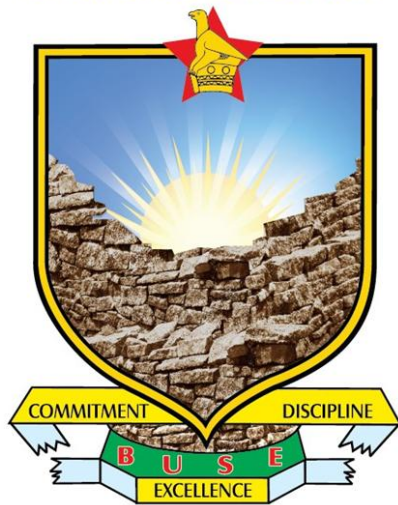


**BINDURA UNIVERSITY OF SCIENCE EDUCATION
SUSTAINABLE DEVELOPMENT DEPARTMENT**

**Bindura University
of Science Education**



An investigation into the Determinants of high rate of child headed of families.

A Case of Bindura, Manhenga

BY

LAVENDER MABVUU

B210976B

Supervisor Doctor Siziba

**Dissertation submitted to the Bindura University in partial fulfilment of the
requirements of the Bachelors of Science Honors Degree in Development Studies**

2024

DECLARATION

I declare that the dissertation entitled the Determinants of high rate of child headed households. A CASE STUDY OF BINDURA DISTRICT is my own work. I also declare that all sources I have used or quoted have been fully cited and acknowledged. I authorize Bindura university of Science Education to loan this dissertation to any individual for scholarly purposes only.

DEDICATION

This dissertation is dedicated to my loving parents and my husband who made it possible for me to study this degree program through their financial and emotional support from day one. I love you so much, may the dear Lord continue to bless you.

ACKNOWLEDGEMENTS

Firstly, I would like to thank GOD the Almighty who made it possible for me to get this far. My special thanks to Doctor E Siziba, my dissertation supervisor for his time and directing me with patience and expertise. I would also like to express my appreciation to everyone who has helped me with this work, this includes all those who taught me in the Bindura University of Science Education and all those who cheered me up and encouraged me throughout my academic journey. This work would not have been possible if not for my husband who inspired me to write on child headed households and for his sound suggestion, technical and moral support during my dissertation journey. Thank you family, relatives and friends for believing in me and always reaching out with advice and suggestion during this dissertation journey.

Approval Form

The undersigned strongly certify that they have read and made recommendations to Bindura University of Science Education for acceptance of a research project entitled: Causes of high rate of child headed families in Bindura Manhenga Rural Areas. The project was submitted in partial fulfillment of the requirements of the Bachelor of Science Honors Degree in Development Studies.

supervisors Signature  **supervisor** Dr E Siziba Date 17/09/2025

ABSTRACT

This qualitative case study explored the effects of child headed households in rural areas of Bindura, Manhenga Mashonaland Central. My intention was to gain an understanding on hoe these children access necessities like food, clothing, shelter, education, healthcare and how they cope without parental care or supervision. The perception of both the child headed families and the orphaned children in their community are to be investigated. The findings of the study show that children from child headed among the Shona people struggle to make ends meet without the traditional family structure and adult supervision and they experience social education psychological and social development problems. Although the orphaned children in this study showed resilience, bravery and sense of responsibility as they cared for their siblings, they struggle to make ends meet as they fail to access basic needs. The systematic issues affecting Zimbabwe as a country enhance the plight of these children thereby making their stories vital and necessary to understand.

TABLE OF CONTENTS

Declaration

Dedication

Acknowledgements

Abstract

List of tables

List of figures

CHAPTER ONE

1.1Introduction.....	4
1.2Location.....	5
1.3Justification of study.....	5
1.4Statement of problem.....	6
1.5Objectives (Aims).....	6
1.6Research questions.....	6
1.7Defination of key terms.....	7
1.9Chapter summary.....	7

CHAPTER TWO

2.1Literature review.....	7
2.2Theoretical framework.....	8
2.21Structural Functionalism	
2.3 Socio economic causes of child headed households.....	8
2.4 Effects of child headed households.....	9
2.5Measures to reduce high rate of child headed households.....	10
2.6 Research gap.....	11
2.7Chapter summary.....	11

CHAPTER THREE

3.0Overview of Methodology.....	12
3.1 Research approach.....	12

3.2Research design.....	12
3.3Data collection methods.....	13
3.4Limitation of study.....	14
3.5Chapter summary.....	14
CHAPTER FOUR	
4.1Introduction.....	14
4.2Response rate.....	15
4.3Presentation of findings.....	16
4.4Effect.....	18
4.5Ways to reduce child headed households.....	19
4.6Chapter summary.....	20
CHAPTER FIVE	
5.0Introduction.....	21
5.1Summary of Findings.....	21
5.2Conclusion of findings.....	21
5.3Implication of study.....	22
5.4Recommendations.....	22
5.5Chapter summary.....	24
References.....	25
Appendix 1.Indepth interview guide.....	27
Appendix 2.Questionnaire.....	28
Appendix 3.Research Letter.....	32
List of Tables	
Table Response rate.....	15
Demographic.....	15
List of Figures	
Figure Distribution of data associated with child headed households source data=40.....	19

