

Psychosocial Complaints of Wives of Military Personnel on Peace Keeping Mission, The Kenyan Case

Apiyo Pamela Akech¹, Okoth George Odhiambo², Wauna Benta Achien'g³, Augustine Nwoye⁴

Abstract: *This study was designed to explore the psychological complaints of wives of military personnel on peace keeping mission. The study was considered significant in that it was the first of its kind in Kenya. Although Kenyan Armed Force first participated in peace keeping operation in 1979 in Rhodesia (Zimbabwe) where a small Kenyan Army contingent was developed within the auspices of the commonwealth, no study has been carried out to determine how the wives of the military personnel left behind are coping in the face of their husbands' absence. A survey research design was used for the study. The sample for the study was composed, drawn from two armed forces camps, namely the Moi Air Base and the lan'gata barracks. These were used to represent the Air Force and the Kenyan Army respectively. On the whole wives of military Personnel on peace mission took part in the study. An attitude scale and a questionnaire formed the instruments for data collection. Data were analyzed by means of descriptive statistics. The findings show that wives of military Personnel on peace keeping mission are beleaguered by a number of psychosocial problems among which loneliness, fear that the husbands might lose their lives during the mission, children missing their fathers and lack of guidance and counseling on how coping could be achieved. Implications of the study were drawn and some recommendations were made to influence the review of military peace keeping policies in favor of these wives.*

Keywords: Attitude, Complaints, Peacekeeping Forces, Peacekeeping Mission, Peacekeeping Operations

1. Introduction

1.1 Background of The Study

In communities around the world it has long been recognized that participation in warfare can difficulty and problems for the combatant and his family. The U.N has often been called upon to prevent a dangerous situation from escalating into war, to persuade opposing parties to settle their differences at the conference table rather than on the battlefield, and to help restore peace when conflicts occur. In Cambodia, war led to 'fratricidal strife and produced such terrible carnage and such harrowing scenes of misery and death, that outsiders felt bound to intervene' [1]. Similarly, in Yugoslavia, U.N "saw a need for intervention in Bosnia so that the Serbs would be stopped from persecuting Muslims" [2] However, if need for peacekeeping is justified, we ask what would lead to the complaints by soldier's wives.

The experience of war can have a negative impact on the emotional and mental well-being of people as was found out from studies of Vietnam War veterans returning to the USA from Vietnam war (1970s). For police as well as military families, traumatic duty experiences and emotions that follow are genuine disruption of emotional attachment and bond [22]. It was found that married soldiers had higher rates of PTSD than unmarried soldiers [23] attributed these results to many of the added pressures of marriage, including leadership, companionship, and take care of one's family and other marital responsibilities. Married soldiers carried traumatic symptoms back to the family, which made many of these responsibilities, seem more difficult.

The second contingent of Australian soldiers sent to Rwandan Mission (1995) faced a range of challenges including exposure to working with a population with very high rates of H.I.V. [6] asserts that personnel in Rwanda

faced the threat of contracting H.I.V since thirty percent suffered from fear of infection. This was another issues that made deployment of personnel stressful to families especially wives. War penalized women when it came to division of labour. Military conscription has twisted cultural practices to free men from traditional obligations and chained women to greater number of household and food-security chores. Peacekeeping mission similarly turns the family into a single parent/woman headed household. This could be a temporary role or a permanent role if widowhood results. Widowhood frequently changes the social and economic roles of women in the household and community. Life becomes more trying in either case since there is little or no assistance from relatives due to the breakdown of traditional support systems. This paper tried to find out how role changed loneliness, fear among other factors affected women's attitude to peacekeeping mission.

The first UN peacekeeping operation was an observer mission known as UNTSO, set up in Palestine in 1948 following the first Arab-Israel war. The first UN peacekeeping force was UNEF 1, which deployed before Egypt and Israel following the Suez crisis in 1956.

