio-economic effects of Covid-19 Pandemic on family stability of nuclear families in Utawala Ward, Nairobi City County, Kenya.

Statement of the Problem

Family stability is a crucial element of both social stability and protection. In many developing nations, the family serves as the primary source of social protection. Even in times of peace and security, the importance of family stability should be recognized, not only in relation to family reunification but also when planning humanitarian interventions. It is also in the context of the family that children experience their earliest interactions. Studies have demonstrated that when a family experiences instability, new and unforeseen challenges to social cohesion result (Razavi et al., 2020). Covid-19 Pandemic brought about unprecedented threats to family cohesion. During and after lockdown families lost their sources of livelihoods. There was also strained communication among family members, threatened family

cohesion and even their spiritual orientation was threatened. This study therefore aimed to establish the socio-economic implications of Covid-19 disruption on nuclear family stability among families in the Utawala Ward of Nairobi City County.

Purpose of the Study

The main aim of the study was to determine the socio-economic impacts of COVID-19 pandemic on family stability among nuclear families in Utawala ward, Nairobi City County.

Objectives of the Study

- (i) Establish the effect of economic conditions during of Covid-19 Pandemic on the nuclear family stability in Utawala Ward, Nairobi City County.
- (ii) Assess the effect of communication during Covid-19 Pandemic on the nuclear family stability in Utawala Ward, Nairobi City County.
- (iii) Establish the effect of cohesion during Covid-19 Pandemic on the nuclear family stability in Utawala Ward, Nairobi City County.
- (iv) Assess the effect of spiritual orientation during the Covid-19 Pandemic on the nuclear family stability in Utawala Ward, Nairobi City County.

Research Questions

- (i) What is the effect of economic conditions during Covid-19 Pandemic on the nuclear family stability in Utawala Ward, Nairobi City County?
- (ii) What is the effect of communication during Covid-19 Pandemic on the nuclear family stability in Utawala Ward Nairobi City County?
- (iii) What is the effect of cohesion during Covid-19 Pandemic on the nuclear family stability in Utawala Ward, Nairobi City County?

- (iv) What is the effect of spiritual orientation during Covid-19 Pandemic on the nuclear family stability in Utawala Ward, Nairobi City County?

Assumptions of the Study

There exists a relationship between socio-economic effects of Covid-19 pandemic and family stability.

Covid-19 Pandemic had an effect on the family stability among the nuclear families in Utawala Ward, Nairobi City County.

The study assumed there would be sincere and honest feedback from the respondents during the administration of the questionnaires and interviews.

It also assumed that respondents would be well versed in matters of the socio-economic effects of Covid-19 pandemic and family stability.

The study assumed that the experiences of the selected households could be generalized to other nuclear families within the area.

Justification of the Study

After the Covid-19 Pandemic outbreak in 2019, the stability of many families was shaken in terms of loss of livelihoods. Communication also became a problem among the family members, who were forced to adapt to a new reality that threatened family cohesion and spiritual orientation. To date, many individuals and even families are still struggling to adapt to these new realities.

Through the identification of Covid-19 Pandemic's effects on the nuclear family, this study can bring about an understanding of necessary support structures and initiatives aimed at fostering resilience and well-being.

Significance of the Study

This study's findings may guide decision-making and policy development at the county government and national government in making social and health policies. The information generated can be used by policymakers in these levels of government to enact policies that support social safety nets, assist families in times of need, and improve readiness for unforeseen events.

The study's findings might provide insights into therapy strategies that work well for Covid-19 pandemic-affected families. Informed by the study's findings, parents and family therapists can apply evidence-based practices to their work, like systemic interventions to address relational dynamics within the family, or mindfulness techniques to reduce stress.

Narrative therapy can also be used to explore family narratives surrounding the Pandemic. This study is important to families as it provides a robust sense-making of how the economic and social challenges intensified by the COVID-19 Pandemic have altered family dynamics.

It also lays the groundwork for policymakers, philanthropic organizations, churches and even individuals in developing well-informed and effective interventions aimed at enhancing family stability during crises and in the future. The study's findings could also serve as a foundation for other researchers exploring the relationship between the Covid-19 pandemic and family stability.

Scope of the Study

The research confined itself to the socio-economic effects of Covid-19 Pandemic on family stability. Specifically, it examined how economic conditions, communication, cohesion and spiritual orientation affected family stability. The

research also confined itself to the nuclear families in Utawala Ward, Nairobi City County. Utawala Ward is a densely populated area that represents a diverse cross-section of nuclear families from different socio-economic backgrounds. This diversity makes it an ideal location to capture varied experiences and perspectives on the Pandemic's impact on the nuclear family stability.

Limitations and Delimitations

This study may have been influenced by the respondents' failure to disclose information they felt personal, worried that the answers may be revealed to others. They were assured of confidentiality of their responses.

Another constraint was time to carry out the survey especially in the administration of the questionnaires in the various households. The researcher therefore engaged research assistants to aid in the distribution of the questionnaires.

The study may also have been affected by the use of the descriptive research design. The findings therefore could only be generalized to the extent allowed by the design.

The study was limited to nuclear families in Utawala Ward and may not reflect the experiences of families in other parts of Nairobi or Kenya with different socio-economic dynamics. The study may also have experienced self-reporting bias since sensitive issues such as domestic conflict, job loss, or parenting challenges may have been underreported due to stigma, embarrassment, or social desirability.

Chapter Summary

This chapter has introduced the concept of family stability, emphasizing the importance of examining the socio-economic effects of the Covid-19 pandemic and its impact on family stability. It has outlined the study's objectives, research

questions, assumptions, justification, significance, scope, as well as the limitations and delimitations. The following chapter presents the literature review, along with the theoretical and conceptual frameworks.

CHAPTER TWO: LITERATURE REVIEW

Introduction

This chapter comprises the relevant literature under review. This is done in the four thematic areas derived from the objectives. They include economic conditions, communication, cohesion and spiritual orientation of the family. The chapter also presents the theoretical and conceptual frameworks, the research gaps, and concludes with the chapter summary.

Economic Conditions and Nuclear Family Stability

The COVID-19 pandemic has had a profound effect on socio-economic conditions and the stability of nuclear families globally. The link between socio-economic conditions and nuclear family stability is intricate and multifaceted (Kerr & Bevan, 2020). The socio-economic challenges during the COVID-19 pandemic deeply influenced the stability of nuclear families. Families facing financial strain, mental health challenges, and inadequate access to resources were more likely to experience instability. Conversely, families with better financial security and access to support networks tended to navigate the crisis more successfully. The Pandemic highlighted the critical role of socio-economic factors in maintaining family stability, with economic vulnerability often leading to increased stress, conflict, and in some cases, family breakdown. These studies, among others, collectively reflect the complex relationship between socio-economic conditions and family stability, especially during the Pandemic. The current study reflects on socioeconomic conditions after covid-19 Pandemic.

Since January 2020, the world has been overwhelmed by the Coronavirus Disease 2019 (Covid-19 pandemic), which quickly escalated into a global crisis,

infecting millions of people worldwide. In an effort to contain the virus's spread, many countries shut down non-essential businesses and imposed stay-at-home orders, halting numerous development programs and leading to job insecurity and unemployment (Song et al., 2021). Many workers lost their jobs, while others kept their positions, assuming economic activities would resume once lockdowns were lifted, but during this period, they neither worked nor received wages (Diop & Asongu, 2023). Diop and Asongu (2023) analyzed the pandemic's impact on impoverished communities across four continents and estimated that nearly 49 million people were pushed into extreme poverty in 2020. A study by Deb et al. (2022) found that nearly 50% of the respondents expressed concerns about job security. A report by Ray and Subramanian (2022) on the impact of lockdown on the unemployment rate in India from January 2020 to January 2021 revealed that unemployment was around 6% in January 2020, but surged to nearly 24% by April 2020, due to decreased demand and workforce disruptions faced by companies (Parvathamma, 2020).

The shutdown of factories and workplaces had a severe negative impact on daily wage workers and farmers, leading many into famine and starvation (Deb et al., 2022). This resulted in a decline in the economic status of many middle- and lower-income groups, with only a few able to sustain their livelihoods through savings. Several studies have assessed the economic impact of the Covid-19 pandemic on family conditions.

In a study by Parolin et al., (2020), participants were drawn from households in California State and they assessed whether the rebates they were getting from the government had a socio-economic impact on the family stability. Random sampling approach was applied to identify the participating households. Data was collected through questionnaires and interviews. The findings revealed that the coronavirus

(Covid-19) pandemic had worsened existing socio-economic challenges for many families. As the number of Covid-19 cases increased, many individuals faced unemployment and reduced working hours as businesses altered their operations to curb the virus's spread. This financial disruption led to more families falling into poverty and widespread anxiety about their ability to pay bills and regain employment in the future. This study; however, focused on the role of rebates on the recovery of household businesses, while the current study evaluated the socio-economic implications of Covid-19 disruption on the family stability.

In another study, Andrade et al. (2020) examined the impacts of lockdowns, income distribution, and food security on family stability in South Africa. The research focused on randomly selected nuclear families in Cape Town. Approximately half of the respondents reported that the pandemic made it more difficult to achieve their long-term financial goals, with this figure being higher among households that experienced job or wage losses. Income played a significant role in these findings; 76% of low-income adults stated their finances were in fair or poor condition, compared to only 14% of upper-income adults during the same period. The study found that as the pandemic persisted, financial concerns became less urgent compared to the early months of 2020, with no significant impact on family stability. This trend was especially noticeable among lower-income households and those facing job or wage losses. However, this study was conducted in an African country with stronger income levels and social support systems for vulnerable families affected by the pandemic. The current study seeks to evaluate the socio-economic effects of the Covid-19 pandemic on family stability in Kenya, where the minimum wage is low and insufficient to support families.

In yet another study, Onyango et al. (2021) explored preparations for the Covid-19 pandemic, focusing on its socio-economic effects and vulnerability to shocks in Nairobi, Kenya. The data for this research was drawn from the 2017 Hungry Cities Partnership (HCP) urban household food security survey for Nairobi, which was a cross-sectional study using city-wide representative household data. The sample was selected using a three-stage cluster sampling technique and probability proportional to size sampling. The findings revealed that only 29% of the surveyed households were fully food secure. Among those facing some level of food insecurity, a larger proportion (55%) experienced socio-economic shocks, compared to socio-political (16%) and biophysical (10%) shocks. Socio-economic shocks, such as increased food prices, job loss, and reduced income, were linked to higher levels of food insecurity. The lack of functioning social safety nets in Nairobi exacerbated the situation, leading to severe food insecurity and related health effects. In this context, the Covid-19 pandemic had a significant negative socio-economic impact on many vulnerable urban households, affecting family stability. However, this study focused on food security preparedness, which was only one aspect of the socio-economic effects of the pandemic and relied on secondary data. In contrast, the current study used primary data to assess the broader socio-economic effects of the Covid-19 pandemic on family stability.

Communication and Nuclear Family Stability

The COVID-19 crisis had far reaching effects on communication patterns within families, and these changes played a critical role in determining family stability across the globe. As families navigated various challenges—health-related, economic and emotional – the way they communicated with each other evolved, sometimes strengthening familial bonds and, at other times, exacerbating tensions.

The Covid-19 pandemic led to anxiety, stress, and concerns about the future for many individuals (Paredes et al., 2020). Fear and anxiety are common psychological responses during challenging times (Salari et al., 2020). Family communication and coping strategies play a crucial role in managing stress. Additionally, the coping strategies employed by family members influence the quality and development of relationships within the family (Bush & Price, 2020).

Various factors, such as conflict, the number of stressors affecting family relationships, and the availability of intra- and inter-family communication, can influence family stability (Gencer, 2019). Thus, it seems there is a bidirectional relationship between family communication and stability. Family communication and stability are also shaped by social and cultural structures, the family's socio-economic status, educational level, and access to services and opportunities (Paredes et al., 2020). These factors not only impact family stability but also provide internal and external support while fostering inter-community communication.