CHAPTER ONE

1.1Introduction

The phenomenon of child headed families has become a significant social issue in many parts of the world, particularly in sub-Saharan Africa. In Zimbabwe and more often specifically in Bindura, a growing number of households are headed by children, often due to loss of parents through factors such as HIV and AIDS, economic hardship and other social challenges. These children, who are usually under the legal age of adulthood, face numerous challenges as they attempt to manage household, care for younger siblings and navigate the complexities of education and survival. This study explores the impacts of high rate of child headed families on development focusing on rural areas livelihood in Manhenga Bindura Mashonaland Central. The purpose of this study is to explore the determinants of high rate of child headed families in Bindura a town located in Mashonaland central Province of Zimbabwe. By understanding these factors, the research aims to provide insights that contribute to this phenomenon. This study will also examine the coping mechanism of these children as well as the role of the community support systems and governmental interventions in addressing this growing problem.

1.2Location

Bindura is a provincial capital in Zimbabwe, located approximately 90 kilometres north from Harare, the nation's capital. The town serves as hub for the surrounding rural areas, which are primarily dependent on agriculture for livelihood, However, economic challenges including unemployment, poverty, limited access to healthcare and education contribute to the social instability in the region exacerbating issues like child headed households. The areas vulnerability to the impacts of HIV and AIDS along with the economic hardship makes it a focal point for studying the determinants of child headed households.

1.3Justification of study

It is estimated that many children today in Bindura are orphaned due to HIV and AIDS and poverty as a result child headed families exists. Most research on child headed households in Bindura reveals that there are because of HIV and AIDS phenomenon. This study investigates the circumstances leading to the establishment of child headed families. This study on which was carried out in Manhenga Bindura Mashonaland Central. It is based on qualitative research with many children who live in a child headed family. In the study it is revealed that although

HIV is a major factor leading to the establishment of child headed households, there are other factors such as migration, failure of the extended family to absorb orphaned children, urbanization, poverty and abandonment by parents. Understanding these factors is important for a number of reasons, which indicates that most children living in child headed households are between 10 to 18 years, which means most of them are still in secondary school. It is vital for educators and stakeholders to understand the factors leading to establishment of such homes to provide the necessary care, support, guidance and counselling to such children. Further, this study will enable educators to be aware of the background of the learners that they teach. It will also assist educators to understand the nature of the unstable families they are exposed.

1.4 Problem statement

The increasing morbidity and mortality rates among adults especially because of HIV and AIDS present a threat to the economic and psychosocial wellbeing of many children worldwide. According to UNAIDS (2008:21) the magnitude of orphanhood and child headed households is considerable and it is escalating. In a survey conducted the percentage of households in Manhenga headed by children aged 10 to 18 years. Presently there are over hundreds of orphans in Manhenga and percentage of these are because of AIDS. Traditionally children whose parents had died, sick or working away from home would be absorbed into the extended family system. However, the number of orphans or vulnerable children has increased to the extent that the extended family capacity to care for these children is overstretched. The increasing mortality among young adults has drained society of economically active members. Recent literature reports children without adult's caregivers preferring to stay in their homes as a unit rather than being dispersed among relatives or foster care homes. All the above result into the child headed households, a phenomenon that comprises children's rights and developments. Interventions that enable communities and government to best support the affected families are limited. The study explores the prevalence, location, composition, needs and changes of child headed families as the availability of services and resources to address issues related to child headed households.

1.5 Objectives (aims)

1. To determine the causes of high rate of child headed families.
2. To identify on how they are surviving.
3. To establish the effects of a child headed family.

4. To assess the solution to child headed families.

1.6 Research Questions

1. What are the causes of high rate of child headed household.
2. How are the children surviving?
3. What are the effects of a child headed household?
4. What are the possible solution to end child headed household?

1.7 Definition of key terms.

Child headed families are households in which children take the role of primary caregivers and decision makers often in the absence of responsible adult guardian due to reasons such as illness, death or migration. Kim (20114) explores how child headed families are often formed to the collapse of traditional family structure especially in regions suffering from HIV and AIDS pandemic forcing the oldest child to become the head of the household.

Circumstances refers to the specific conditions factors or events that surround situation or influence its development. Giddens et al (2017) highlights it as the combination of external and internal factors that influence or shape an event decision or condition.