"African troops were first deployed for peacekeeping duties in July 1960 during the Congo crisis. Troops drawn from Ten African States served in UNOC. They were from Ethiopia, Ghana, Liberia, Senegal, Morocco, Mali, Sierra Leon, Sudan and Tunisia. Ethiopia provided the first African military commander UNOC between 1962 and 1963".The Kenyan Armed Forces first participated in peacekeeping operations in 1979 in Rhodesia (Zimbabwe) where a small Kenyan Army contingent was deployed within the ambit of the Commonwealth, to supervise and monitor the ceasefire that preceded the first national elections leading to independence. Kenya had consistently participated in the U.N peacekeeping operations since 1989 when she sent military observers and

an infantry to Namibia. Currently, Kenya ranks number 6 out of the 90 countries that contribute military observers, staff officers, and civilian police monitors and infantry troops. The period of deployment of the personnel has varied from mission to mission in accordance with the complexities of each conflict situation. This has ranged from one to eight years. Currently, Kenyan peacekeeping contingents are in deployment in 9 different countries. She's the third largest troop contributing Nation to U.N peacekeeping operations in Africa, after Nigeria and Ghana. Kenya has currently contributed 1,874 personnel including 54 U.N military observers, 70 civilian police and 1,750 troops. Kenya has elaborate training programme for peacekeeping operations staff. Peacekeeping staffs are therefore, given mission specific training. This comprehensive curriculum has enabled the country to produce highly trained peacekeeping staff. Kenya has also hosted several U.N peacekeeping seminars and as such has been chosen to host the African regional Headquarters. The U.N department for peacekeeping operations sponsored the training. Unfortunately, Kenya has lost 21 personnel as a result of its participation in peacekeeping operations, 4 of them missing in action.

1.2 Statement of the Problem

Since deployment is viewed as a temporary separation, wives' issues are ignored. It is assumed that wives of peacekeepers are aware of Military Policy which expects the soldier/officer to work anywhere without questioning. It is also assumed that the soldier should be able to endorse enough money to family as he goes away, and that everything will be alright during his deployment. Although such policies exist, it appears that things are not always going well in families of peacekeepers. Unsearched speculations indicate wives of peacekeepers have a lot to worry and complain about concerning their husbands' participation in peacekeeping operations. It is unfortunate that not many researchers have directed their attention towards exploring the nature and types of their complaints and the view of these wives on what needs to be doing to improve their situation.

Put in question form therefore, the major problem of this study is:

- What were the chief complaints of wives of Kenyan Military peacekeepers?
- How could these complaints be classified?

1.3 Research Objectives

The aim of this study was to find out the psychosocial complaints of wives of military personnel deployed on peacekeeping mission. Specifically the study sort to:

- a) Find out the key complaints of wives of Kenyan Military peacekeepers in foreign missions.
- b) Determine the types of complaints made by the wives in the face of their husbands' participation in peacekeeping mission.
- c) Determine if the nature and types of these complaints differed according to the location of the mission, age of marriage, religion and level of education of the wives concerned.

1.4 Research Questions

- a) What are the chief complaints of wives of Kenyan Military personnel on foreign peacekeeping mission?
- b) How can these complaints be classified?
- c) Do the complaints of wives of military personnel on foreign peacekeeping mission differ according to the location of the mission, age of marriage, religion and educational background of the wives?

1.5 Significance of study

This study was considered significant to the Kenyan society in that:-

- It will inspire more research work into this field in Kenya.
- It will enable the officers in charge to design a more proactive strategy to reduce or eliminate the difficulties encountered by the wives of soldiers in deployment.
- It will enable the officers in charge to design follow-up strategies to reduce or eliminate the difficulties encountered by the wives of soldiers and soldiers themselves on return from deployment
- It will enable those in authority to view positively the idea of institutional counseling for those soldiers on deployment and their wives before and after the mission.
- It will enable the organization to appreciate the importance of the family and its role in enhancing the personnel's productivity.

1.6 Scope and Delimitations of the Study

The study conducted in MAB- Eastleigh and in Langata Barracks- Nairobi among civilian wives of military personnel whose husbands are away on peacekeeping mission as at the, and those whose husbands have come back from mission within the last five years. It was confined in to civilian wives living within the camps because they were within easy reach. Husbands of female military personnel have been excluded from the study since this would make the researcher require more time and money, as it would be too wide a research topic. However, it is a possible research area.

1.7 Assumptions of the Study

The overall assumptions of the study were that:-

- The respondents would give information accurately to the request of the researcher.
- Respondents' whose husbands were on peacekeeping mission two years ago would clearly remembered and still have strong feelings of that experience.

MAB and Langata Barracks have similar characteristics with other military establishment in the country and therefore the findings could appropriately be generalized for these establishments.