Family communication varies from general interpersonal or intergroup communication in that it plays a key role in helping individuals adjust to family life and cope with family distress and other psychosocial challenges (Gayatri & Irawaty, 2022). Family members contribute to the culture and communication of the family by generating intimacy, norms, and values (Gencer, 2019). Communication within the family becomes even more crucial during difficult times, as it allows members to express concerns, fears, and anxieties, which in turn helps maintain stability. However, in challenging times like the pandemic, communication can often diminish due to the prevailing uncertainty and anxiety, leading individuals to withdraw and keep their thoughts and feelings to themselves. In families with poor communication

and strained relationships, interpersonal conflicts can arise (Gayatri & Irawaty, 2022). Therefore, family communication is essential during crises.

In a study conducted by Mheidly et al. (2020), the impact of the Covid-19 Pandemic on family communication was examined in Washington, D.C. The research focused on 300 families from the state, selected using simple random sampling. Data were gathered through interviews with family heads and analyzed via content analysis. The study found that interpersonal communication played a key role in helping family members exchange messages, reach mutual understanding, and align on goals. Additionally, interpersonal communication helped strengthen relationships, fostering a deep and close bond among family members during the Pandemic. The current study aims to validate these findings in the Kenyan context, specifically in Utawala ward, Nairobi City County

On their part Bucci, et al., (2020) studied the effect of Covid-19 Pandemic on communication among families during the Pandemic. The study was conducted in Singapore. The respondents were randomly selected across the country. Data were gathered using both interviews and questionnaires. The study established that the constant progress of technology advancement had led some to believe that during Pandemic, family members were becoming more isolated inside their household as they concentrated on using technology to reach the ones who were physically far apart. The study further noted that technologies had altered human interaction and relationships, society and environment in that during the lock down, family members who saw each other regularly became isolated from each other, and they had to result in using technologies for communication. This distancing threatened to tear apart the family unity, as families who were far apart could not enjoy the warmth of closeness to each other. Owing to these mixed findings, there is need to assess the current status

of the effect of Covid-19 Pandemic on nuclear family communication. This study aimed at doing that.

The study by Bizoza and Sibomana (2020) explored the socio-economic impact of the Covid-19 Pandemic in Eastern Africa, focusing on Rwanda. It examined how the pandemic affected communication regarding preventive behaviors, comparing rural and urban populations. Random sampling was employed to select participants, with a target of 500 households. Data were collected through interviews and questionnaires. The findings revealed that rural populations were less affected by the Pandemic in terms of communication compared to urban populations. However, the study did not explore whether interpersonal communication within families had been impacted, which could have contributed to the lower levels of communication on preventive behaviors in rural areas. The current study aimed to address this gap.

In a different study, Austrian et al. (2020) examined the knowledge, attitudes, practices, and needs of households in informal settlements in relation to the Covid-19 Pandemic. (Kibera and Mukuru slums) in Nairobi, Kenya. The study focused on families which had kin isolated by the lockdown. Purposive sampling was adopted in identifying the study respondents. The study established that communication between family members was unaffected even where a family member was in isolation. According to the study, family members continued to interact normally with their affected kin and therefore interpersonal relationships were unaffected. The current study attempted to validate similar findings in the nuclear families in Utawala Ward, Nairobi, which has formal settlements.

Cohesion and Nuclear Family Stability

Family conflict and cohesion are key factors influencing family stability, particularly among children and adults who have experienced natural disasters (Neto et al., 2021). Exposure to such events can increase stress and instability, challenging family functioning and potentially escalating family conflict (Behar-Zusman et al., 2020).

Rogowska et al. (2020) studied 533 schoolchildren and high school students 28 months after a major flood in Poland, finding that heightened family conflict was a predictor of family instability among adolescents. However, family cohesion, which helps families recover and cope with disasters, is often considered a protective factor against conflict and eventual instability (Neto et al., 2021). The study revealed that stronger family connections and cohesion in the face of a disaster were linked to positive outcomes for family stability.

In China, following the Wenchuan earthquake, Cao et al. (2013) discovered that family cohesion was significantly related to family instability among grieving adults. Other research suggests that while families may experience increased cohesion immediately after a disaster, ongoing stress, poor coping strategies, and displacement can lead to greater instability over time (Behar-Zusman et al., 2020). These findings underscore the need for further studies on the impact of cohesion on family stability.

In the United States, the pandemic's lockdown restrictions and shelter-in-place orders had a profound impact on family relationships. Many individuals moved in with relatives to save money, while others had to endure extended periods of time in confined spaces or were separated. For many, "home" became a multi-functional

space for work, schooling, parenting, housework, leisure, shopping, and spiritual activities (Fraenkel et al., 2020; Andrade et al., 2022).

Stay-at-home orders and lockdowns, coupled with heightened socio-economic uncertainty and stress, caused many couples to experience increased anxiety and tension. This, combined with ineffective coping strategies, led to alarming increases in reports of domestic violence both in the US and globally (Boserup et al., 2020). In March 2020, domestic violence hotline calls in Spain rose by 10.5%, while online requests surged by 182.93%. In Italy, requests for assistance from anti-violence centers increased by 75% compared to the same period in the previous year (Donato, 2020).

In the UK, helpline calls and contacts during the lockdown saw a 66% weekly increase compared to the pre-pandemic period (Sommerlad et al., 2022). Another study by Andrade et al. (2022) explored potential risk factors contributing to couple conflict and intimate partner violence among lower-income residents in North Carolina. While most participants did not report an increase, those who did were more likely to be unemployed, face challenges in accessing social support, and lose their health insurance.

Günther-Bel (2020) conducted a mixed-method study on individual, couple, and parental functioning during the state-regulated lockdown in Spain, focusing on the impact of the pandemic on family cohesion. The study surveyed 1,000 households with adult couples and parents in the early weeks of the lockdown, using questionnaires for data collection. The findings revealed that socio-economic hardships and enforced confinement strained family relationships, but also provided opportunities for family growth. Notably, 61.7% of participants reported

improvements in family relationships, such as enhanced reconnection, while 41.0% noted a deterioration, including increased conflict.

In an online survey study conducted among Chinese families in Hong Kong, Guo et al. (2021) aimed to assess the impact of the Covid-19 Pandemic on family cohesion by targeting heads of Chinese families. Data was collected through online questionnaires and analyzed using descriptive statistics. The study revealed both positive and negative effects. It found that socio-economic status (SES) influenced the type of response, with individuals from higher SES reporting greater perceived benefits regarding family cohesion, mental health, and relationships, compared to those from lower SES backgrounds. However, the studies cited were age-specific and may not have provided a comprehensive view of the entire family unit. The current study aimed to address this gap by focusing on nuclear families in Utawala Ward, Nairobi City County.

Similarly, in South Africa, October et al. (2021) examined the daily realities of families during the Covid-19 Pandemic. The study evaluated family cohesion and used a survey method to gather open-ended responses from 1,500 families via social media. The findings were mixed, with some families reporting mental health struggles and strained relationships, while others highlighted opportunities for strengthening bonds, discovering new hobbies, and cultivating positive traits such as appreciation, gratitude, and tolerance. This study's mixed results underline the need for further research to better understand the socio-economic effects of the Covid-19 Pandemic on family stability

Spiritual Orientation and Nuclear Family Stability

Spirituality serves as a source of comfort, support, and meaning, fostering a sense of belonging and existential interconnectedness, which in turn promotes stability (Blackstock, 2019). Spiritual coping refers to the cognitive and behavioral efforts made to find or sustain meaning, purpose, and connection during challenging times (Zhang et al., 2021).

Over the years, several authors have suggested that faith and spirituality can be seen as sources of resilience and stability, offering physical, psychological, and mental benefits (Baykal, 2020). In stressful situations, faith and spirituality appear to have a positive effect on the immune system, especially for older individuals who are more likely to engage in spiritual practices. Spiritual well-being is described as a state that harmonizes the mind, body, society, intelligence, and health, supporting individuals in their attitudes and life goals (Blackstock, 2019). Zhang et al. (2021) further define spiritual well-being as encompassing both a psycho-social and a spiritual dimension, serving as a unifying force that integrates the physical, emotional, and social aspects of health.

In his study, Güngör (2020) assessed the influence of Covid-19 disruption on social institutions in Germany. The study focused on families, among other institutions. He sampled 300 family units while using questionnaires to collect data. The analysis revealed that one of the key methods people used to find meaning in life was through "spirituality," which is broadly understood as the pursuit of meaning. The study further found that there had been an increase in individuals' engagement with religion and the practice of spiritual rituals during the Pandemic. Consequently, spirituality proved to be an effective coping strategy, helping to alleviate undesirable

situations or stressors, change the perception of stressful circumstances, lessen the impact of stress, or manage the root of anxiety. This study however used several institutions as the study respondents and it may not be clear which specific institution to attribute to which specific findings. The current study focused on the nuclear family unit only in an effort to bridge this gap.

Medine et al., (2023) investigated the connection between anxiety caused by COVID-19 and spiritual orientation among elderly residents in nursing homes and care facilities in Morocco. The study focused on people aged 65 and above who were domiciled in the nursing homes. Purposeful selection was adopted for the study informants while data were gathered using interviews. The study established that spirituality was seen as a coping strategy for reduced stress. However, the study was conducted among the elderly who were in the nursing homes, that is, among people who had been removed from their family settings, which could have skewed the findings. The present research aimed at assessing the effects of Covid-19 Pandemic on spiritual orientation of the nuclear families in their natural setting.

Akanni et al. (2021) explored the impact of the Covid-19 Pandemic on family spirituality by conducting a survey among the families of staff from two Nigerian tertiary hospitals. Using purposive sampling, the study selected participants, assessing their spiritual and spiritual inclinations through both questionnaires and interviews, with data analyzed using both quantitative and qualitative methods. The results revealed that spirituality played a significant role in coping with the Pandemic's effects. The study further indicated that the Covid-19 Pandemic influenced spiritual feelings, thoughts, and behaviours, as well as lifestyles. To manage the fear, stress, and depression brought on by the epidemic, many individuals turned to God and engaged in spiritual rituals such as praying and reading the Qur'an more frequently.

The study also found that prayer and worship during epidemics were effective coping mechanisms. The current study aimed to validate these findings within its specific study area.

Rababa et al. (2021) investigated the relationship between spiritual well-being and spiritual coping among older adults in Uganda during the Covid-19 Pandemic. The study targeted adults aged 45 and above, using purposive sampling to select participants, with data collected via questionnaires. The findings revealed that spiritual orientations and practices significantly influenced how individuals interpreted and coped with traumatic events. During the Pandemic, spirituality was seen as a key factor in reducing anxiety. The study also highlighted that most community members exhibited low levels of spiritual coping and mental orientation, as well as high levels of death anxiety. Additionally, spirituality was found to provide a positive sense of inner peace and healing for both spiritual and secular individuals. Some studies did not find a connection between spirituality and anxiety, while others suggested that greater spirituality could lead to higher anxiety. Most of the published research has focused on patients with chronic diseases.

Theoretical Framework

The General Systems Theory

This study was based on the Systems Theory, which was first introduced in the 1940s by the Biologist Ludwig von Bertalanffy and further developed by W. Ross Ashby and George Bateson. This theory evolved from the General Systems Theory, with numerous applications to families and other social systems. A system is defined as a collection of interrelated elements that exhibit coherent behaviour as a characteristic (Constantine, 1986). Families are regarded as systems because they

consist of interrelated components or goals, display consistent behaviours, engage in regular interactions, and are interdependent on each other. The components of family systems theory are as follows:

Family systems are made up of interconnected components and structures. The individuals in a family represent these components. Each individual has distinct attributes, and there are relationships between them that operate in an interconnected manner. Together, these elements form a structure, representing the collective interactions, membership, and the boundary separating the family from its external environment. In terms of interactions, families often display regular patterns that become predictable. These recurring cycles help maintain the family's balance and provide members with guidance on how to function within the system (Becvar, Becvar & Reif, 2023).

Family systems operate based on the idea that the whole is greater than the sum of its parts. Even though each family is composed of individual members, it functions as a unified entity. This collective nature reflects the family's overarching dynamics and themes (Becvar et al., 2023). Certain behaviors or characteristics may be attributed to the family as a whole, which may not be applicable to individual members. Family systems also consist of smaller groups, known as subsystems. These subsystems, often made up of two to three people, have their own set of rules, boundaries, and characteristics. The relationships within these subsystems may change over time, forming coalitions or alliances, and influencing the overall family dynamics (Hassan, 2022).