Urbanization refers to the process by which an increasing percentage of a population moves from rural areas to urban areas resulting in growth and expansion of cities. As noted by Davis (1965) urbanisation is central feature of modern development as rural populations migrate to cities for economic opportunities leading to the growth of urban centres and changes in social dynamics.

1.8 Chapter summary

This chapter established the study background and problem statement looked at its objectives and research questions went into further detail on importance and concluded by defining several essential words. The next chapter focuses on literature review.

CHAPTER TWO

Literature review

2.1 Introduction

According to Hart (1998), a literature review is a collection of texts that seeks to analyse the key ideas in the fields present body of knowledge Including both substantive results and theoretical and methodological contributions. According to Dellinger,(2005) a literature review is related to academic writing like a thesis whose goals is to inform the reader about recent research on a particular topic and serves the basis for other goals like potential field research in the future. In this chapter, the researcher reviews relevant literature to have an in-depth understanding on the dimensions of child headed life style. This was reviewed using three so topics which are the socio economic factors that causes child headed families, the effects of child headed families, the methodology issues that arise when studying the child headed lifestyle and measures that must be taken to reduce high rate of child headed. A summary will be written at the end of this chapter. The chapter reviews existing related literature on the socio economic factors that causes child headed households looking at the effects and mitigation measures in Zimbabwe.

2.2Theoretical Framework

2.21Structural functionalism

Structural functionalism is a sociological theory that vies society as a system composed of interdependent parts each with specific function that contributes to overall stability order. The theory was chosen because of the ability to explore the socio economic factors (parental deaths, family conflicts) that enhances child headed households. Functionalist view the family as a vital institution that performs essential functions for society. These includes socializing children, providing emotional support contributing to economic stability and offering a sense of belonging for its socio economic sphere of life also impacts the economic welfare of children in societies especially those whose both parents died.

The study also used ecological theory in understanding factors that are associated with child headed families throughout our cultures .Urie Bronfenbrenner created the ecological theory in 1970. This framework acknowledges that there are many factors at play when it comes to its interacting with one another, people, groups, communities and socio cultural concerns. The various levels on the ecological models serve as a representation of them. The ecological theory aids in our understanding of the problems of child headed families in this way.

2.3Socio economic causes of high rate of child headed families.

Families living in impoverished conditions often face tremendous stressors that can lead to the breakdown in the traditional family structures. Burns et al (2013) elaborates economic hardship may result in parental neglect, abandonment, deaths due to factors like malnutrition or untreated illness. According to the studies child headed families are frequently viewed in such different countries as South Africa, Zimbabwe, Ethiopia, Uganda, Kenya and democratic republic of Congo. In South Africa, it was found that the proportion of children in child headed households has remained between 0, 55% and 0, 85% overtime. During a focus group, discussion in Zimbabwe in rural community's economic hardship has forced children to take on adult roles. Reports indicate that many youths especially in Harare manage household's duties while attending school Conrade (2022) et al. Studies carried out all around the world poverty is a significant driver of child headed household. This assumption of adult responsibilities can lead to the formation of child headed households where children must navigate life without adequate adult support, resources or guidance. Child headed families are more common in poor countries like Zimbabwe and Uganda in terms of economic factors like poverty Reinert (2019) highlights.

According to Shorrocks, E (2015) et al particularly due to diseases like HIV and AIDS is a major driver of child headed households as children are left without adult supervision and guardianship, forcing them to take on adult responsibilities. Studies show that one notable example is in South Africa where HIV and AIDS epidemic has significantly contributed to the rise of child headed household in areas like KwaZulu Natal which has one of the highest rates of HIV infection. The loss of parental figures not only disrupts family structures but also exacerbates issues related to poverty, education and emotional wellbeing leaving these child headed households in precarious situations.

According to Pellis, K. (2012) another example is in Rwanda particularly in the aftermath of the 1994 genocide. The conflict resulted in deaths of a significant portion of the adult population therefore leaving many children orphaned. The lack of support significantly affected their ability to thrive; highlighting the long lasting effects of parental deaths on family structures in the country Gomba E (2018) highlights.

It is generally true that children may be forced to lead families due to, abuse or rejection by extended family members. Discrimination and marginalization of vulnerable groups can also isolate children leaving them to fend for themselves. Roalkam (2006) suggested that orphaned children ultimately stand alone because they are left in a specific situation when the

relationships that should surround them still have to be recognized. The researcher argued that prevailing such as HIV and AIDS related stigma and poverty are insufficient for understanding the isolation leading to being exploited and abused.