2. Theoretical Framework

This is divided into two sub-sections. The first is the family systems theories and part two is the attitude formation and change theories.

2.1 Human validation process model

This approach by Virginia Satir emphasized communication as well as emotional [22],[23]. She stresses enhancement and validation of self-esteem, family rules, congruence versus defensive communication patterns, sculpting, nurturing triads and family mapping, and family life- fact chronologies. It emphasizes factors such as making contact metaphor, reframing emotional honesty and clear communication among others. Satir's approach differs from Bowen and Whitaker's approaches. This is because Bowen applies rational thinking in emotionally saturated systems and Whitaker develops his methods out of existential and psychoanalytic root. Whereas Satir is inclined towards Carl Rogers thinking. Guided by this theory, it is assumed that spouses will be able to communicate appropriately and effectively during this period of separation.

2.2 Structural Family Model

Salvador Minuchin's Central idea is that an individual's symptoms are best understood from the interaction patterns within a family, the nature of the family, the presenting problem, and the process of change [6]. The family is considered a basic human system, which is composed of a variety of subsystems. Subsystems are typically determined by factors such as gender, age, common interest and role function.

Structural family therapy aims at reducing symptoms of dysfunction and bring about structural change within the system by modifying the family's transactional rules and developing more appropriate boundaries [6] points out that by releasing family system is able to mobilize resources and to improve member's ability to cope with stress and conflict. Feminist interventions designed to save the woman at the expense of the family unit criticizes Minuchin's theory which is often used in favour of men at the expense of women. Guided by this theory it is assumed that when the husband leaves home for peacekeeping mission, he is temporarily released from his role as head of family and this enables his wife to cope with the conflict of deployment Vis a Vis staying home with the family. She is empowered to make decisions during his absence.

2.3 Theories of attitude formation and change

One method of knowing consists of beliefs and attitudes, which are fixed, in our minds. [21] have named these beliefs and attitudes "psychosocial". Psychosocial, they state, are "internalized, uncritical acceptance of assumptions gained through socialization and acculturalisation. Most contemporary attitude theories have their origin in two major schools of thought. Many learning theories are based on the stimulus- response approach while most cognitive theories are influenced by field theory [9]. Fishbein purports that whenever a new concept has been learned, however, a new stimuli is associated with it and the meditative reaction

elicited by these new stimuli will also become conditioned to the concept and change towards it.

2.4 Social learning theory

Attitudes are acquired when we observe the behavior of others. When one acquires behavior after observing another person, the observed person is referred to as a model. According to Albert Bandura, vicarious learning is acquired by observing someone else receiving rewards and imitating their behavior and by desisting another being punished for it. The study assumes that wives of military personnel observe the copying strategies practiced by wives whose husbands are also on deployment and learn from them.

2.5 Field Theory

[3] suggests that it is not possible to change something about ourselves by trying to be different. According to his paradoxical theory of change, we change when we become aware of what we are as opposed to trying to become what we are not. An increased in awareness, will allow re-identification with the self from which he or she is alienated [4]. Guided by this theory wives are a target for the study to enable them identify their weaker points, for example financial management; and improve on these.

2.6 Rosenberg's Value – Expectancy Theory

[21] defined an attitude as a relatively stable, effective response towards an object further observed that an attitude is accompanied by a cognitive structure model made up of the beliefs about the potentialities of the stimulus object for obtaining or blocking the realization of valued states. He further pointed out that the more a given action or policy was instrumental to obtaining positively valued goals, the more, favorable the person's attitude towards the object. Guided by this theory it is assumed that wives of military personnel on deployment will develop a positive attitude towards peacekeeping mission if they realize that their families have something to gain. She will motivate her spouse to go on mission without any reservations.

2.7 Heider's Balance Theory

This theory holds that a balance configuration exists if the attitude towards the parts of a casual unit is similar in which case it can either be positive or negative [11]. In this theory, beliefs are dichotomous in that attitudes or sentiments bear either positive or negative evaluation. Balance theory is restricted to positive or negative attitudes, that is, a person either likes or dislikes some other entity. The implications of the balance principle are that a person's attitude towards an object may be influenced by his or her beliefs about the object and by the evaluations of the related attributes. Guided by this theory it was assumed that a wife may either like or dislike the peacekeeping mission depending on what she has heard of other wives experience. For example, if soldiers have lost lives; in fear of losing her spouse she may thus dislike the exercise

2.8 Conceptual Framework

These women's difficulties are, however, different from the ones presented by psychology and psychiatry and therefore call for psychological interventions. The term psychosocial should be linked with "wellbeing", in other words that people's psychological well being is part of general health [1].