The General Systems Theory offers a useful framework for understanding the complex, interconnected nature of socio-economic impacts, especially in relation to

the Covid-19 Pandemic and family stability. The theory was crucial in this study in that according to systems theory, the researcher was able to have a holistic view of interconnections. Systems theory emphasizes the interconnectedness of different elements within a system. With respect to family stability during the Covid-19 Pandemic, it helps to view the family as part of a larger socioeconomic system, where various factors – such as employment, income, healthcare, education, and mental health – are interdependent. The Pandemic has disrupted many of these factors, and understanding how they interact helps us grasp the full extent of the impact on family stability.

The general systems theory has however faced criticisms in that the theory attempts to apply similar principles to all systems whether biological, mechanical, or social. This one-size-fits-all approach ignores the unique complexities of human systems (like emotions, culture, politics). Again, the theory tends to treat systems as static or universal, without accounting for historical development or cultural variation. This means that the theory may not capture the evolving nature of human systems, particularly in dynamic environments.

The theory is however applicable to this study in that by applying the General Systems Theory to the socioeconomic ramifications of Covid-19 on family stability, we gain an in-depth appreciation of the complex, interconnected forces influencing family well-being. It highlights the importance of considering not just individual factors but also how broader societal, economic, and policy systems interact to shape outcomes for families. This approach helps identify areas where intervention can prevent or mitigate negative outcomes and support family resilience in the face of ongoing challenges (Shapoval, Hägglund, Pizam, Abraham, Carlback, Nygren & Smith, 2021).

It was also useful in evaluating how aspects of the family system including communication styles, family cohesiveness, and spiritual orientation were affected by changes in economic conditions occasioned by Covid-19 Pandemic. Stress related to the economy, for instance, may have resulted in more arguments, or even adjustments to family roles and duties, which may have an impact on family cohesion and communication (Becvar, Becvar & Reif, 2023).

Impact on communication: According to the Systems Theory, communication is essential to the smooth operation of families. Researchers can investigate how Covid-19 Pandemic-related difficulties, like working remotely, dealing with financial strain, or health issues, affect how nuclear families communicate. This could entail analysing spoken and non-spoken communication as well. Systems theory emphasizes the importance of communication as a fundamental aspect of family functioning. The theory can help in exploring how the challenges posed by Covid-19 Pandemic, such as remote work, financial strain, or health concerns, influenced communication patterns within nuclear families (Hassan, 2022). This could involve examining both verbal and non-verbal communication, as well as the use of technology for staying connected. Additionally, considering feedback loops, the researcher could investigate how changes in communication patterns contributed to family adaptation and resilience during the Pandemic.

Impact on cohesion. In a family, cohesion is the emotional unity and sense of belonging. According to the theory, the researcher looked into how stressors connected to Covid-19 Pandemic affected family cohesion. This entailed evaluating the degree of emotional support, techniques for resolving conflicts, and shared interests within nuclear families (Becvar, Becvar & Reif, 2023).

Impact on spiritual orientation: Families are shaped by the values and belief systems that are acknowledged by systems theory. The study looked at how the Covid-19 epidemic affected nuclear families' spiritual orientation. This entailed investigating alterations in spiritual customs, coping strategies based on spirituality or faith, and the function of spiritual beliefs in offering resilience and meaning under trying circumstances.

Conceptual Framework

The diagrammatic representation of the conceptual model is as shown on Figure 1.

Independent Variables Intervening Variable Dependent Variable

Socio-economic effects of Covid-19 Pandemic

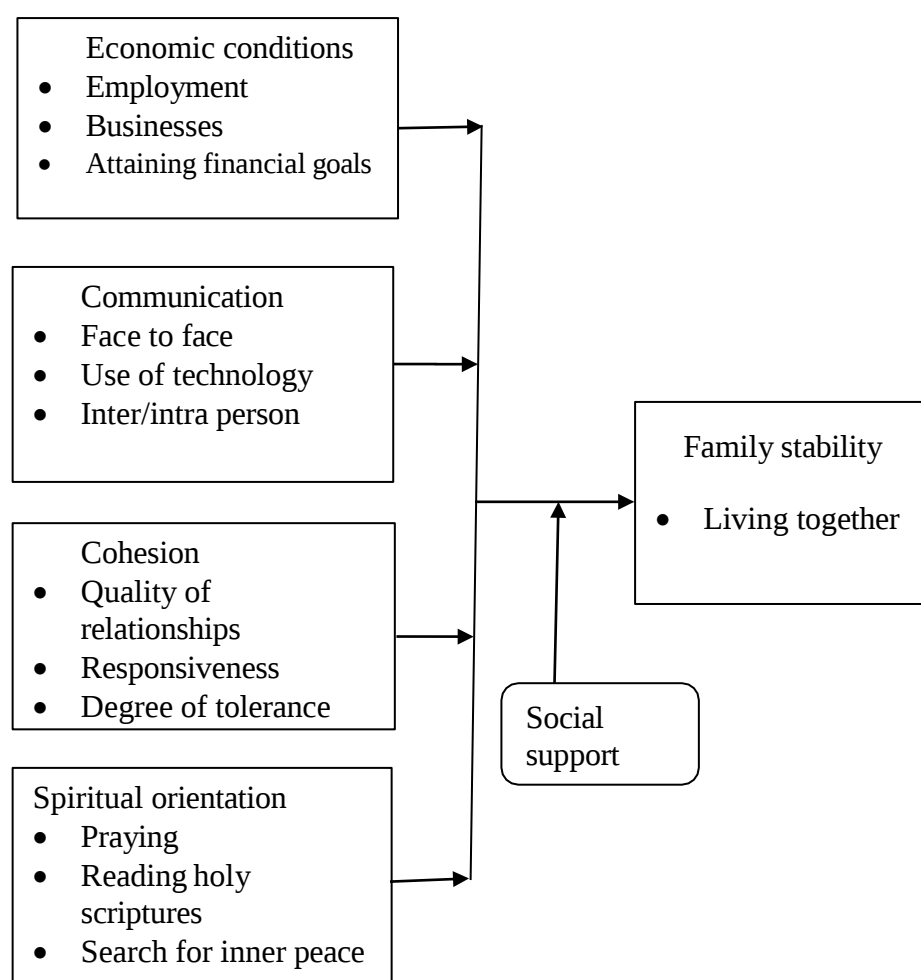


Figure 1 : Conceptual Framework

The conceptual framework diagram depicts that family stability (the dependent variable) depends on economic conditions, communication, cohesion and spiritual orientation of the nuclear family (the indicators of socio-economic effects). In other words, family stability depends on the socio-economic well-being. There is

an intervening variable that can affect the degree of family stability, that is, socio support networks; socio-support networks are a critical factor in moderating the socioeconomic impacts that influence family stability. They provide not only material assistance but also emotional, psychological, and social resources that allow families to better cope with financial hardships and other stressors. The strength of these networks can help mitigate the adverse effects of economic insecurity, promote resilience, and improve overall family well-being, leading to more stable family structures despite challenging circumstances.

Research Gaps

Reviewed literature has provided different findings as regards the relationship between the various study variables for example, Parolin et al., (2020), Andrade et al., (2020) and Onyango et al., (2021). Other empirical enquiries e.g. Paredes et al., (2020) assessed several variables against family stability for example family conflict and stressors and how it affects family communication. Further, Rogowska et al., (2020) studied a group of 533 schoolchildren rather than the nuclear family set up and how their cohesion was affected by the Covid-19 shock. Rababa et al., (2021) established mixed findings with regard to the effect of Covid-19 on spiritual orientation with some results indicating increased anxiety due to increased spirituality. Finally, no study had focused on the nuclear families. Thus, it was essential to determine the current state of the socio-economic impact of the Covid-19 disruption on nuclear families.

Chapter Summary

This chapter reviewed the pertinent studies guided by the four study objectives. This entailed a critical review of how Covid-19 event impacted the family

in terms of communication, family cohesion, and spiritual orientation. This was followed by a discussion of the theoretical framework. The chapter also contains the conceptual framework and a synthesis of the research gaps. The next chapter discusses the research methodology.

CHAPTER THREE: RESEARCH METHODOLOGY

Introduction

This chapter comprises the research philosophy, research design, and target population. It also entails sampling technique and sample size, data type, data collection instruments, validity and reliability, and data analysis methods.

Research Philosophy

This research assumed a pragmatic philosophical approach. According to Gathii et al., (2019), a research philosophy is a viewpoint on how data regarding a research phenomenon should be collected, analyzed, and applied. The underlying principle in pragmatist philosophy is that truth and knowledge emanate from beliefs and behaviours that are socially constructed. This approach was appropriate as allowed for the engagement with participants generally on the issues as they were and draw conclusions from the responses provided.

Research Design

The research used the descriptive survey research design. This approach was relevant for this study as it aimed to systematically obtain information to describe the socio-economic ramifications of Covid-19 crisis on family stability from a given population. According to Kothari (2014), a descriptive survey research design was suitable as the aim was to outline the features of the nuclear family, determine the percentage of individuals with particular traits, and make forecasts.

Target Population

The study focused on all the nuclear families in Utawala Ward of Embakasi East Sub-County of Nairobi City County. A nuclear family is the most basic traditional family unit, which offers financial security, robust support networks for

children, and ensuring stability in child-rearing (Bau & Fernández, 2021). There were estimated 9263 nuclear families in Utawala Ward Nairobi City County as per the statistics by the Kenya National Bureau of Statistics (2023). The ward had a large number of nuclear family units compared to the other wards in the larger Embakasi East Constituency (Ouma, 2022). It would therefore be interesting to find out how these families were affected by the pandemic. The chiefs were also included as the key informants of the study. Pahwa, Cavanagh and Vanstone (2023) posit that key informants provide an in-depth understanding of the issues under investigation.

Sampling Method and Sample Size

This empirical investigation employed both purposive and simple random sampling approaches. was applied to identify the nuclear households in Utawala Ward, Nairobi City County. Purposive sampling is ideal for choosing individuals or groups who possess knowledge or expertise about a subject of interest (Clark, 2019) in this case, the chiefs. Simple random sampling is a technique that ensures each individual has an equal chance and provides an impartial representation of the population (Kothari, 2014).

The following formula by Yamane (1967) for determining sample size was applied to establish the sample size of the nuclear families:

$$n = \frac{Z^2 pq N}{e^2 (N-1) + Z^2 pq}$$

Where; n = sample size

N = population

p = population reliability (where p = 0.5, q = 1 – p = 0.5)

e = error margin taken as 10% for this study

Z = value for alpha level (at 0.05 level of significance), Z is 1.96

Substituting;

$$n = \frac{(1.96)^2 \times 0.5 \times 0.5 \times 9263}{(0.1)^2 (9263 - 1) + [(1.96)^2 \times 0.5 \times 0.5]}$$

$$n = 97 \text{ families}$$

Type of Data

The research incorporated both numerical and non-numeric data. By combining both numerical and descriptive research techniques, the researcher achieved a comprehensive understanding and validation, while minimizing the limitations of relying solely on either method (Creswell, 2013). The numerical data was collected from the Likert scale items of the survey, while the qualitative data was gathered from the open-ended sections of the survey and the interview guide. The data collected was then analysed to identify patterns and trends.

Data Collection Instruments

The following tools were used to collect data:

Questionnaire for the Heads of Households

The study used a structured questionnaire. The questionnaires were administered to the heads of the families. Kombo and Tromp (2011) explain that questionnaires are an effective tool for researchers to collect data from large and diverse groups. The questionnaire used in this study contained a mix of open-ended and closed-ended questions, as well as Likert scale items designed to align with the research objectives. Chandran (2014) argues that formulation of questionnaires should be guided by the research objectives. Section A entailed demographic profile, section B covered effect of economic conditions on family stability, section C covered Covid-19 pandemic in relation to communication, section D covered Covid-19 Pandemic in relation to family cohesion, while section E covered Covid-19 Pandemic in relation to family's spiritual orientation.

Interview Guide for Chiefs

The study also used interviews to collect data from the chiefs, who represented the study's key informants. The interviews were administered by the researcher on the two chiefs, that is, the one in charge of Mihang'o and the one in charge of Utawala location. The interview took approximately 30 minutes.

