

SOCIAL GENDER-BASED VIOLENCE AND HOUSEHOLD LIVELIHOODS IN MATHARE SLUMS IN NAIROBI COUNTY, KENYA

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ABSTRACT

Gender violence remains a major issue of concern in Kenya with enormous social, psychological, and economic implications. This article explores the influence of social gender-based violence on household livelihoods in Mathare slums in Nairobi County, Kenya. The study used purposive sampling to select key informants in the Mathare slums, while stratified random sampling selected specific households in each administrative village. Cluster sampling was used to select households within each administrative village. The proposed study sample size was 124 respondents. The study used a descriptive survey research design and employed a questionnaire, focus group discussions (FGDs), and key informants (KIs) to gather data. The research employed qualitative and quantitative data analysis methodologies. The study analyzed qualitative data from focus group discussions thematically to identify common patterns, insights, and divergences in participants' experiences. The study established that social violence occurred frequently within the community and was perceived by most respondents as being highly prevalent, indicating that it remains a major concern in Mathare slums. The study further revealed that respondents experienced various forms of social gender-based violence, with harassment being the most common, followed by intimidation and bullying. Social gender-based violence contributed to stigma, discrimination, social exclusion, victim blaming, and reduced participation in community and economic activities. The study demonstrated that social gender-based violence negatively affects household livelihoods through stigma, discrimination, intimidation, harassment, and exclusion from social support systems and community opportunities. The study also concludes that although social violence did not directly affect household income for the majority of respondents, it contributed to fear, emotional distress, reduced concentration, and limited participation in economic and social activities among survivors. Harmful cultural beliefs, victim-blaming, weak social support systems, poverty, and community silence continue to perpetuate social GBV and increase household vulnerability in Mathare slums. To improve social inclusion and emotional support, the study also suggested creating safe community spaces, support groups, and awareness forums. Additionally, as unemployment, drug misuse, and poverty are major contributors to GBV in the community, policies targeting these issues should be strengthened.

Keywords: *Social gender-based violence, household livelihoods, victim isolation, neglect, discrimination*

1. INTRODUCTION

Gender-based violence (GBV) is a pervasive issue affecting millions worldwide, manifesting in various forms, including physical, sexual, emotional, and psychological abuse (Stark & Ager, 2011). According to the WHO (2021), approximately 1 in 3 (approximately 33.33%) women globally, equating to about 1.3 billion women, have experienced either physical and/or



sexual intimate partner violence or non-partner sexual violence in their lifetime. This violence has substantial implications for economic development and gender equality, as it disrupts not just the lives of victims but also the economic stability of communities. In parallel, men and boys are also affected by gender-based violence. According to the WHO (2020), approximately 1 in 25 (approximately 4%) men globally have reported experiencing sexual violence in their lifetime. Additionally, Johnson et al. (2022) indicate that males may experience intimate partner violence, with estimates suggesting that men account for approximately 20% to 30% of domestic violence.

The World Bank reports significant economic costs associated with GBV, including healthcare expenses, legal costs, and lost productivity (Heise, 2019). Victims struggle to participate in the workforce, thereby limiting their economic agency and increasing household vulnerability (Peterman et al., 2020). The cumulative impact of GBV contributes to global socioeconomic disparities and requires comprehensive interventions (Sabri et al., 2023).

In Africa, GBV is widespread and poses significant challenges to economic development. In 2022, Africa had the highest number of reported femicides compared to other regions. The African Union's Agenda 2063 recognizes GBV as a barrier to human security, peace, and development (African Union, 2015). This troubling prevalence affects not only individual well-being but also household livelihoods. Economic estimates suggest that violence against women could cost the continent up to \$16 billion annually in lost productivity (Neckowicz et al., 2020).