WHO defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity [1] most definitions of the term "psychosocial" are based on the idea that combination of psychological and social factors are responsible for the well being of the people and cannot necessarily be separated from one another. The term directs attention towards the totality of people's experience rather than focusing exclusively on the psychological aspects of health and well being, and emphasizes the need to view these issues within the interpersonal contexts of wider family and the community networks in which they are located. [1] describes psychological interventions as the integration of social and psychological approaches to prevention of mental health problems and social difficulties. [5] in the 1997 regional workshop in Kenya state: the word psychosocial simply underlines the dynamic relationship between psychological and social effects, each continually influencing the other. Baran points out that this suggests that each person is made up of an integration of the following:

The mind thinking, emotions, feelings, behavior are the psychological components. The environment, culture, economics, traditions, spirituality, interpersonal relationship with family, community and friends and life tasks.

It is crucial that we know the social-demographic factor and the attitudes of the peacekeeping wives if we are to identify persons for their psychosocial complaints. Wives attitude will determine how effectively they adjust during their spouses' absence and on his return, and to what extent the soldier able to remain free.

1. The rational element based on knowledge. Civilian wives of military personnel need know:

What peacekeeping mission is all about, policies of armed forces, how long the spouse will be away from the family.

2. The emotional element, based on the intensity of attitudes or feelings what wives have heard and seen other soldier's wives in the community undergo/ experience while their spouses are away of deployment may make them support it or be against it. Emotions become negative if based on fear or uncertainty of the outcomes of peacekeeping mission or positive, based on love or hope for reward i.e. compensation.

3. The practical element, based on personal skill in the new behavior wives needs self-esteem which will manage the family for the duration of husbands' absence while away from home.

The conceptual framework illustrates how some factors under study related with and influence other.

Stage 1: Before Mission

The personnel's wives are mainly excited and happy with news of the impending deployment. Third is because they expect their standards of living to change due to husband's extra remuneration package. Other women feel proud and honored because their husbands have noble duty to carry out, whereas, depending on the relationship in the marriage at the time, other foresaw freedom to exercise their rights or to continue with other issues i.e. education e.t.c

Stage2 During Mission

When the women experience communication problems, delay in getting financial support the excitement waves worry, anxiety and even fear set in. negative information from the country of deployment leads to uncertainties, confusion and even depression. If there is no social support group, then loneliness becomes the order of the day. These feelings lead to some behavior patterns. Among these are: dependency, unfaithfulness and other complaints

Stage 3 Counselling

If clients (women) undergo counselling and get group support they are able to cope with the situation.

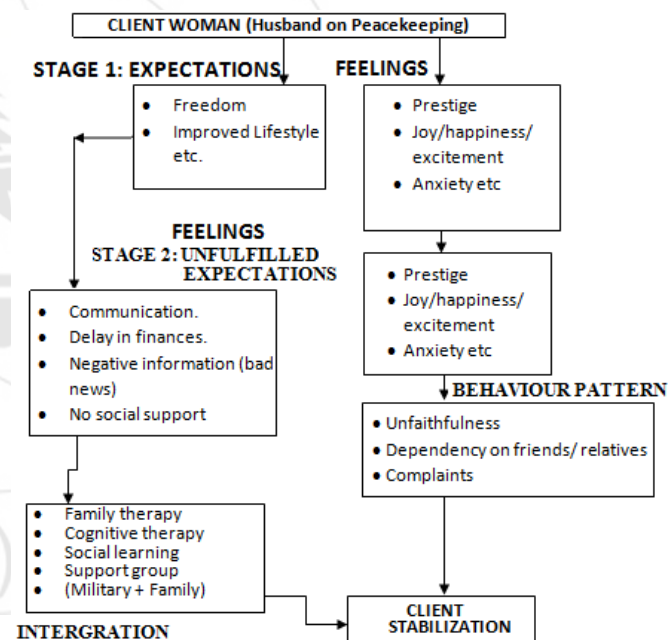


Figure 1: Heider's Balance Theory Model

2.9 Summary of Reviewed Literature

From the literature reviewed in this section, various major themes have emerged. It has emerged that while spouses are away on deployment, wives are faced with various problems ranging from the mild to the extreme.