Reliability

Reliability in data collection ensures that the information gathered is both accurate and consistent (Kothari, 2014). To ensure reliability, the study employed the test-retest method, where the same questionnaires were administered to the same participants twice within a one-week interval. The results were then compared to

check for consistency in responses. The Pearson Product Moment formula was used to calculate the correlation coefficient, which assessed the consistency of the questionnaire in eliciting similar responses when repeated. The study yielded a correlation coefficient of 0.89, indicating a strong correlation. According to Orodho (2014), a correlation coefficient between 0.75 and 1 signifies a strong positive relationship between the variables.

Validity

Validity refers to how accurately the results represent the phenomena being examined and this can be ensured through piloting (Kothari, 2014). In this research, the questionnaires were pre-tested using the same procedures that were employed during the main study.

Instruments Pre-testing

This process entailed assessing the appropriateness of the tools. The effectiveness of the research instrument plays a crucial role in determining the study's results (May, 2011). Piloting helps to determine if the instrument effectively measures the intended construct, whether respondents encounter difficulties when answering the questions, and if the time allocated for data collection is sufficient (Kothari, 2014). A pilot study was done in the neighbouring Embakasi ward. 10 nuclear families (10% of the sample) were identified through simple random sampling to take part in the pilot study, which aimed at refining the research instruments. Interviews are valuable in research as they provide rich, contextualized information that may not be easily accessible through other methods. The insights gathered from key informants facilitate deeper understanding of complex issues, identify patterns, and generate hypotheses for further investigation (Phillippi & Lauderdale, 2018).

Several modifications were undertaken to enhance the research instruments. In the questionnaire, item number 1 was adjusted through the addition of an age bracket to facilitate more precise categorization of respondents. Item number 3 was rephrased to improve its clarity and ensure it conveyed the intended meaning more effectively. Similarly, item number 6 was reworded to enhance communication and understanding. In the interview schedule, revisions were made to the probing notes for item numbers 1, 6, 8, and 10. These revisions were aimed at improving the quality and depth of information elicited during the interviews.

Data Analysis

The data from the questionnaires was processed by cleaning, coding, and entered into a computer using the SPSS (Version 28) software. Descriptive statistics, such as measures of central tendency (mean and standard deviation), were used to analyze the quantitative data. A thematic approach was employed to analyze the qualitative data from the open-ended questionnaire sections and the interview guide. The analysis was conducted using SPSS Version 28. Inferential statistics that is Pearson Correlation was applied to assess the relationship between the dependent and independent variables. Relevant tables, figures, charts, and narratives were created to present the findings.

Ethical considerations

Ethical considerations in the study involved ensuring voluntary participation and obtaining informed consent from the respondents to safeguard their confidentiality and anonymity. Participants were also asked to omit their names from the questionnaires to maintain anonymity. Relevant research permissions were obtained from the National Commission for Science, Technology, and Innovation

(NACOSTI) and the Assistant County Commissioner for Embakasi East.

Additionally, written approval to conduct the research was secured from the Research and Ethics Review Board of Pan African Christian University.

Chapter Summary

This chapter provided an overview of the research philosophy, design, target population, sampling methods, sample size, data types, data collection tools, piloting, validity and reliability, data analysis, and ethical considerations. The following chapter focuses on the analysis of the data, presentation of the results, interpretation of the findings, and discussion.

CHAPTER FOUR: RESULTS AND DISCUSSION

Introduction

This chapter presents the data analysis, results presentation, interpretation of the findings, and discussion. It also includes an overview of the general and demographic information of the respondents.

The study identified the following themes from the analysis:

- i. Economic conditions and family stability
- ii. Communication and family stability
- iii. Cohesion and family stability
- iv. Spiritual orientation and family stability

General and Demographic Information

The study assessed the following aspects of general and demographic information:

Questionnaire Return Rate

The completed questionnaires were collected and cleaned in readiness for analysis. This included checking for completeness, accuracy, and relevance. Table 1 presents the return rate.

Table 1 : Questionnaire return rate

Return rate	F	%
Complete questionnaires	92	96
Incomplete questionnaires	5	4
Total	97	100

Source: Research Data (2024)

According to Table 1, the researcher distributed 97 questionnaires to the participants. A total of 92 questionnaires were completed and returned, resulting in a response rate of 96%. This response rate was sufficient for analysis and aligns with Surmiak et al., (2022) who indicated that response rates above 50% are generally suited for analysis.

Demographic Profile

To assess the background information of the study participants, their demographic details, such as age and gender, and the number of years they had lived in Utawala ward, were assessed as indicated.

Age of the Family Heads

The study aimed to determine the age of the family heads, with the results presented in Table 2.

Table 2 : Age of Family Heads

Age in years	Frequency (F)	Percentage (%)
Under 24	5	5.2
25-28	11	11.3
29-33	16	16.5
34-38	38	39.2
Over 38	27	27.8
Total	97	100

Source: Research Data (2024)

From Table 2, 38(39.2%) of the family heads were aged 34-38 years, this implied that middle-aged individuals were the predominant family leaders in the study population. This group represented a mature, economically active cohort, balancing

both family responsibilities and careers. Another 27(27.8%) were aged over 38, further, this implied that a sizable number of families were led by older, potentially more experienced individuals. This age group may have unique socio-economic challenges, such as job security concerns or health vulnerabilities during the Pandemic. Again, 16(16.5%) were aged 29-33 years, 11(11.3%) were aged 25-28, while 5(5.2%) were aged under 24 years. This indicated that all the family heads were over 18 years old, making them appropriate participants for the study.

Family Heads' Gender

The study also sought to determine the gender of the family heads, and the findings were presented in Figure 2.

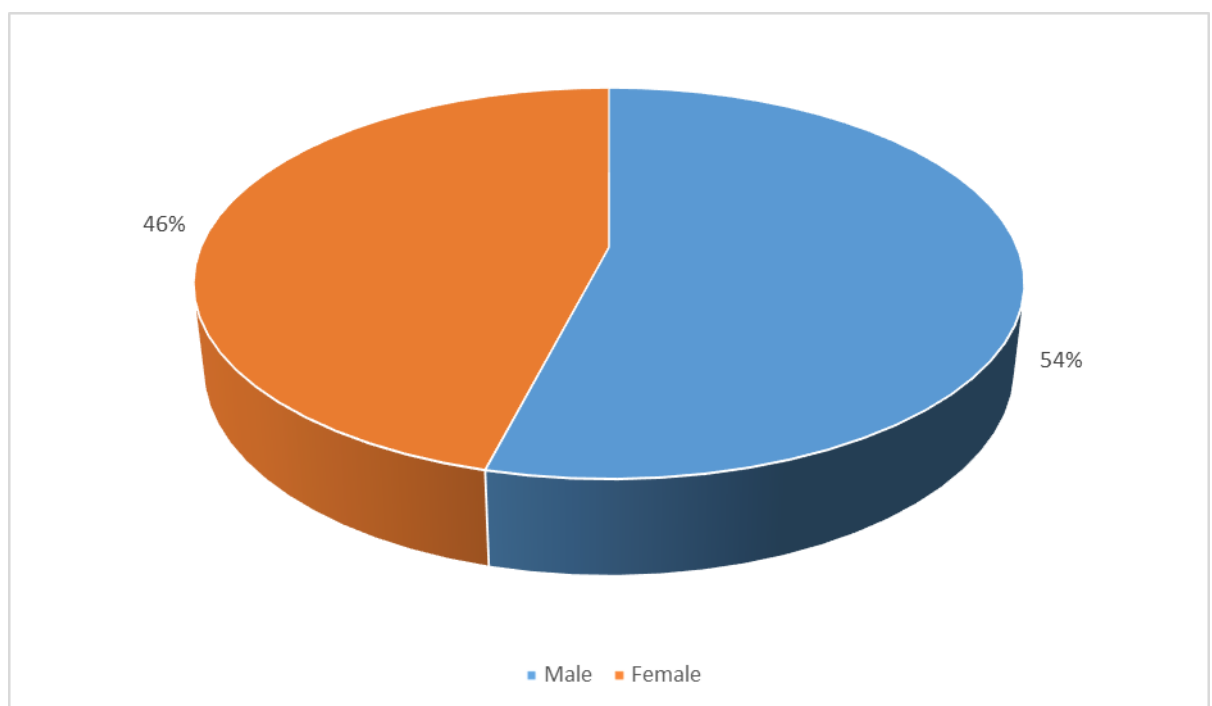


Figure 2 : *Family Heads Gender*

Source: Research Data (2024)

According to Figure 2, most of the family heads 52(54%) were male, while 45(46%) were female. This indicates a gender imbalance among the heads of the

nuclear families in Utawala ward, Nairobi City County. This further implies that a number of households were headed by women, even in cases where men were still part of those households. This was against popular notion that men are always the heads of their households.

Period the Family Heads had lived in Utawala Ward

The study aimed to determine the duration the family heads had lived in Utawala Ward and recorded findings as shown on Figure 3.

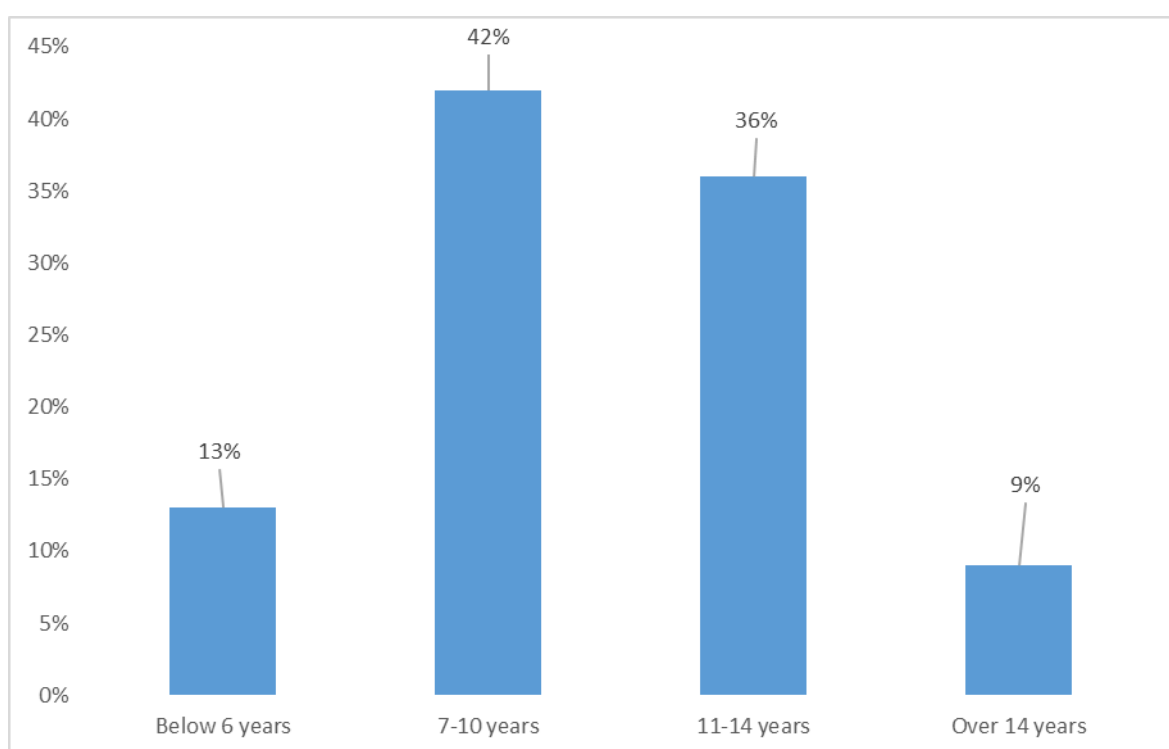


Figure 3: *Period the Family Heads had Lived in Utawala Ward*

Source: Research data (2024)

According to Figure 3, 41(42%) of the family heads had resided in Utawala for 7-10 years, 35(36%) for 11-14 years, 13(13%) for less than six years, and 9(9%) for over 14 years. This suggests that all the family heads had lived in Utawala long

enough to comprehend the socioeconomic impacts of the Covid-19 Pandemic on family stability, making them appropriate participants for the study.

Economic Conditions and Nuclear Family Stability

The first objective of the study assessed the impact of economic conditions during the Covid-19 Pandemic on the stability of nuclear families. To achieve this, family heads were asked to express their level of agreement with statements related to this issue. Their responses were rated using a 5-point Likert scale, where: 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, and 5 = Strongly Agree. The mean and standard deviations were calculated using SPSS (Version 28). A mean range of 1-2.4 indicated Disagreement, 2.5-3.4 indicated Neutral, and 3.5-5 indicated Agreement (citation). A standard deviation of 0.00 indicated unanimous agreement, while values greater than 0.00 indicated varying levels of agreement within the same statement. The findings are presented on Table 3.