In Kenya, GBV intersects with cultural practices, economic status, and entrenched gender norms. According to the Kenyan Demographic and Health Survey (2019), approximately 47% of women aged 15-49 have experienced physical violence at least once in life. Violence has far-reaching implications for household livelihoods, as women often serve as primary caregivers and economic contributors. Research has shown that GBV severely limits women's access to economic opportunities and social services, perpetuating cycles of poverty and inequality (Muthoni & Kidenda, 2021)

1.1 Statement of the Problem

Despite the increasing recognition of Gender-Based Violence (GBV) as a barrier to socio-economic development, significant gaps remain in the literature regarding its multifaceted effects on household livelihoods in Mathare slums. Although physical GBV is widely acknowledged to undermine economic stability, its specific economic consequences in Mathare, particularly the direct and indirect effects on individuals' ability to participate in sustainable income-generating activities, remain underexplored. Similarly, limited empirical evidence exists on how social GBV, manifested through discriminatory social norms, stigmatization, and unequal gender relations, constrains livelihood opportunities and economic participation for both women and men. In addition, the psychological consequences of GBV, including trauma, anxiety, and diminished decision-making capacity, remain insufficiently examined in relation to their influence on household livelihood choices and economic resilience within the context of Mathare slums. Consequently, there is limited context-specific empirical evidence on the influence of social forms of gender-based violence on household livelihoods in Mathare slums, Nairobi County. Addressing this knowledge gap is essential for informing policies and interventions aimed at improving household livelihoods while mitigating the adverse effects of gender-based violence. The objective of the paper, therefore, is to determine the influence of social gender-based violence on household livelihoods in Mathare slums in Nairobi County, Kenya.



2. OVERVIEW OF LITERATURE

Social implications of gender-based violence include limited access to services, strained relationships with health professionals and employers, social isolation, and homelessness, all of which are issues that people face (Heise, 2018). To increase your reliance on him or her, an abusive relationship will isolate you from the outside world. He or she can make it impossible for you to visit family or friends, or to go to work or school. You may require authorization to do anything, go anywhere, or visit anyone (Waldron, 2019).

Globally, social gender-based violence (GBV) significantly influences household livelihoods, with its consequences manifesting differently across developed and developing countries. In developed nations such as the United States and the United Kingdom, GBV is linked to economic disparities, with victims facing higher healthcare costs, workplace absences, and reduced productivity. A study by Black et al. (2011) found that domestic violence causes work-related losses of nearly \$6 billion annually in the U.S. due to health care expenses and premature death, while in the UK, the economic influence of domestic violence is estimated at £66 billion annually (Home Office, 2020). Conversely, in developing countries like India and Brazil, GBV significantly hampers women's economic participation. In India, research indicates that women experiencing domestic violence often withdraw from work due to psychological trauma, which in turn exacerbates their economic vulnerability (Panda & Agarwal, 2005). In Brazil, domestic violence is closely connected to poverty and unemployment, as abused women are less likely to contribute economically to their households (Melo et al., 2018). The linkage between GBV and economic hardship emphasizes a universal trend where violence undermines not only individual well-being but also household and community economic stability.

In contrast, in developing countries such as India, economic participation among women is heavily curtailed by the fear and experience of GBV. Women often report withdrawing from educational and economic opportunities due to the repercussions of violence (Panda & Agarwal, 2005). Similarly, in Brazil, the financial repercussions of GBV manifest as lost wages, medical expenses, and compromised educational attainment, which can perpetuate cycles of poverty and dependency within households (Melo et al., 2018). This economic instability significantly undermines household livelihoods, highlighting a universal challenge that transcends geographic boundaries.

In the African context, countries outside East Africa, such as Nigeria and South Africa, show similar patterns in how GBV affects household livelihoods. Nigeria struggles with high levels of domestic violence, which has been shown to interfere with women's ability to maintain stable economic activity and to invest in their families' welfare (Okafor & Dim, 2019). Similarly, in South Africa, GBV contributes to a substantial economic burden, with the cost of intimate partner violence estimated at 2.1% of the country's GDP (Duncan et al., 2020). Regional insights from East African countries such as Uganda and Tanzania highlight a similar narrative, where social norms surrounding gender and violence significantly affect livelihoods. In Uganda, for instance, exposure to violence has been linked to decreased economic agency among women, limiting their capacity to engage in entrepreneurial activities (Bantebya et al., 2021).