Foreign research have dwelt on problem areas such as poor communication, stress due to lack of social support, and effect of father's absence on children among others. African based researchers have dwelt mainly on H.I.V issues affecting the soldier. It has also been realized that most Kenyan researchers have not taken an interest in deployment and the complaints of peacekeepers' wives.

The process of improving peacekeeping's wives' attitudes towards peacekeeping mission will require an understanding of the variables that affect how they view peacekeeping mission. Wives' psychological complaint a need to be listened to and studied, for the well fare of not only family but also that of the soldiers/ officers. This current study was necessary as it sought to bridge this gap.

3. Methodology

The research approach was used Experimental approach and design was one group Pre-test and Post-test design which involves the assessment regarding effectiveness of reminiscence therapy on the level of depression among older adults. The sample of the study was chosen by purposive sampling technique, In doing so the following were discussed: research design, area of study, study population, sampling technique, instrumentation, validation, data collection, data analysis and pilot study. The tools were validated by experts from the field of psychiatry, psychology and psychiatry nursing.

4. Findings

4.1. Foreign Based Studies

There has been a lot of interest on the outcome of deployment of soldiers and military officers. Since peacekeeping mission is one aspect of deployment, studies on deployment and family adjustment and marital relationship will be reviewed to try and understand how women react and cope during spouses' absence. For instance, [19] carried out a study on 65 wives of enlisted navy personnel with deployment as the dependent variable. The results were that navy family separation had no significant effect on measures of self-esteem, loneliness, health opinions, marital adjustments, physical symptoms and stress for separation and non-separation wives. Family separation had no significant effect on the marital adjustment or stress levels of husbands or wives. [22], [3], [14] concurs with his findings that there was no significant change to a ritual satisfaction during deployment to desert storm.

A study by [9], [23] on 75 wives of navy personnel investigated family vulnerability, family type, family resources, appraisal and problem solving and coping. The findings were that the block of variables representing coping and problem solving behaviors significantly contributed to the prediction of change for all of the models concern with individual adjustment and the mode focusing on marital adjustment. The appraisal block was significant for two personal adjustment outcomes (depression and dysphoria). Wives who tended toward appraising the upcoming deployment as more of challenge than a threat improved in reaction and strain strategies was consistently predictive of poor individual adjustment. These findings parallel those of [28], [29] and [30] on deployment and family adjustment where wives experience the least distress coped by accepting the lifestyles, being optimistic, developing self-reliance and self-esteem. In another study working with sample of navy wives, Nelson, [17] using Pearlin and Schoder Dyphoria

scale, Jacobson's marital happiness scale, original health items and original scale of overall satisfaction discovered that working and nonworking wives do not differ on stress or satisfaction when their husbands are deployed. Nonworking wives who value efforts to develop interpersonal relationship and social support indicated that they were significantly less satisfied with overall navy life.

Hiew, [17] research on Canadian families also found out that wives' negative perceptions about social support after father absence were negatively related to behavioural adjustment and academic performance of their children. [22], [3] carried out a study on the effects of military overseas peacekeeping deployment on military quality, satisfaction, and stability among 113 Army members. The results were that scores on marital satisfaction and marital quality do not change permanently as a result of oversea deployments. There was a decline in marital satisfaction during the redeployment and deployment phases relative before joining the peacekeeping force and after returning to other duties or civilian life. Marital stability was not uncommon among the deployed soldiers over a two-year period, but it was highest for those who said the marriages were in trouble a few months prior to the deployment.

The above findings are supported by a study carried out by [22], [11], [4], [17] and [17] which related that deployment on military service during desert storm had no significant change to marital satisfaction. Using questionnaires, Mccarroll, Ursano, Thayer, Norwood and Fullertonq used 26,835 participants namely Army couples to find out the relationship between deployment and spousal aggression by U.S army soldiers, it was discovered that deployment had a significant effect on self-reported server spousal aggression by active duty men and women. The probability of severe aggression increased with the length of deployment. The military rate of aggression was higher (2.5%) than the civilian rate (0.5%). [29] conducted a study on 258 parents of children whose fathers were away on deployment. The study aimed at finding out the child's behavior and somatic problems during the separation. The findings were that of 100 families in the sample, 66 reported a problem with at least one child. Out of 152 children from those families, 51 (34%) had disciplinary problems, 28 (19%) had phobia, and 17 (11%) had a fall in school grades. Multiple somatic complaints, poor self image and feeling of punishment were also not uncommon. Of 97 families, 37 (38.1%) reported readjustment problem when the father returned.