Table 3 : *Economic Effects of Covid-19 Pandemic on Family Stability*

Statement	Mean	SD
The Covid-19 Pandemic has caused adverse socio-economic conditions for my family	4.2217	.8630
The Pandemic has had a significant negative impact on my family's finances	4.3464	.5440
Members of my family lost their jobs as a result of the Covid-19 Pandemic	3.9213	.6373
We have not achieved our financial goals due to Covid-19 Pandemic	4.1218	.7868
The Covid-19 Pandemic led to closing down of my family	4.6371	.5762

From Table 3, the family heads agreed Covid-19 disruption had occasioned closing down of their family businesses (Mean 4.6371, SD .5762). This implied that the extended lockdown had resulted in widespread closure of family businesses, which brought about significant economic hardship for many households, especially those reliant on such businesses as their primary source of income.

These results align with the findings of Song et al. (2021), who argue that the world has been affected by the COVID-19 pandemic since January 2020. The pandemic quickly escalated, infecting millions globally. In an effort to curb the virus's spread, many nations shut down non-essential businesses and imposed stay-at-home orders, which disrupted various development programs and contributed to job insecurity and rising unemployment.

The family heads also indicated that the pandemic had a considerable adverse effect on their family's finances (Mean 4.3464, SD 0.5440). This suggests that numerous families faced substantial financial challenges, including income loss, unemployment, reduced savings, and increased debt, which led to potential long-term economic difficulties. These findings are consistent with those of Diop and Asongu (2023), who noted that many individuals were laid off, while others remained employed but were not paid as they awaited the resumption of economic activities after the easing of lockdowns, which significantly impacted their financial well-being.

The family heads further stated that the Covid-19 Pandemic had led to unfavourable economic conditions for their families (Mean 4.2217, SD 0.8630). This suggests that the Pandemic intensified existing economic disparities, with vulnerable

and low-income families shouldering a greater burden based on their income levels. These results align with the findings of Parolin et al. (2020), who observed that the Covid-19 Pandemic worsened socio-economic conditions for many families. As case numbers rose, unemployment and reduced working hours increased, with businesses adjusting their operations to curb the virus's spread. This financial disruption pushed more families into poverty and fuelled widespread anxiety about their ability to pay bills and regain employment in the future.

They also reported that they had not achieved their financial goals due to Covid-19 Pandemic (Mean 4.1218, SD .7868). This implied that many families were likely to dip into savings or sell assets to cope with the financial strain, further pushing them away from their pre-Pandemic financial targets which in turn may have prolonged the time it took them to rebuild their financial stability.

These results align with those of Andrade et al. (2020), who found that the outbreak made it more challenging for people to reach their long-term financial goals. However, the impact was more pronounced among households that faced job loss or wage cuts. Income played a crucial role in this scenario; 76% of low-income adults reported that their financial situation was either fair or poor, compared to just 14% of higher-income adults during the same period.

Finally, the heads of families indicated that members of their families had lost their sources of income due to the Covid-19 disruption (Mean 3.9213, SD .6373). This suggested that Job loss among family members probably made worse the financial strain on their households, particularly those dependent on dual or multiple incomes. Families had to cope with reduced household earnings, making it difficult to cover basic needs like food, rent, and utilities. These results align with the findings of Deb

et al. (2022), who suggest that the shutdown of factories and workplaces severely impacted daily wage workers and farmers, leading them into hunger and hardship. Consequently, many people in lower and middle-income groups experienced a downturn in their financial well-being, with only a small number managing to survive by relying on their savings.

Further, the area local administrator had this to say about the economic consequences of Covid-19 on his subjects:

The Covid-19 Pandemic period was a difficult period for all of us. Individuals and families flocked my office in search of aid. A number of people had lost their jobs, while others had closed down their businesses; in other words, livelihoods had been lost. I could not keep count of the number of businesses that went down and never recovered thereafter; people suffered. Many people came pleading with me to talk to their landlords who were threatening to evict them from their houses. The most trying times were those when mothers came informing me that their children were unwell and they had no means to take them to the hospitals. The most unfortunate cases were those families who had their Covid-19 Pandemic victims at home and they had no financial means to take them to hospitals; they had to manage them from their homes. This was no easy task. At some point I also feared that I would contract the Covid-19 virus. Women came with their children to seek for aid in form of foodstuffs and clothes. It was a very tough period for all of us. At some point my office had to look for professional counsellors to handle the many cases of traumatized people who visited my office. I could not do it alone as it was overwhelming. [Chief, Utawala location]

This implied that the pandemic had adversely affected many families economically, with some losing their jobs and businesses completely. This left them in a helpless situation with regard to means of livelihood. These findings were the same as those of Onyango et al., (2021) whose study indicated that in Kenya, only 29% of households were fully food secure, while a larger proportion faced food insecurity due to socio-economic shocks (55%), compared to socio-political (16%) and biophysical (10%) factors. The socio-economic disruptions, such as rising food prices, job loss, and income reduction, contributed to heightened food insecurity. Furthermore, the absence of effective social safety nets in Nairobi exacerbated the situation, leaving households in distress to struggle with severe food insecurity and related health issues. In this regard, the Covid-19 Pandemic had a profound negative socio-economic effect on many vulnerable urban families, undermining their stability. However, these findings contrast with those of Andrade et al. (2020), whose research showed that as the Pandemic continued, financial worries became less significant compared to the initial months of 2020. Despite this, family stability, particularly among lower-income households and those facing job or wage losses, was not unaffected.

These differing viewpoints emphasize the need for context-specific studies and stress the importance of tailored policy interventions to tackle the unique challenges faced by vulnerable urban communities in Nairobi. Strengthening social safety nets and introducing strategies to cushion against socio-economic shocks could be crucial in improving food security and building family resilience during future crises.

Communication and Nuclear Family Stability

The second objective of the study examined the impact of communication during the Covid-19 Pandemic on nuclear family stability. To achieve this, family heads were asked to assess their level of agreement with statements related to this topic. Their responses were measured on a 5-point Likert scale: 1= Strongly Disagree, 2 = Somewhat Disagree, 3 = Neutral, 4 = Somewhat Agree, and 5 = Strongly Agree. The mean and standard deviations were calculated using SPSS. A mean score between 1 and 2.4 indicated disagreement, 2.5-3.4 signified neutrality, and 3.5-5 represented agreement (Citation). A standard deviation of 0.0000 indicated consensus on a statement, while values higher than 0.0000 showed varying levels of agreement, as detailed in Table 5.

Table 4 : Communication During Covid-19 Period and its Effect on the Nuclear Family Stability

Statement	Mean	Std Dev
Due to the Covid-19 disruption, family members became isolated and communication was negatively affected	4.6123	.8136
The anxiety experienced during the Pandemic resulted in diminished communication among family members	3.6273	.7399
Inter/intra family communication was negatively affected by the Covid-19 Pandemic	3.9061	.8063
It was difficult to reach mutual understanding among family members during the Covid-19 crisis	4.2515	.8272
My family utilized virtual platforms to communicate with isolated family members during the time of Covid-19.	3.3621	.5913

From Table 4, the heads of the families reported that due to the impact of the Covid-19 disruption, family members became isolated and communication was negatively affected (Mean 4.6123, SD .8136). This implied that the isolation and communication challenges were widely experienced which could undermine family bonds, as limited interaction and poor communication may reduce emotional closeness and support between family members. The findings are in agreement with Salari et al. (2020) who posited that the Covid-19 Pandemic led to varying levels of anxiety, stress, and worries about the future; fear and anxiety are among the most frequent psychological responses people have during challenging periods.

The family heads also noted that it was difficult to reach mutual understanding among family members during the Covid-19 Pandemic (Mean 4.2515, SD .8272). This implied that many families had a challenge with effective communication and

striking an understanding with the other members during the pandemic. This could have resulted in increased tensions, misunderstandings and conflicts, given that family members could have had diverse perceptions, expectations, or even varied emotional responses to the crisis. The findings differ with Gayatri and Irawaty (2022) who posits that effective communication enables individuals to navigate family challenges, manage distress, and address other psychosocial issues. According to Gencer (2019), family members play a vital role in shaping family culture and communication by fostering intimacy, establishing norms, and upholding shared values. Especially during challenging periods such as the Pandemic, family communication became crucial as it allowed members to voice their worries, fears, and anxieties, thereby helping to safeguard their stability.

The family heads also reported that inter/intra family communication was adversely impacted by the Covid-19 crisis (Mean 3.9061, SD .8063). This implied that protracted disturbances in communication may have deteriorated ties within families which in turn may have affected relationships between parents and children, siblings, or extended family members, leading to long-term estrangement or misunderstandings. Ineffective communication on its part was a fertile ground for conflicts, as issues were not being dealt with sufficiently or misunderstandings not being dealt with in good time. The findings were contrary to the views of Austrian et al., (2020) who assessed the household knowledge, attitudes, practices, and needs related to the Covid-19 Pandemic in informal settlements (Kibera and Mukuru slums) in Nairobi, Kenya. The study established that communication between family members was not adversely affected even where a family member was in isolation. Accordingly, family members continued to interact normally with their affected kin and therefore interpersonal relationships were unaffected.

Further, the family heads agreed that the anxiety experienced during the pandemic resulted in diminished communication among family members (Mean 3.6273, SD .7399). This implied that the heightened anxiety disrupted the emotional atmosphere in many families, resulting in more difficulty in open and effective communication. They in turn may have withdrawn or avoided tough conversations due to the heightened stress and emotional fatigue; members may have abstained from engaging in communication, to avoid conflict or the burden of additional stress which in turn perpetuated feelings of isolation and deepened anxiety, creating a cycle that further diminished communication. The findings agree with Gayatri and Irawaty (2022) who stated that in tough seasons such as the pandemic, in some cases, communication gets diminished due to the prevailing uncertainty and anxiety. People get withdrawn and choose to keep their thoughts and feelings to themselves. In families with ineffective communication and strained relationships, various issues, such as interpersonal conflicts, are prevalent.

Finally, the family heads reported that as a family they used virtual platforms to communicate with isolated family members during the Covid-19 Pandemic (Mean 3.3621, SD .5913). This implied that virtual platforms provided the families with an alternative to maintain contacts with isolated members of their families at a time when physical distancing was required. This provided emotional relief and maintained a sense of togetherness despite the physical separation. Nevertheless, while virtual communication could help bridge the gap, it may not have fully replicated the emotional intimacy provided by the in-person communications and therefore, while helpful, virtual platforms were not a perfect substitute for face-to-face communication, potentially leading to a weaker sense of connection.

The findings align with those of Bucci et al. (2020), who examined the impact of the Covid-19 Pandemic on family communication in Singapore. The study established that the constant progress of technology advancement had led some to believe that during Pandemic, family members were becoming more isolated inside their household as they concentrated on using technology to reach the ones who were physically far apart. The study further noted that technologies had altered human interaction and relationships, society and environment in that during the lock down, family members who saw each other regularly became isolated from each other, and they had to result in using technologies for communication. This distancing threatened to tear apart the family unity, as families who were far apart could not enjoy the warmth of closeness to each other.

The chief had this to say on how the families in his area of jurisdiction were affected by the Pandemic:

There were cases when some members would report that the heads of families were not in talking terms with the rest of their families. This was mostly related by women, who informed us that their husbands just remained quiet and sometimes confined themselves in their bedrooms and were therefore not sure of what they were planning. Others reported that their spouses were forever on their phones and it had become difficult to engage them in meaningful conversations. We referred such cases such as these to the counsellors. This was however not very common at the beginning of the Pandemic but as time went by, the number of cases went up. I could attribute this rise to anxiety and uncertainty that was associated with the Pandemic; people did not know for how long this would continue. People became irritable as communication diminished in the long run. However, there were cases of families that bonded more

since they were free from daily struggles of work and or business. [Chief, Mihang'o location]

This implied that the Pandemic had brought about poorer communication in some families, while in others, it provided a means to bond with the family members. The findings, however, contrasted with those of Mheidly et al. (2020), who argue that interpersonal communication facilitated the exchange of messages, fostered mutual understanding and agreement, and enabled families to align their goals. Additionally, interpersonal communication allowed families to build relationships with one another, strengthening bonds and fostering close connections during the Pandemic.