Research gaps persist, particularly in understanding the nuanced effects of social GBV on the livelihoods of both men and women in these regions. For instance, while much is known about the experiences of women, there exists limited literature that investigates how social GBV affects men's roles in the household and their economic participation. Furthermore, a



significant gap remains in localized studies focused on specific urban contexts, particularly slums, where socioeconomic dynamics amplify the effects of GBV.

In Kenya, scholarly discourse has increasingly highlighted the implications of social GBV for household livelihoods. Notably, research across various regions, including urban centers such as Nairobi, indicates that GBV negatively affects economic stability (Ndung'u, 2021). Gender-based violence in urban slums emphasized how violence against women significantly affects their ability to generate income and invest in their families (Wairimu & Nyakara, 2022; Omondi, 2023).

Muriithi and Maringa (2022) found that women in Nairobi's informal settlements often face economic hardships as a direct result of GBV, which forces them to miss work and undermines their negotiation power within the household. When narrowing the focus to Mathare slums, specific studies, such as that conducted by Muthoni (2021), reveal that pervasive violence creates an environment of fear and insecurity that inhibits women's participation in economic ventures.

Additionally, existing literature primarily focuses on women's experiences of GBV, with less attention given to understanding how these dynamics also affect men and boys, as well as the overall economic stability of households. This gap in understanding how GBV influences the economic contributions of all genders points to a critical need for further research in both urban slum contexts and broader Kenyan society.

2.1 Theoretical Framework

The study drew on Social Learning Theory. Gottfredson and Hirschi (1990) proposed the theory. The theory is linked to the process of managing socialization and social learning to create self-control and minimize the inclination to antisocial behaviour (Miller & Vuolo, 2018). It emerged from the functional view of crime and captures four aspects of control: direct control, indirect control, internal control, and satisfaction control. Direct control is administered through the threat of inflicting punishment on wrongdoing or cautioning those who have the intention to engage in bad behaviour to be punished. Those who respect the order are praised or may be rewarded for maintaining good behaviour by parents, family members, and authority figures in society.

Indirect control is tied to refraining from delinquency related to one's conscience or superego, especially for youths. Internal control reflects the need to be honest and to have respect from close associates, such as friends, parents, or other recognized authorities. Their behavior is influenced because involvement in a delinquent act may cause pain and disappointment to those close to them or in a relationship. Satisfaction control occurs when an individual's needs and wants are primarily met, leading them to refrain from criminal activity.

The theory is relevant to the study of GBV because it explains the nature and behavior of people in relationships, beliefs, values, and norms that conflict with the law, and the consequences of such violence. Everyone must internalize a moral code of ethics to improve people's lives in society, especially slum dwellers. According to Han et al. (2016), the perpetrators of violent behaviours must be criticized and punished to ensure they adhere to the law. They must also respect human rights at the family level and in the wider community. This provides insight into the consequences of engaging in GBV and of personal and social controls (Njau & Muriithi, 2020).



While Social Control Theory provides valuable insights into the role of bonds and social ties in promoting conformity, it has notable limitations. One major critique is that it does not adequately explain why individuals with strong social bonds still engage in deviant behavior. For instance, some individuals might come from supportive families or communities yet still find themselves involved in criminal activities, perhaps due to peer pressure or environmental factors. Additionally, the theory tends to overlook cultural and situational contexts, assuming that strong social ties will universally lead to conformity regardless of other influencing factors. Understanding GBV also requires examining how behaviours are learned and reinforced through observation, interaction, and social experiences. In this regard, Social Learning Theory complements Social Control Theory by explaining how individuals acquire attitudes and behaviours, including violent conduct, through interactions with others and exposure to social environments. Social Learning Theory is discussed next.

3. METHODOLOGY

The study used a descriptive survey research design and gathered data through a questionnaire, focus group discussions (FGDs), and key informants (KIs). The research employed qualitative and quantitative data analysis methodologies. The study analyzed qualitative data from focus group discussions thematically to identify common patterns, insights, and divergences in participants' experiences. The current study used the villages for data collection. Mathare slums have a total population of 245,468 people and 61,367 households (County Government of Nairobi, 2018). The study used purposive sampling to select Mathare slums, and stratified random sampling to select specific households in each administrative village. The study used cluster sampling to select households to participate within each administrative village. The proposed study sample size was 124 respondents.