This is supported by Jensen et al (1989) who conducted a study on father absence and its effects on child and maternal psychopathology. Using five point Likert scale and the seven point Likert scale they carried out a survey among 213 families. They found out that the total number of periods of father absence was not associated with child reported symptoms of depression and anxiety. Child reported symptoms of depression and anxiety, and teacher resorted child behavior problems both covered with level of family stress, but not with maternal psychiatric symptomology. In contrast, mother reported child behavior problem covered with level of family stress and maternal psychiatry symptoms.

4.2 African Based Studies

There is very little that has been done on wives complaints towards peacekeeping mission in Africa. Most complaints of wives are from refugee women and those who would like to be recruited in the peace keeping mission as employees. It appears that local researcher have ignored this areas concentrating instead on other studies on the role of the African woman in peace keeping mission in traditional studies carried out on mission in Africa will be referred to in this paper. There are however several studies done on peacekeeping in Africa which can also be related to this study. It is assumed that soldiers from Africa and Kenya's being participants in these missions, their wives will undergo similar or almost similar experiences.

In the study utilizing a sample of 500 wives of soldiers who had been deployed to Somalia for operation restore hope: [3], [22], [16] and [7] investigated communication means and problems, spouse stressfulness of deployment. The results of the study indicated that having problems with communication was related to taking longer for first contact, but was reduced by reliance on telephone. Units that deployed later relied more on unit e-mail. Higher echelon unit had fewer problems and units in key cities ad faster communication home as they used exotic means more often and electronic media rather than e-mail. Raschmann, Patterson & Schofield on the other hand found out that their study among male pilots revealed the most common marital discord complaint as communication problems. The discrepancy may require reconciliation through further research.

A study carried out by Okulate and Oguine at 68 Nigerian Army Base Hospital Yaba, Lagos, in Nigeria involved Nigerian Soldiers engaged in peacekeeping mission in Liberia and Yugoslavia. Using case illustrations, the study sought to describe pattern of homicidal violence among soldiers from the same country or soldiers from allied forces and suggest possible reasons for the attacks.

The subjects under study were six Nigerian military personnel who attacked other Nigerians or soldiers from allied forces with Homicidal intent. Post homicidal interviews among the perpetrators were combined with evidence obtained at military court to produce case studies. Among the conclusions drawn from the results were that clearly defined length of study in the mission areas and adequate communication with home could reduce maladjustment.

[23] carried out studies on peace keepers returning to Nigeria from Sierra Leone his findings were that 11% of the peacekeepers were HIV positive- more than double Nigeria's then- current HIV prevalence. This was attributed mainly to low HIV awareness: among surveyed peacekeepers and soldiers from the National Army, only 23% could cite at least three HIV- transmission routes, 38% reported not being worried about AIDS, and only 39% had used condom during their last sexual encounter [17], [18] concurs with the above findings when he stated that Africa, rate of HIV infections among African militaries may be as high as 60% in Angola and DRC and probably even more in Zimbabwe and south

Africa. Studies have revealed that Kenya Army buries at least two soldiers every week.

According to Hudson, on 164 personnel in Rwanda, four months after deployment, good social support in preventative for the deployment of traumatic symptoms

The research has also highlighted the need for care of families of personnel at greater risk of developing chronic trauma symptoms.

This is supported by [19] in their studies on the role of traditional African woman in peacekeeping. Among the Burundi, they discovered, the traditional African wife exercised a considerable influence over her husband although it was reported that authority was forced to remain discreet, as it was controversial issue in society, which should view it as weakness on the part of the husband. The wife usually discreet in public, but become influential of her husband in the intimacy of the bedroom. [4] investigates the role played by women in the practice of peace restoration ritual in the aftermath of war. Her findings show among other things that women play a strategic role in the spiritual healing of the wounds of war in Namibia. The healing rituals they engage in tend to purify and cleanse the war returnees of blood guilt. The killer had to be purified with magic rites; otherwise his desire to kill would spread to other people disturbing the communal peace. He was perceived as a danger to the community. Any man who killed another person had to undergo a purification rite or else the dead man's ghost would drive insane [16], [4] reveals the role of the woman as a psychological/ spiritual healer.