Cohesion and Nuclear Family Stability

The study's third objective sought to determine the impact of cohesion during the Covid-19 Pandemic on nuclear family stability. To achieve this, family heads were asked to rate their level of agreement with various statements related to the topic. Responses were measured on a 5-point Likert scale, where: 1 = Strongly Disagree, 2 = Somehow Disagree, 3 = Neutral, 4 = Somehow Agree, and 5 = Strongly Agree. The mean and standard deviations were computed using SPSS. A mean range of 1-2.4 indicated disagreement, 2.5–3.4 reflected neutrality, while 3.5–5 signified agreement (Citation). A standard deviation of 0.0000 represented unanimous agreement on a particular statement, whereas values above 0.0000 indicated differing levels of agreement. The SPSS output is presented in Table 5.

Table 5 : Cohesion during Covid-19 Pandemic and its Effect on the Nuclear Family Stability

Statement	Mean	Std. Dev
The warmth previously enjoyed by my family members was	4.2605	.7278

greatly affected during the Covid-19 disruption		
Confinement of family members strained family relationships	4.0576	.6257
Confinement provided opportunities for family cohesion	4.6091	.7369
I experienced domestic violence during the Pandemic	4.4818	.5389
Interpersonal conflicts increased among family members	4.3636	.4020
during the period of Covid-19		

From Table 5, the heads of the families strongly agreed that confinement provided opportunities for family cohesion (Mean 4.6091, SD .7369). This signalled that most of family heads perceived the confinement period during the Covid-19 Pandemic as beneficial for enhancing family cohesion further implying that the enforced time spent together during lockdowns led to improved relationships and bonding within the nuclear families. They also strongly agreed that they experienced domestic violence during the Pandemic (Mean 4.4818, SD .5389). This is a contrary view from the previous observation.

The implication here is that the coexistence of strong family cohesion and domestic violence suggests a complex interplay of factors during the confinement period. On one hand, the enforced togetherness may have provided opportunities for positive interactions and bonding. On the other hand, confinement which also resulted in stress from economic hardships, loss of personal space, and heightened anxiety may also have exacerbated tensions and leading to violence. These mixed findings resonate with those of Gao et al. (2022) who observed a significant positive correlation between family cohesion and instability among bereaved adults. Similarly, Boserup et al. (2020) agree with this finding, noting that stay-at-home orders and lockdowns, coupled with heightened socio-economic uncertainty and stress, caused

many couples to experience increased anxiety and tension. This, combined with ineffective coping mechanisms, led to a concerning rise in domestic violence reports both in the United States and globally. Likewise, Donato (2020) reported that in March 2020, calls to domestic violence hotlines in Spain rose by 10.5%, while online requests increased by 182.93%. In Italy, requests for assistance from anti-violence centers surged by 75% compared to the same period the previous year.

The heads of the families also reported that interpersonal conflicts increased among family members during the Covid-19 Pandemic period (Mean 4.3636, SD .4020). This implied that since the Pandemic brought about significant stressors, including health fears, economic pressures, and uncertainty about the future, the confinement measures, such as lockdowns and social distancing, which meant that family members were spending more time together in close quarters, often with limited outlets for stress relief. This environment likely intensified existing tensions and created new conflicts, as family members navigated the challenges of adapting to a new, more confined lifestyle. The finds concur with Neto et al., (2021) who posit that exposure to disaster events can heighten stress levels and disrupt family functioning, ultimately leading to increased family conflict and instability. The family heads also reported that the warmth previously enjoyed by their family members was greatly affected during the Covid-19 Pandemic (Mean 4.2605, SD .7278). This suggested that the closeness that the families previously enjoyed was no longer enjoyed. This finding is related to the finding that confinement of the family members strained the family relationships (Mean 4.0576, SD .6257). This further implied that confinement was a significant stressor to the families. Again, the emotional warmth in a family is often sustained by regular positive interactions, shared activities, and mutual support. The Pandemic disrupted these routines, forcing families into new,

often stressful patterns of interaction. The loss of warmth could reflect the emotional and psychological strain that families experienced, as they were overwhelmed by the pressures of health concerns, financial instability, and the challenges of adapting to new living conditions.

These findings, however, contrast with those of October et al. (2021), whose study highlighted numerous positive outcomes, with many families reporting opportunities to strengthen relationships, explore new hobbies, and cultivate positive traits such as appreciation, gratitude, and tolerance.

The chief had the following to report concerning family cohesion among families in his jurisdiction:

As noted earlier on, there were both sides of the coin in that families fought and families bonded. However, it is important to note that violence started being reported way later into the lockdown. Perhaps people became fatigued now that they had nowhere to go to, unlike previously when they were always busy. Again, living together with such an uncertainty could easily become a stressor for the provider. Those who reported cases of domestic violence were counselled and where there was need for escalation, it was escalated to the relevant offices. Ultimately, the family fabric which held people together was adversely affected with some people unable to address their differences. Indeed, there were some cases of separation and some people never looked back to date. It was a trying period for the families. [Chief, Utawala Location]

This reflects the varied ways in which individuals and families responded to the unprecedented situation. The acknowledgment that families fought and families bonded captures the contradictory experiences that many families went through

during the lockdown. While some families found solace and strengthened their bonds during this enforced time together, others struggled with rising tensions, leading to conflicts and, in some cases, domestic violence. The observation that violence started being reported later into the lockdown is significant implied that initially, families may have tried to adapt to the new circumstances, finding ways to cope with the sudden changes. However, as the lockdown dragged on, the accumulated stress, frustration, and uncertainty likely took a toll. The inability to escape the situation through work, social interactions, or other activities may have led to increased irritability and fatigue, which are known contributors to conflict and, eventually, violence.

The findings align with Günther-Bel et al. (2020), whose study revealed that while socio-economic challenges and forced confinement during the Pandemic may have strained family relationships, they also created opportunities for family growth. These varied findings indicate that the impact of the Covid-19 Pandemic on nuclear family cohesion is not consistent, but rather shaped by a range of factors. such as economic stability, the quality of pre-existing family relationships, access to resources, and the ability to adapt to unprecedented challenges. This contrast emphasizes the need for interventions that support families during crises for example economic relief, mental health support, and community-based resources to strengthen families facing stress while fostering environments that allow positive family interactions to thrive.

Spiritual Orientation and Nuclear Family Stability

The fourth objective of the study assessed the effects of spiritual orientation during Covid-19 Pandemic on the nuclear family stability. Family heads were asked to assess

their level of agreement with the following statements on the matter. Their responses were rated on a 5-point Likert scale, where: 1 = Strongly Disagree, 2 = Somewhat Disagree, 3 = Neutral, 4 = Somewhat Agree, and 5 = Strongly Agree. The mean and standard deviations were calculated using SPSS. A mean score of 1-2.4 indicated Disagreement, 2.5-3.4 indicated Neutral, and 3.5-5 indicated Agreement (citation). A standard deviation of 0.0000 indicated unanimous agreement with a statement, while values above 0.0000 indicated varying degrees of agreement with the same statement. The findings are presented on Table 6.

Table 6 : Family Spiritual Orientation during Covid-19 Pandemic and its Effect on the Nuclear Family Stability

Statement	Mean	Std. Dev
As a way of coping with the Covid-19 crisis we turned to praying to God more and participating in spiritual rituals	4.2273	.9128
Spiritual orientations and practices had a significant positive impact on how we dealt with Covid-19 Pandemic	4.4126	.6238
Spirituality played an important role in reducing anxiety	4.7061	.6982
Spirituality offered a sense of inner calm and emotional healing	3.9515	.5784
Spirituality played a key role in alleviating negative situations or stressors during the Covid-19 Pandemic	4.0765	.7033

From Table 6, the heads of the families strongly agreed that spirituality played an important role in reducing anxiety (Mean 4.7061, SD .6982). This suggested that heads of families strongly agreed that spirituality served as a source of comfort, hope, and resilience, assisting families in managing the difficulties brought on by the Pandemic with a sense of peace and stability through spiritual practices, and beliefs which were instrumental in providing emotional and psychological relief amidst the uncertainty and stress brought about by the Pandemic. These findings resonated with Blackstock (2019) which indicated that spirituality, as a source of comfort, support, and meaning, fosters a sense of belonging and existential interconnectedness, which enhances stability. Additionally, Zhang et al. (2021) suggests that spiritual coping involves cognitive and behavioral efforts to seek or preserve meaning, purpose, and connection when confronted with challenging circumstances.

The heads of families also agreed that spiritual orientations and practices had a significant positive effect on how they handled Covid-19 Pandemic (Mean 4.4126, SD .6238). This implied that the respondents strongly agreed that their spiritual beliefs and practices were beneficial in managing the challenges posed by the Pandemic. Furthermore, the spiritual orientations were not just relevant but were perceived as essential in coping with the emotional, psychological, and perhaps even physical impacts of Covid-19 disruption. The findings were consistent with Akanni et al. (2021), whose study highlighted the significant role of spirituality in managing the effects of the Pandemic. Moreover, the Covid-19 Pandemic had a notable impact on spiritual beliefs, thoughts, and behaviors, influencing lifestyles significantly. In response to the fear, stress, and depression caused by the epidemic, many individuals sought solace in God, engaging in practices like praying and reading the Qur'an more frequently. The study also found that during epidemics, prayer and worship as a means of drawing closer to God were effective coping strategies for overcoming challenges.

From the interviews, one chief reported that even people who previously had no regard for spiritual matters had begun congregating and praying together, while reading the holy books. This implied that they had resorted to spirituality as a remedy to the prevailing stressful situation. One key informant, (Chief, Mihang'o location) noted that "there were many cases of people who started congregating for worship and prayers during the lockdown. This means that people value spirituality as their answer during difficult moments in life."

They further agreed that to cope with the Covid-19 Pandemic, they turned to praying to God more and participating in spiritual rituals, as a family (Mean 4.212, SD .9128). This implied that most families turned to prayer and spiritual rituals as a

coping mechanism. This suggested that families relied heavily on their faith to navigate the crisis. Spiritual practices can offer a framework for understanding and making sense of difficult situations, providing comfort and reassurance that there is a higher power overseeing and guiding them through the ordeal. This belief can reduce feelings of helplessness and increase a sense of control over the situation.

Additionally, they concurred that spirituality was helpful in removing an undesirable situation or stressor during the Covid-19 Pandemic (Mean 4.0765, SD .7033). This implied that most families relied on their spirituality which often involved beliefs and practices that encouraged them to see challenges from a positive perspective. During the pandemic, spirituality may have helped families cognitively reframe the stressors they were facing, such as health fears, economic uncertainty, or social isolation. By viewing these challenges through a spiritual lens such as seeing them as tests of faith, opportunities for spiritual growth, or events guided by a higher power, families could have reduced the psychological impact of these stressors.

These findings align with Güngörer (2020), whose study suggests that "spirituality" generally understood as the search for meaning, was one of the key tools for finding purpose in life. The study further noted an increase in people's spiritual orientation and participation in spiritual rituals during the Pandemic. As a coping strategy, spirituality was found to be effective in alleviating undesirable situations or stressors, altering the way stressful situations were evaluated, reducing the impact of stress, or managing the source of stress.

Finally, the heads of families agreed that spirituality provided sense of inner tranquillity and recovery (Mean 3.9515, SD .5784). This implied that the alleviation of emotional and psychological wounds caused by the Pandemic was likely facilitated

by spirituality. This healing process may have been through encouraging practices that promoted forgiveness, gratitude, and acceptance which are key components of emotional recovery. For families dealing with grief, loss, or heightened stress, spirituality could have offered a pathway to emotional healing, helping them to process and move beyond their pain.