The study employed qualitative and quantitative data analysis methodologies. The study analyzed quantitative data using descriptive statistics. Data were cleaned for processing and analysis. Data were coded using SPSS version 27. The findings were presented using percentages, frequency tables, and pie charts. Qualitative data were analysed thematically to identify common patterns, insights, and divergences in participants' experiences (Nowell et al., 2017). This thematic analysis enabled the researcher to draw deeper conclusions about the community's collective understanding of gender-based violence and its ramifications on household livelihoods (Braun & Clarke, 2006). Qualitative data analysis involved systematically examining non-numerical data to identify patterns, themes, and meanings relevant to the research questions. In this study, the qualitative data collected from interviews, focus group discussions, and key informant narratives was analysed using thematic analysis. This approach entailed familiarizing oneself with the data by reading and re-reading the transcripts to gain an overall understanding. During this process, the researcher assigned initial codes or labels to significant data segments related to the research objectives, such as experiences of physical, social, or psychological GBV and their impact on household livelihoods.

4. RESULTS AND DISCUSSION

4.1 Quantitative Analysis

The study found that GBV was common in Mathare. The study sought to establish the frequency and forms of social violence in the area. The frequency of social violence was as shown in Figure 1.

Figure 1: Frequency of Social Violence

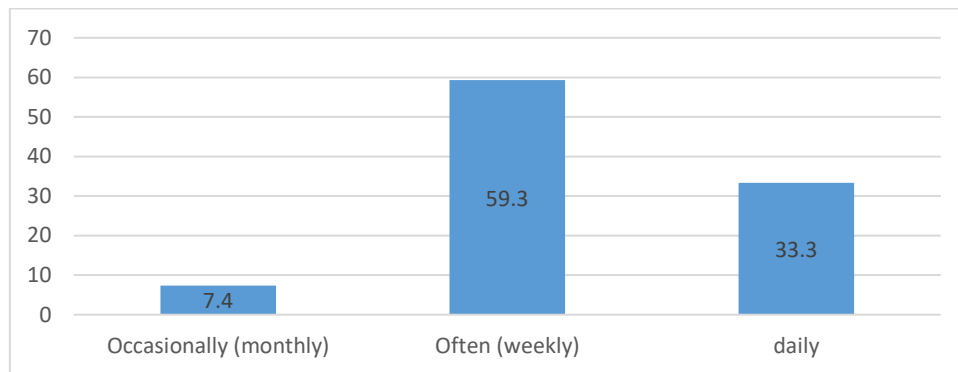


Figure 1 shows that most respondents (59.3%) reported that violence occurred weekly. A lower proportion of the respondents (33.3%) reported that it occurred daily, and 7.4% reported that it occurred occasionally. The study findings agreed with Bantebya et al. (2021), who found that exposure to violence has been linked to decreased economic agency among women, limiting their capacity to engage in entrepreneurial activities.

Respondents were further asked to indicate the extent of social violence in the community. Results are shown in Figure 2.