Similarly, in Angola and Mozambique, purification rituals are performed for returning soldiers so that they may be reincorporated into their communities. In native American communities, returning soldiers underwent sweat lodge rituals, which are seen both as spiritual and physical purification ceremonies and also as opportunities for personal growth and healing [28].

In summary, it can be said that not much has been done locally on the Kenyan woman's complaints about peace keeping mission. However, the studies reviewed here have revealed worthwhile information which agree with studies done elsewhere in Africa from this review it has emerged that the African woman has always been involved in peacekeeping right from the traditional days.

4.3 Research Findings Summary

In summary research has revealed many factors associated with civilian wives of military personnel deployed on peace keeping mission and what leads to their complaints. These factors include the following:

Family vulnerability and lack of self-esteem Patterson and [17], family environment and satisfaction [11] among others.

Some of these earlier findings will be corroborated in the present study since they move towards the suggestion that personnel's wives need to have a more positive attitude

towards peace keeping mission. It is this that the current study will seek to ascertain.

4.4 Implications and Recommendations

The main purpose of the current research study was to critically analyze the counseling implications of the findings. Conflict situations do not only affect those involved, it also affects the arbitrators and peace keepers. In situations where it is armed conflict, the psychological impact of the conflict spreads even to the family of the peace keepers who have to contented with the long absence of the parent and the possibility that he or she may be injured or even lose life in the course of peace keeping mission. Many of the spouses of the peace keepers therefore, experience problems in the absence of their partners.

The results of the study revealed that the wives of the military peace keepers are not provided with guidance and counseling services before their husbands are deployed. It is assumed that as spouses of soldiers, they should be prepared for such eventualities. This implies that the emotional and mental wellbeing of the wives of the peace keepers are not taken care of. They are therefore liable to suffer emotional problems and trauma. It is therefore, recommended that the military administration should set up counseling programmes for the spouses of soldiers being deployed for peace keeping mission to enable them cope with the absence and fears for the lives of their partners. In analyzing the complains of the wives of the military complains on the basis of the characteristics of the respondents, it emerged that age, length of the marriage and number of children had some influence on the types of complains. This means that counselors handling issues of the spouses involved in peace keeping or military operations should take into consideration these variables since they are likely to influence the individual's problems.

The results also revealed that the complaints of the wives of the Kenyan military peacekeepers can be classified into five categories. These are: psychological, financial, physiological, social and behaviour complaints. The main complaints were found to be psychological, social and behavior change. This implies that these two areas are the main concerns of the wives of the peacekeepers. Thus, it is recommended that counselors dealing with military officers in deployment for peacekeeping mission should come up with programmes that cover spouses of military officers and that lay emphasis on psychological problems and behavior change. The officer should also be counseled on their return to enable them integrate comfortably in their families.

4.5 Conclusions

The study was designed to explore the psychological complains of wives of military personnel on peace keeping mission. The findings show that:

- The main complaints of the respondents include lack of guidance and counseling facility for affected families, children missing their fathers during their deployment. The wives feeling lonely most of the times and their fear that their husbands may lose their lives during the mission.

- The main variable that influence the types of complaints are age, length of marriage and number of children.
- The complaints can be classified into psychological, financial, physiological, social and behaviour change. The main complaints being psychological and behavior change.