These findings align with Baykal (2020), who suggests that faith and spirituality serve as sources of resilience and stability from physical, psychological, and mental perspectives. In stressful situations, faith and spirituality appear to have a positive impact on the immune system, especially for older individuals who are more actively involved in spiritual and spiritual practices. Spiritual well-being, as defined by Blackstock (2019), is a state that integrates the individual's mind, body, society, intellect, and health, thereby supporting their attitudes and life goals. Regarding spiritual orientation and family stability, the chiefs had the following to report:

During the Pandemic, I learnt that even though people could not congregate for worship, families held prayer sessions, a kind of mini-churches. My pastor friends shared this with me. They also informed me that most of the churches had begun online Sunday services that became very popular to date. In essence, one may say people became very spiritual as we all tried to find meaning in those unprecedented times. Many people engaged in spiritual rituals and prayers to find solace during the Pandemic. There were many cases of people who had started congregating for worship and prayers long before the lockdown was lifted. This can tell you how people value spirituality as their answer during difficult moments in life. (Chief, Mihang'o location)

These findings suggest that spirituality serves not only as a source of solace and hope but also as a unifying force during difficult moments. The resurgence of collective worship and prayer sessions, even under restrictive conditions, underscores the deep-seated human need for spiritual anchoring in the face of uncertainty.

Diagnostic test

In order to ascertain that data was fit for correlation analysis, a normality test (Shapiro-Wilk test) was conducted. If Significance value (p-value) > 0.05 , the data was normally distributed. If the (p-value) ≤ 0.05 , the data was not normally distributed. The results were as shown on table 7.

Table 7: *Shapiro-Wilk Test results*

	Statistic	df	Sig.
Family stability	.938	100	.067
Economic conditions	.636	100	.093
Communication	.945	100	.074
Cohesion	.938	100	.082
Spiritual orientation	.886	100	.071

From Table 7, Shapiro-Wilk tests of normality indicated that all study variables were approximately normally distributed (all p-values > 0.05). Therefore, the data was fit for a correlation test

Correlation Analysis

To examine the relationship between the dependent variable (family stability) and the independent variables (that is, economic conditions, communication, cohesion and spiritual orientation), Pearson's product moment correlation was used. The

results, based on a 95% confidence level or a 5% significance level, are displayed in Table 8

Table 8 : Correlation Matrix

	Family Stability	Economic Stability	Communic ation	Cohesion	Spiritual Orientation
Family Stability (r)	1.000				
(p) Sig. (2 tailed)					
Economic Conditions (r)	-0.381	1.000			
(p) Sig. (2 tailed)	0.179				
Communication (r)	-0.415	0.221	1.000		
(p) Sig. (2 tailed)	0.037	0.156			
Cohesion (r)	-0.483	0.271	0.199	1.000	
(p) Sig. (2 tailed)	0.029	0.118	0.337		
Spiritual Orientation (r)	0.606	0.314	0.162	0.272	1.000
(p) Sig. (2 tailed)	0.018	0.163	0.177	0.201	

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

Source: Research data (2024)

The findings, as presented on Table 8, revealed a significant negative correlation between economic conditions and family stability ($r=-0.381$, $p\text{-value} > 0.05$) during the Covid-19 Pandemic period. This implied that a unit increase in the prevailing economic conditions was associated with a 0.381 decrease in family stability. This implied that as the Pandemic persisted, the economic activities diminished; thus, impoverishing people further and possibly destabilizing families. These findings align with Deb et al. (2022), who argue that the closure of factories and workplaces had a substantial negative impact on daily wage workers and farmers, driving many into hunger and starvation. This resulted in a decline in the economic

status of numerous middle- and lower-income groups, with only a small number able to sustain their livelihoods by relying on their savings.

The findings further reveal a significant positive correlation between communication and family stability ($r = 0.415$, $p\text{-value} < 0.05$) during the Covid-19 period. This indicates that a one-unit increase in communication was associated with a 0.415 improvement in family stability among nuclear families in Utawala ward, Nairobi City County. This implied that as the Pandemic persisted, people interacted more perhaps because they had more time together in their homes, owing to the lockdown. The findings align with Bush and Price (2020), who emphasize the significance of family communication and coping strategies during periods of stress. They also highlight that coping mechanisms play a crucial role in shaping the quality and progression of family relationships.

Additionally, the results revealed a significant positive correlation between cohesion and family stability ($r = 0.483$, $p\text{-value} < 0.05$) in the wake of the Covid-19 crisis, indicating that a one-unit increase in cohesion corresponded to a 0.483 enhancement in family stability among nuclear families in Utawala ward, Nairobi City County. This implied that families remained under lockdown, they became more cohesive perhaps because they interacted more. The findings however contradict Behar-Zusmanet et al., (2020) who posits that experience of disaster can heighten stress and instability, disrupt family functioning, and ultimately lead to an increase in family conflicts.

Lastly, the findings revealed a significant positive correlation between spiritual orientation and family stability ($r = 0.606$, $p\text{-value} < 0.05$) during the Covid-19 season., implying that a unit improvement in the spiritual orientation was

associated with a 0.606 improvement in family stability among nuclear families in Utawala ward, Nairobi City County. This implied that as the Pandemic continued, people became more spiritual. Perhaps they were trying to find solace in spirituality given the tough period they were going through, and also using their belief systems and rituals as a means to provide them with emotional stability.

These findings align with Zhang et al. (2021), who assert that spirituality, as a source of comfort, support, and meaning, fosters a sense of belonging and existential interconnectedness, thereby enhancing stability. Similarly, Blackstock (2019) suggests that spiritual coping can be viewed as the cognitive and behavioral efforts individuals employ to seek or sustain meaning, purpose, and connection during challenging circumstances. These findings align with broader research that highlights the protective role of spirituality in mitigating stress and promoting psychological and relational health. They also underscore the potential for spiritual practices to act as a buffer against external stressors, contributing to family resilience during crises.

The study findings align with the Systems Theory in that they reinforce the concept that external inputs, such as economic conditions, communication, cohesion and spirituality, can significantly influence the internal dynamics of a family system. Spiritual orientation and cohesion for example may act as a stabilizing force that helps families withstand and recover from systemic stressors, demonstrating the interconnectivity and adaptability that systems theory highlights.

Chapter Summary

This chapter has reviewed the general and demographic information of the study respondents, presented and discussed the study findings. The chapter has also conducted a correlation analysis and presented findings. The following chapter

presents a summary of the findings, along with the conclusions, recommendations, and suggestions for future research.

CHAPTER FIVE: SUMMARY OF FINDINGS, CONCLUSION, RECOMMENDATIONS AND AREAS FOR FURTHER RESEARCH

Introduction

This chapter includes a summary of the key findings, along with a discussion and interpretation of the socio-economic impacts of the Covid-19 Pandemic on family stability. Additionally, it outlines the conclusions, provides recommendations, and identifies areas for further research.

Economic Conditions and Nuclear Family Stability

According to the study findings, the prevailing economic conditions during the period of Covid-19 had an effect of family stability in the following ways: family businesses closed down, significant negative impact on families' finances, adverse socio-economic conditions for the families as a result, failure to achieve financial goals and loss of jobs due to the Covid-19 Pandemic. Inferential statistics also indicated a significant negative relationship between economic conditions and family stability ($\rho = -0.381$, $p\text{-value} > 0.05$) during the Pandemic. This was an indication that a unit rise in the prevailing economic conditions was associated with a 0.381 decrease in family stability.

Communication and Nuclear Family Stability

The study established that communication at the time of Covid-19 affected family stability in the following ways: members become isolated, difficulty to reach mutual understanding among family members, inter/intra family communication was negatively affected exacerbating the anxiety and diminishing communication among family members. The families also reported using virtual platforms to communicate with isolated family members.

Inferential statistics findings also indicated that communication during the Pandemic was negatively and significantly correlated to family stability ($\rho = -0.415$, $p\text{-value} < 0.05$), suggesting that a unit increase in communication was linked to a -0.415 improvement in family stability.

Cohesion and Nuclear Family Stability

The study also established that cohesion affected family stability in the following ways; confinement provided opportunities for family cohesion, families experienced domestic violence, interpersonal conflicts increased among family members, the warmth previously enjoyed by their family members was greatly affected and that confinement of the family members strained the family relationships. Inferential statistics also showed that cohesion was positively and significantly correlated to family stability ($\rho = 0.483$, $p\text{-value} < 0.05$) during the Covid-19 Pandemic period, implying that a unit increase in cohesion was associated with a 0.483 improvement in family stability

Spiritual Orientation and Nuclear Family Stability

Finally, the study found that spiritual orientation affected family stability in the following ways: spirituality played an important role in reducing anxiety. Again, spiritual orientations and practices had a significant progressive effect on how they handled the Pandemic. Further, they turned increased prayer to God and getting involved in spiritual rituals as a family as a coping strategy. Furthermore, spirituality was effective in eliminating undesirable situations or stressors at the time of Covid-19. Finally, spirituality provided a positive sense of inner peace and healing.

Inferential statistics also showed that spiritual orientation was positively and significantly linked to family stability ($\rho = 0.606$, $p\text{-value} < 0.05$) at the time of

Covid-19, implying that a unit improvement in the spiritual orientation was associated with a 0.606 improvement in family stability.

Conclusions

Economic Conditions and Nuclear Family Stability

The study established that the prevailing economic conditions during Covid-19 Pandemic affected family stability in that they led to businesses closing down thereby resulting in adverse economic conditions and families' failure to achieve financial goals. Inferential statistics also confirmed that economic conditions was negatively and significantly correlated to family stability in that a unit increase in the prevailing economic conditions was associated with a -0.381(decrease) in family stability.

The study therefore concludes that the economic conditions prevailing at the time of Covid-19 negatively impacted family stability. Business closures and adverse economic circumstances undermined families' ability to achieve financial goals, creating additional stress and instability. These findings highlight the critical role economic resilience plays in maintaining family stability during crises.

Communication and Nuclear Family Stability

The study established that communication (or lack of it) at the time of Covid-19 affected family stability in the following ways: members become isolated, difficulty to reach mutual understanding among family members, inter/intra family communication was negatively affected exacerbating the anxiety and diminishing communication among family members and utilization of virtual communication platforms with isolated members of the family. Inferential statistics however showed communication during the Pandemic and family stability were positively correlated,

in that increasing communication by one unit occasioned a 0.415 increase in family stability. This suggests that effective communication, especially through adaptive methods like virtual platforms were instrumental to the advancement of family stability during the Pandemic.

The study therefore concludes that communication at the time of Covid-19 had complex effects on family stability. Challenges such as isolation, difficulties in reaching mutual understanding, and negatively impacted intra- and inter-family communication exacerbated anxiety and strained relationships. However, families also adapted by using virtual platforms to maintain connections with isolated members. The study concludes that communication during crises had a twofold nature, and underscores the importance of fostering meaningful and constructive interactions within families to mitigate stress and maintain stability.

Cohesion and Nuclear Family Stability

The study established that cohesion affected family stability in the following ways; confinement provided opportunities for family cohesion, families experienced domestic violence, interpersonal conflicts increased, the warmth previously enjoyed was greatly affected and that confinement strained the family relationships.

The research also established that cohesion was positively and significantly associated with family stability during the Covid-19 Pandemic period, in that an increase in cohesion by one unit was linked to 0.483 improvement in family stability. This suggested that greater cohesion was associated with improved family stability.

The study therefore concludes that family cohesion had a dual implication on family stability during the time of Covid-19; on the positive side, confinement provided opportunities for families to bond and enhance cohesion. On the negative

side, it brought challenges, such as increased interpersonal conflicts, domestic violence, and strained relationships, which disrupted the warmth previously enjoyed within families.

Spiritual Orientation and Nuclear Family Stability

Finally, the study established that spiritual orientation affected family stability in the following ways: spirituality played an important role in reducing anxiety, spiritual orientations and practices had a significant favourable implication on how they coped with the Pandemic. To survive the pandemic, they turned to praying God more and participating in spiritual rituals as a family. Furthermore, spirituality was useful for mitigating adverse stressors during the Covid-19 Pandemic. Finally, spirituality provided an optimistic sense of inward tranquillity and healing.

Inferential statistics showed that spiritual orientation was positively and significantly linked to family stability during the Covid-19 Pandemic period, in that a unit improvement in the spiritual orientation was associated with a 0.606 improvement in family stability. This suggested that families with stronger spiritual practices experienced greater stability, as spirituality served as a powerful tool for managing stress and fostering resilience.

The research therefore makes conclusion that spiritual orientation played a vital role in enhancing family stability during the Covid-19 Pandemic period. Spiritual practices, such as praying, participating in spiritual rituals as a family, and seeking a connection with God, were key coping mechanisms. These practices helped reduce anxiety, fostered favorable feelings of inner calm, and contributed to emotional healing during the Pandemic.