Figure 2: Extent of Gender based social violence in the community

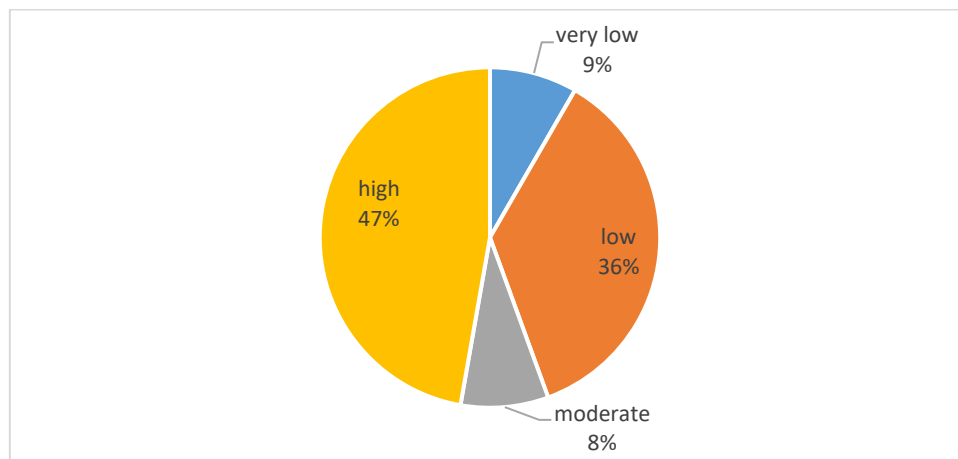


Figure 2 shows that 47% of respondents indicated social violence was high in the community, 36% indicated it was low, 9% indicated it was very low, and 8% indicated it was moderate. The findings imply that social violence is a major concern within Mathare slums, as nearly half of the respondents perceived it to be high in the community.

The study also sought to establish forms of social gender-based violence that households experience in Mathare slums in Nairobi County, Kenya. It was found that prevalent forms of social violence are bullying, harassment, intimidation, and isolation. Table 1 presents the percentage distribution of respondents by form of social violence.



Table 1: Forms of Social Violence

Bullying	Frequency	Percent
No	74	91.4
Yes	7	8.6
Total	81	100
Harassment	Frequency	Percent
No	42	51.9
Yes	39	48.1
Total	81	100
Intimidation	Frequency	Percent
No	69	85.2
Yes	12	14.8
Total	81	100
Isolation	Frequency	Percent
No	81	100

Results in Table 1 showed that 91.4% of respondents did not experience bullying, while 8.6% did. Results further showed that 51.9% of respondents reported not experiencing harassment, while 48.1% reported experiencing it. The results also showed that 85.2% of respondents reported not experiencing intimidation, while 14.8% reported experiencing it. Further, the results showed that all respondents, representing 100%, indicated that they did not experience isolation as a form of social violence. The findings imply that social gender-based violence, particularly harassment and intimidation, continues to affect households in Mathare slums and may undermine socio-economic wellbeing. The study therefore highlights the need for community-based interventions such as awareness campaigns, psychosocial support services, legal protection mechanisms, and strengthened social support systems to prevent social violence and improve household livelihoods.

Respondents were further asked whether social violence affected household income sources. Results are shown in Figure 3.

Figure 3: Effect of Social violence on household income sources

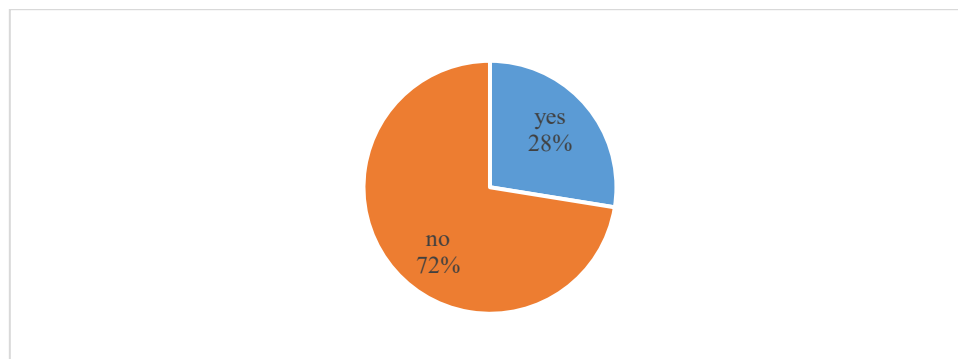




Figure 3 shows that 72% of respondents reported that social violence did not affect household income sources, while 28% reported that it did. Respondents who indicated that social violence affects household income sources were further asked to explain how. Respondents explained that harassment and intimidation reduced their ability to work effectively due to fear, emotional distress, and lack of concentration. Some respondents reported avoiding certain workplaces, businesses, or social interactions because of hostile environments, which negatively affected their income-generating activities.