References

- [1] Auchincloss, K. (1992, April). The year of fratricide, Newsweek magazine, pp.22)
- [2] Basic Facts About the United Nations(1995) New York United nations department of public information.
- [3] Baehr, Petter R & Gordenker L(1994), The United Nations in the (1990s 2nd Ed.) London: Macmillan press Ltd.
- [4] Becker, H(2003), Women, Politics and peace in Northern Namibia. In UNESCO, women and peace in Africa). Paris: UNESCO Workshop. Pp.47-73
- [5] Boyi(2002). A tribute to Kenyan Peace keepers. Majeshi yetu 4th Quarter. Pp 4-10. Nairobi: Media Meridian International Limited. Pp 4-10.
- [6] Corey, G.(2001). Theory and practice of counselling and psychotherapy. U.S.A: Brooks cole.
- [7] Ebulu, S.O.(2004). Effects of conflicts on non-combatants. Unpublished grade two staff course 20, pp7.
- [8] Eva, Isaksson.(1988). Women and the military system. New York: St Martin Press.
- [9] Fishbein, M and Ajzen, I.(1975). Belief, Attitude, Intention and behaviour. An introduction to theory and research reading. MA: Addison- Wesley.
- [10] Gay, I.(Ed). Educational research: Competencis for analysis and application) Columbus, Ohio: Merrill.
- [11] Hieder, F.(1946), Attitudes and cognitive organizations Journal of Psychology. Pp 21, 107-112.
- [12] Hodson, S.E: Ward, D. & Rapee, R.(2001). Post deployment predictions of traumatic stress-Rwanda a Case study.
- [13] Holm, Jeanne(1992). Women in the military: An unfinished revolution. Novato. Presidio press.
- [14] Jolly, Ruth(1987), Military man, family man. London :Richard Clay Ltd.
- [15] Kamanda, P.N.(2003) Rwandan genocide. Majeshi yetu 1st/2nd quater Nairobi: Media Meridien international limited. Pp 6-11.
- [16] Kole, W. & Aida cerkez- Robinson,(2001, July 26). UN police accused of involvement in prostitution in Bosnia. Associated press, pp 101-111.
- [17] Mugenda, O.M & Mugenda, A.(1999). Reserarch methods. Nairobi: Acts Press.
- [18] Nelson, L.S: Marlowe, J. & Grandin, D(1987). Coping with separation: An analysis of outcomes and strategies used by working and non working wives during routine deployment. Part A.
- [19] Nthobari, J. & Ndayiziga, B (2003). The role of the burundian women in the peaceful settlement of conflicts. In UNESCO, Women and peace in Africa. Paris: UNESCO Workshops. Pp 11-26.
- [20] Nwoye, A(1990). Counselling Psychology for Africa. JOS: Fab foundation books.

- [21] Raschmann, J.K.; Patterson, J.C. & Schofield G.L. (1989). A retrospective study of marital discord in pilots: The USAFAM experience. School of Aerospace medicine Brooks Air Force Base, TX, ADA 219695.
- [22] Schumm, W.R.; Bell, D.B. & Gade, P.A. (2000). Effects of a military overseas peacekeeping deployment on marital equality, satisfaction and stability. Psychological reports pp 87, 815-821.
- [23] Summers, G.F. (1970). Attitude measurement. Chicago: Rand McNally and company.
- [24] Sullivan, H.S. (1953). The interpersonal theory of psychiatry. New York: Norton.
- [25] Swan, R.; et al. (2002). Deployment and family separation: An annotated bibliography West Lafayette, IN: Military family research institute.
- [26] The blue helmets: A review of the U.N peacekeeping (1990) New York: U.N department of public information Pp.8
- [27] Turner, F.J. (1978) Psychosocial therapy. New York: U.N department of public information Pp.8.
- [28] Turner, F.J. (1978) Psychosocial therapy. New York: The free press. A division of Macmillan Pub. Co, Inc.
- [29] Williams St. John Noel. (1988) Judy O' Grady & Colonel's Lady, the army wife and camp follower since 1660. New York: Brassey's defence publishers.
- [30] Yeatman, G.W. (1981). Paternal separation and military dependent child. Military medicine, An annotated bibliography, Pp 146, 320-322.

Author Profile



Apiyo Pamela Akech (MA) is a professional Counselor and Psychologist from Kenyatta University. She is currently a lecturer at Egerton University, department of Psychology and counseling. She is also a member of Kenya Association of Professional Counselors.



Okoth George Odhiambo is a GIS/ICT specialist, Author and Researcher from Jomo Kenyatta University of Agriculture and Technology (JKUAT); Geomatics Engineering and Geographic Information Systems Department.



Wauna Benta Achieng (MA) is a Counselor and lecturer at Jaramogi Oginga Odinga, University of Science and Technology, Nairobi City campus.



Augustine Nwoye is a Professor of Psychology at the University of KwaZulu-Natal, South Africa and a Member of the School of Applied Human Sciences. Through his research and writings, he has made original and unique contributions to the definition and study of African Psychology as an emerging specialization very much in demand in the curriculum of many departments of psychology in the South and other regions of Africa.