Recommendations

- (i) The government may consider implementing targeted economic recovery programs aimed at supporting small and family-owned businesses. This could include providing low-interest loans, grants, and tax relief to help businesses recover from the financial setbacks caused by the Pandemic.
- (ii) The government may consider building capacity through offering training and resources to help family businesses diversify their income streams, adapt to digital platforms, and develop resilience against future such happenings.
- (iii) Further, the government may need to integrate family communication education into community health and social programs to strengthen intra-family relationships during crises.
- (iv) The government should promote community activities and family-centred initiatives that reinforce family bonding, such as parenting workshops, family counselling services, and family recreational programs.
- (v) The national and county governments should formally recognize and integrate faith-based organizations into national and county-level disaster response frameworks, given their strong influence on family well-being.
- (vi) Both levels of government should also facilitate partnerships between local government and religious leaders to offer spiritual counselling, virtual worship, and psychosocial support during emergencies.
- (vii) Families should allocate time for shared activities that foster bonding, such as meals, game nights, or outdoor activities, to strengthen relationships and reduce interpersonal conflicts.

- (viii) The government and the local NGOs should train community health workers and counsellors to offer guidance on effective communication strategies within families, especially during times of crisis

Areas for further research

- (i) Because this research centred on socio-economic effects of Covid-19 disruption on family stability: a case study of nuclear families in Utawala Ward, Nairobi City County, similar studies may need to be conducted in other areas of Kenya for purposes of generalisation of findings.
- (ii) Since this investigation adopted a descriptive study approach, future studies may need to use a cross-sectional study design and compare the findings.

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APPENDIX I: INFORMED CONSENT FORM

I, Priscilla Kananu is a postgraduate student at PAC University pursuing a Master's degree. I am undertaking research entitled "*socio-economic effects of Covid-19 on family stability: A case study of nuclear families in Utawala ward, Nairobi City County, Kenya.*"

Procedures to Follow: Participation in this study will involve answering some questions.

Voluntary Participation: Your participation in this study is entirely voluntary. You have the right to decline participation at any time. Feel free to ask any questions about the study at any point. You are also free to refuse to answer any specific questions and may choose to stop the interview at any time without any repercussions.

Discomforts and Risks: Some of the questions may touch on sensitive topics and could potentially cause discomfort or embarrassment. If this occurs, you are not obligated to answer those questions and may stop the interview at any time. The interview will last approximately 30 minutes.

Benefits: By participating in this study, you will contribute to our understanding of the socio-economic effects of the Covid-19 Pandemic on family stability among nuclear families in Utawala ward, Nairobi City County.

Reward

There will be no compensation or payment for participating in this study.

Confidentiality: Your identity will not be disclosed on the questionnaire. The completed questionnaires will be securely stored in a locked cabinet at PAC

University. All information will remain confidential and will only be shared with the research team.

Participant's Statement: I have understood the information provided regarding my participation in this study. The study has been explained to me, and I have had the opportunity to ask questions, all of which have been answered to my satisfaction. My participation is entirely voluntary, and I am aware that I can withdraw from the study at any time. I also understand that my records will be kept confidential. Regardless of my decision to participate or withdraw, I will receive the same care and medical treatment, and my choice will not affect the care I receive from this or any other clinic.

Participant's Name:

Signature or Thumbprint

Date

Name of Representative/Witness (where necessary)

Relationship to Subject

Researcher's statement:

I, the undersigned, have provided an explanation to the volunteer in a language they understand, detailing the procedures of the study along with the associated risks and benefits.

Name of Interviewer

Signature

Date

APPENDIX II: QUESTIONNAIRE FOR FAMILY HEADS

My name is Priscilla Kananu, a Master of Arts degree' student from Pan-African Christian University. I'm conducting a study on 'socio-economic effects of Covid-19 Pandemic on family stability in the nuclear families in Utawala ward, Nairobi City County.' I request you to provide me with that information by responding to the questions on the questionnaire. The information you provide is intended solely for this study, so please refrain from including your name. Kindly tick as appropriate and answer as honestly as possible.

SECTION A: Demographic Information

1. Indicate your age in years?

Under 23 ☐ 24-28 ☐ 29-33 ☐ 34-38 ☐ Over 38 years

2. What is your gender?

Male ☐ Female ☐

3. Indicate the length of time you have lived in Utawala Ward?

Under 3 years ☐ 3-7 years ☐ 8-12 years ☐ Over 12 years

SECTION B: Effect of economic conditions on family stability

4. The statements in this section concern the effect of Covid-19 Pandemic on the stability of nuclear families. Please use the key below to indicate how strongly you agree with each statement. 1= Strongly Disagree 2=Disagree 3=Neutral 4=Agree 5= Strongly Agree

Statement	1	2	3	4	5
The COVID-19 Pandemic has caused adverse socio-economic conditions for my family					
The Pandemic has had a significant negative impact on my family's finances					
Members of my family lost their jobs as a result of the Covid-19 Pandemic					
We have not achieved our financial goals due to Covid-19 Pandemic					
The Covid-19 Pandemic led to closing down of my family business					

SECTION C: Effect of Covid-19 on communication within the family

5. The statements in this section concern the effect of Covid-19 on communication within the family. Please refer to the key below and indicate your level of agreement with each statement. 1= Strongly Disagree 2=Disagree 3=Neutral 4=Agree 5= Strongly Agree

Statement	1	2	3	4	5
As a result of the Covid-19 Pandemic, family members became isolated and communication was negatively affected					
The anxiety experienced during the Pandemic resulted in diminished communication among family members					
Inter/intra family communication was negatively affected by the Covid-19 Pandemic					
It was difficult to reach mutual understanding among family members during the Covid-19 Pandemic					
As a family we used virtual platforms to communicate with isolated family members during the Covid-19					

SECTION D: Effect of Covid-19 on family cohesion

6. The statements in this section concern the effect of Covid-19 on family cohesion.

Please use the scale provided below to show how much you agree with each statement. 1= Strongly Disagree 2=Disagree 3=Neutral 4=Agree 5= Strongly Agree

Statement	1	2	3	4	5
The previous warmth enjoyed by my family members was greatly affected during the Covid-19 Pandemic					
Confinement of the family members strained the family relationships					
Confinement provided opportunities for family cohesion					
In my family, we experienced domestic violence					
Interpersonal conflicts increased among my family members during the Covid-19 Pandemic period					

SECTION E: Effect of Covid-19 on family's spiritual orientation

7. The statements in this section concern the effect of Covid-19 on family's spiritual orientation. Please refer to the scale below and indicate how much you agree with each statement. 1= Strongly Disagree 2=Disagree 3=Neutral 4=Agree 5= Strongly Agree

Statement	1	2	3	4	5
To cope with the Covid-19 Pandemic we turned to praying to God more and participating in spiritual rituals, as a family					
Spiritual orientations and practices have had a significant impact on how we dealt with Covid-19 Pandemic					
Spirituality played an important role in reducing anxiety					
Spirituality provided a positive sense of inner peace and healing					
Spirituality was effective in eliminating an undesirable situation or stressor during the Covid-19 Pandemic					

APPENDIX III: INTERVIEW GUIDE FOR CHIEFS

My name is Priscilla Kananu, a Master of Arts degree student from Pan-African Christian University. I'm conducting a study on 'socio-economic effects of Covid-19 on family stability in the nuclear families in Utawala ward, Nairobi City County.' I request you to provide information by responding to the interview questions. The information you provide will be used solely for this study, so please refrain from including your name.

Kindly answer all the answer all questions as honestly as possible.

1. For how long have you been the chief of this location? (Probe to establish whether it was before or after Covid-19 Pandemic).

2. Do you know Covid-19? How did you get to know of it?

3. Did Covid-19 affect your work? If yes, how?

4. In what ways were the families in the area of your jurisdiction economically affected by the Covid-19 Pandemic? (Probe for number of businesses closed, number of job losses)

5. What were the economic effects of COVID-19 on the nuclear family stability? (Probe for loss of livelihoods, uncertainty).

6. How would you say family communication during COVID-19 Pandemic affected family stability in the area you are in charge of?

7. How did COVID-19 Pandemic generally affect family stability in your area of jurisdiction? (Probe for the number of family members who were forced to migrate to other places in search of alternative sources of income).

8. How did family cohesion during COVID-19 affect the nuclear family stability in Utawala Ward, Nairobi City County? (Probe to establish whether there were incidences of conflicts, and how they were resolved)

9. How did spiritual orientation during the COVID-19 Pandemic affect the nuclear family's stability in your area? (Probe for coping mechanisms like family prayers and other religious rituals)



THE OFFICE OF THE PRESIDENT
MINISTRY OF INTERIOR AND NATIONAL ADMINISTRATION
State Department for Internal Security and National Administration

Telegram "Districtar"
Phone: 0705092303
Email
When applying please quote
Ref No. GTHRI ADM VOL.2B/185/2024

OFFICE OF THE ASSISTANT CHIEF,
GITHUNGURI LOCATION,
P.O Box 555-00204,
ATHIRIVER,
2nd October, 2024

TO WHOM IT MAY CONCERN

RE: PRISCILLA KANANU MMWENDA ID NO. 11488067 TEL: 0722617845

This is to confirm that above named Post Graduate student of Pan Africa Christian University (PAC) comes from my area of jurisdiction specifically Jetview C Village, Githunguri sub-location (Utawala), Githunguri Location, Mlolongo Division, Athi River Sub-County of Machakos County and is well known to this office as a law abiding citizen.

She has been allowed to conduct a research on Social Economic Effects of Covid-19 Pandemic on family stability starting 2nd October, 2024 for an estimated period of 3 months within the area.

Any assistance accorded to her is highly appreciated.

Thank you in advance.

Yours faithfully,

MATHEW MA

SSS-00204
0705092303
02/10/2024

APPENDIX IV: RESEARCH AUTHORIZATION



Thika Road Campus Valley Road Campus
P.O. BOX 56875 - 00200 +254 730955000 +254 730955501/2
enquiries@pacuniversity.ac.ke www.pacuniversity.ac.ke

2nd October 2024

TO WHOM IT MAY CONCERN

Dear Sir/Madam,

**RE: RESEARCH AUTHORIZATION AND ETHICS CLEARANCE LETTER FOR
KANANU PRISCILLA M'MWENDA REG. NO: MMFT/8592/0/17**

Greetings! This is an introduction letter for the above named person a final year student at Pan Africa Christian University (PAC University), pursuing a Master of Arts in Marriage and Family Therapy.

She is at the final stage of the programme and she is preparing to collect data to enable her finalize on the thesis. The thesis title is *"Socio-Economic Effects of Covid-19 Pandemic on Family Stability: A Case Study of Nuclear Families in Utawala Ward, Nairobi County, Kenya"*

We kindly request that you allow her obtain a research permit so as to proceed and collect data from Selected Nuclear Families in Utawala Ward, Nairobi County, Kenya.

Warm Regards,

Lilian Vikiru

Dr. Lilian Vikiru

Registrar Academic Affairs

Pan Africa Christian University

Lumumba Drive, Roysambu, off Kamiti Rd, off Thika Rd

P.O Box 56875-00200, Nairobi, Kenya

Tel: +254 721-932050/726-595863/734-400694

Email: registrar.aa@pacuniversity.ac.ke

Website: www.pacuniversity.ac.ke

PAN AFRICA CHRISTIAN UNIVERSITY
REGISTRAR
P. O. Box 56875 - 00200
TEL: 0721 932050 0734 400694
NAIROBI KENYA

Where Leaders are Made

APPENDIX V: NACOSTI PERMIT

 REPUBLIC OF KENYA	 NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
Ref No: 839590	Date of Issue: 15/October/2024
RESEARCH LICENSE	
	
This is to Certify that Miss.. Priscilla Kananu M'mwenda of Pan Africa Christian University, has been licensed to conduct research as per the provision of the Science, Technology and Innovation Act, 2013 (Rev.2014) in Nairobi on the topic: SOCIO-ECONOMIC EFFECTS OF COVID-19 PANDEMIC ON FAMILY STABILITY: A CASE STUDY OF NUCLEAR FAMILIES IN UTAWALA WARD, NAIROBI COUNTY, KENYA for the period ending : 15/October/2025.	
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