The respondents were further asked to indicate whether there had been an employment disruption due to violence.

Figure 4: Disruption in employment due to violence

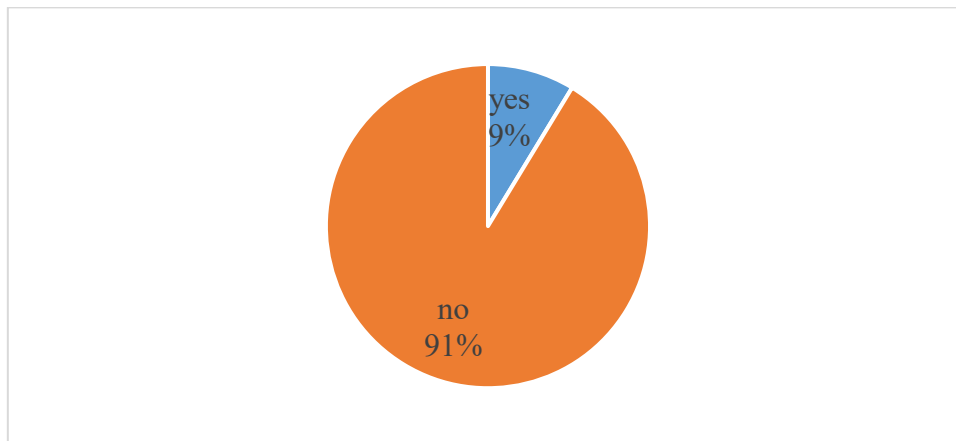


Figure 4 shows that 91% reported no disruption in employment due to violence, while 9% reported a disruption. This finding implies that, although the majority of respondents were able to maintain their employment despite experiencing violence, a notable proportion experienced employment disruptions that could negatively affect household livelihoods. Loss or interruption of employment may reduce household income, increase financial dependence, and limit affected households' ability to meet basic needs, thereby making them more vulnerable to economic hardship. The study findings agreed with Waldron (2019), who found that social gender-based violence (GBV) significantly influences household livelihoods, with its consequences manifesting differently across developed and developing countries.

4.2 Qualitative Analysis

From the focus group discussion with Community-Based Organizations (CBOs) leaders, the respondents were asked to indicate the implications of social gender-based violence on the ability of families to access resources or opportunities in the community. It was found that social GBV contributed to stigma, discrimination, exclusion from social support systems, and reduced participation in community development activities. Participants noted that survivors often withdrew from community groups due to fear of judgment and rejection, thereby limiting their access to social and economic opportunities. For example, a female CBO leader with over 10 years of experience in community development activities in Mathare stated:

“Many survivors avoid participating in women’s groups or community meetings because they fear discrimination and negative perceptions from other community members.”
(Female CBO Leader, 42 years, Community Development Practitioner, FGD 2)

This response demonstrates how social GBV fosters social exclusion, reducing survivors’ participation in community networks that often provide information, emotional support, and



livelihood opportunities. The findings are consistent with literature showing that women often shoulder a disproportionate share of childcare and domestic responsibilities, leaving them with limited time and energy to pursue alternative income-generating activities.

The respondents were asked to indicate how societal attitudes towards gender-based violence impact the support that victims receive in the community. The findings revealed that societal attitudes and cultural beliefs significantly influenced the support available to GBV survivors. Religious leaders reported that stigma, victim-blaming, and fear of social shame discouraged many survivors from seeking assistance or reporting incidents of violence. Participants further noted that some community members normalized certain forms of GBV, particularly within marriage, thereby limiting victims' access to emotional, social, and institutional support. For instance, a male religious leader with 18 years of experience in community pastoral work stated:

“Some people believe family issues should remain private, so victims fear speaking out because they may be judged or blamed by the community.” (Male Religious Leader, 51 years, Pastor, Key Informant Interview 3).

The findings suggest that negative societal attitudes towards GBV limit community support for survivors and contribute to continued social and economic vulnerability among affected households. The study findings agreed with Panda and Agarwal (2005), who indicated that women experiencing domestic violence often withdraw from work due to psychological trauma, which in turn exacerbates their economic vulnerability.

From the focus group discussion, the respondents were further asked to give their perceptions on the effects of social gender-based violence on recovery and the ability of individuals to reintegrate into the workforce. The findings revealed that social GBV negatively affected survivors' recovery processes through stigma, discrimination, and social isolation. Health workers reported that many survivors lacked adequate emotional and community support, which delayed their recovery and reduced their confidence to return to work or engage in income-generating activities. For example, a female health worker aged 39 years with 12 years of experience providing community health and psychosocial support services stated:

“Some survivors feel isolated and unsupported by family or community members, making it difficult for them to regain confidence and return to normal work activities.” (Female Health Worker, 39 years, Community Health Practitioner, FGD 3)

The findings suggest that social GBV undermines survivors' reintegration into productive activities by weakening social support systems and emotional recovery.

From the focus group discussion, the community leaders were asked to discuss the role of social relationships in either exacerbating or mitigating the effects of social gender-based violence in Mathare. The findings revealed that social relationships played both positive and negative roles in influencing the experiences and recovery of GBV survivors. Community leaders explained that supportive family members, neighbors, and community groups could facilitate survivors' emotional and economic recovery through counseling, financial assistance, and protection. However, participants also noted that negative social attitudes such as stigma, victim-blaming, gossip, and community silence often intensified the effects of GBV by isolating survivors and discouraging them from reporting incidents or seeking support. These findings directly relate to the study's second objective, which sought to determine the influence of social gender-based violence on household livelihoods in Mathare slums, Nairobi County, Kenya. For example, a



female community leader aged 46 years with 15 years of experience in community mobilization and social welfare activities stated:

“When the community supports survivors, they recover faster, but stigma and gossip make many victims suffer in silence without seeking help.” (Female Community Leader, 46 years, Community Mobilizer, FGD 2)

The findings suggest that while positive social networks can enhance recovery and livelihood restoration, negative social relationships can deepen vulnerability and hinder access to support systems. The findings showed that social relationships played both positive and negative roles in relation to social GBV.

Community leaders explained that supportive family members, neighbors, and community groups could help survivors recover emotionally and economically by providing counseling, financial support, and protection. However, participants also noted that negative social attitudes such as stigma, victim-blaming, and community silence often worsened the effects of gender-based violence by isolating survivors and discouraging them from reporting cases or seeking assistance. These findings demonstrate that social relationships can either mitigate or exacerbate the effects of social gender-based violence, thereby influencing survivors' well-being and household livelihoods. This finding contributes to the study's second objective, which sought to determine the influence of gender-based social violence on household livelihoods in the Mathare slums, Nairobi County, Kenya. For example, a female community leader aged 45 years who had served as a community mobilizer for over 12 years in Mathare remarked:

“When the community supports survivors, they recover faster, but stigma and gossip make many victims suffer in silence without seeking help.” (Female Community Leader, 45 years, Community Mobilizer, FGD 2)

However, participants also noted that negative social attitudes such as stigma, victim-blaming, and community silence often exacerbated the effects of gender-based violence by isolating survivors and discouraging them from reporting incidents or seeking assistance. For example, a male community leader aged 52 years serving as a Village Elder stated:

“When the community supports survivors, they recover faster, but stigma and gossip make many victims suffer in silence without seeking help.” (Male Community Leader, 52 years, Village Elder, FGD 1)

The findings suggest that strong social support networks are important in reducing the effects of social GBV, while negative social attitudes contribute to further victimization and household vulnerability. The findings align with Kabeer (2016), who noted that both social support and economic resilience can hinder collective efforts, such as community savings groups or local enterprise initiatives, while the discouraging effects of psychological violence can also hinder them.

The respondents were further asked to indicate the social factors contributing to gender-based violence in Mathare. From their responses, it was established that poverty, unemployment, drug and alcohol abuse, harmful cultural beliefs, gender inequality, and overcrowded living conditions were among the major social factors contributing to GBV. Informants also highlighted low levels of education and the normalization of violence within families as factors that perpetuated abusive behaviors. These findings demonstrate how adverse social conditions create environments that increase the risk of gender-based violence, thereby negatively



affecting household livelihoods. For example, a male social worker aged 41 years with eight years of experience in community-based social welfare programs stated:

“Unemployment and drug abuse are major causes of violence in families because people become frustrated and conflicts increase within households.” (Male Social Worker, 41 years, Social Welfare Officer, FGD 3)

From the Key Informant Interviews (KIIs), respondents were asked to indicate the challenges encountered in addressing and reducing gender-based violence within the community. The findings established that stigma, fear of reporting, poverty, weak law enforcement, harmful cultural beliefs, and lack of awareness were among the major challenges hindering efforts to address GBV. Key informants explained that some survivors preferred to remain silent because of fear of retaliation, social shame, discrimination, or financial dependence on perpetrators. These findings suggest that social and economic barriers significantly limit survivors' ability to seek assistance and access justice, thereby perpetuating the cycle of violence. For example, a female social worker aged 44 years with 15 years of experience in gender and community development programmes stated:

“Many cases go unreported because survivors fear discrimination or depend financially on the perpetrators.” (Female Social Worker, 44 years, Gender and Community Development Officer, KII 4)

The findings suggest that addressing GBV requires stronger community sensitization, legal enforcement, and economic empowerment initiatives. The study findings agreed with Roberts et. al. (2018), who found that influences of psychological violence extend into multiple spheres of life, influencing individual mental health, household dynamics, and broader community structures, thereby affecting livelihoods.

From the Key Informant Interviews (KIIs), respondents were asked to indicate the role of community norms and cultural practices in influencing gender-based violence. The findings revealed that certain cultural beliefs and community norms contributed to the perpetuation of GBV by normalizing violence and discouraging victims from speaking out. Informants explained that some community members viewed domestic violence as a private family matter, thereby limiting intervention efforts and reducing the likelihood of reporting abuse. However, participants also acknowledged that positive cultural and religious teachings could play a significant role in preventing violence by promoting respect, gender equality, and peaceful conflict resolution. These findings suggest that community norms and cultural practices can either reinforce or challenge gender-based violence, with significant implications for household livelihoods. For example, a male religious leader aged 52 years with over 20 years of experience in community pastoral and social support services stated:

“Some cultural beliefs encourage silence in family matters, making it difficult for victims to seek help or justice.” (Male Religious Leader, 52 years, Pastor, KII 5)

The findings suggest that transforming harmful social norms is essential in preventing GBV and promoting healthy household relationships. The study findings agree with Duncan et al. (2020), who found that social norms surrounding gender and violence significantly affect livelihoods.



5. CONCLUSION

From the study findings, social gender-based violence negatively affects household livelihoods through stigma, discrimination, intimidation, harassment, and exclusion from social support systems and community opportunities. The study also concluded that although social violence did not directly affect household income for the majority of respondents, it contributed to fear, emotional distress, reduced concentration, and limited participation in economic and social activities among survivors. The study further concluded that harmful cultural beliefs, victim blaming, weak social support systems, poverty, and community silence continue to perpetuate social GBV and increase household vulnerability in Mathare slums.

6. RECOMMENDATIONS

The study found that social gender-based violence, including isolation, restriction from social interactions, and exclusion from community networks, limits access to social and economic support systems, thereby negatively affecting household livelihoods. According to the study's findings, social GBV undermines household life outcomes by eroding social capital, limiting opportunities, and increasing households' vulnerability to dependency and poverty. In order to address stigma, discrimination, victim-blaming, and detrimental cultural ideas that support social GBV, the study suggested implementing community sensitization programs. In addition, community leaders, religious institutions, and community-based groups should bolster social support networks and encourage survivors to engage in communal activities without fear of exclusion or prejudice. To improve social inclusion and emotional support, the study also suggested creating safe community spaces, support groups, and awareness forums. Additionally, as unemployment, drug misuse, and poverty are major contributors to GBV in the community, policies targeting these issues should be strengthened.

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