2.4 Effects of child headed households.

A serious health issue affects children all over the world. According to Lundberg (2009), et al children are the primary care givers and decision makers in a home due to absence of parents or adult guardians. One of the most significant impacts is emotional and psychological support. Studies revealed that psychosocial deficits among children from child headed households manifested through poor personal grooming, indecision, and avoidance of challenging situations by the children. More so sexual violence and unplanned teenage pregnancies, familial societal neglect, discrimination and isolation. According to Greenland S K (2010), they may suffer from stress, anxiety and depression as they navigate adult responsibilities far beyond their years. This emotional burden can deeply affect their mental wellbeing and personal development.

According to Lubis F (2019), et al children in these households experience significant disruption in their education often dropping out of school to take care for younger siblings. In another study it shows it does not only hinder their own educational progress but also affect their long term for employment and financial stability.

According to Lebuda (2017), many children find it difficult to balance work with their caregiving responsibilities leading to a cycle of poverty that can be hard to escape. Health risks are a concern for children in child headed households. Limited access to healthcare leads to neglect of their own health and wellbeing. Study shows for example poor nutrition not only affects their physical health but also impairs cognitive development making it harder for them to succeed academically and socially Moore (2021).

2.5 Measures to reduce child headed households.

Measures in reducing the prevalence of child headed households requires a multifaceted approach that addresses the causes. According to Greeson (2024) strengthening family support services. Researchers have also said having benefits which includes higher levels of wellbeing, better coping skills and a longer healthier life. This has proven to reduce depression, anxiety and reduce stress. Children are best protected when the family supporters are engaged in projects. Projects are to empower them gain greater control over futures for

example through vocational training Laszlo (2017) et al highlights. Studies prove this work for example in South Africa there are initiatives like the CHID support Grant have provided financial assistance to low income families. By offering financial and support services. The government has helped families stay together therefore reducing the number of child headed households, Diago N (2020)

According to Rahman (2024), ensuring that all children can access quality education is important in breaking the cycle of poverty. During a focus group discussion study established, that the basic education assistance Module BEAM supplementary feeding schemes and income-generating projects were main strategies used. This also adds to the body of knowledge about how adolescents from child headed household experience academic success. More so, Education lead to smaller sizes which parents can take care of as educated women make informed decision about their reproductive health and family planning. Therefore, this empowerment allows them to focus on their studies and personal development rather than assuming caregiving roles at an early age Amaefula G (2014).

According to Ferreira P (2023) et al economic empowerment initiatives can directly improve the overall quality of life for families. Evidence from across the world shows that economic support such as microfinance and cash transfer are reducing violence against children. Challenges and lessons learned by save the children international when delivering cash, voucher assistances and livelihood assistance in Peru and democratic republic of Congo McLaughlin R, L. (2016). Therefore when parents feel capable of providing for their children it strengthens family bond and reduces pressure of becoming heads of households. In Bindura District, many children become heads of households due to loss of parents, often attributed to HIV and AIDS pandemic. According to the Zimbabwe National Statistics Agency (2021), the prevalence of orphan hood is particularly high in rural areas including Bindura where economic hardships exacerbate the situation (Zimstats 2021)

2.6 Research Gap

While extensive research has been conducted on the socio economic impacts of child, headed households and intervention aimed at supporting them. Gaps remain in understanding the sustainability of current support programs. The role of technology in providing sound support remains under explored highlighting the need for further research on how digital tools can aid in child headed households.

2.7 Chapter Summary

Child headed households in Bindura District exemplify the intersection of socio economic challenges and the impacts of health crisis. Addressing their needs requires a multifaceted approach that includes economic support educational access and community based interventions. Further research is necessary to develop targeted strategies that can effectively support these vulnerable populations.

CHAPTER THREE

Research Methodology.

3.1Introduction

The research approach used to investigate the socio economic factors aggravating child headed households in Bindura District is covered in this chapter. According to Kumar (2019), research methodology refers to the methods and strategies used in a study to gather data on the numerous facets of a situation, issue or event. As a result, this section describes the research strategy, research methodology and data gathering techniques used in this study. The research target demographic sampling procedure and sample sizes are also detailed. The techniques for acquiring and interpreting data as well as the ethical concerns that govern the research are also highlighted. The study tools used for data gathering included focus groups discussions, in-depth interview and the key informant interviews using questionnaires.

3.2ResearchApproach

In general, there are three different sorts of research approaches mixed qualitative and quantitative. A mixed research method is one that incorporates various components of the research process from both qualitative and quantitative research approaches in a single study. According to Kumar (2019). A qualitative research approach according to Creswell and Creswell (2018) comprises an approach in which the researcher seeks to investigate and comprehend the meanings attached by either individual or groups of people to a human or social problem. Quantitative research strategy on the other had refers to a methodological investigation of noticeable phenomena using scientific, computational and statistical methods expressed numerically such as data and percentages (Mishra and Alok, 2017).To interact with research participants and gain a thorough understanding, this study employed a mixed research methodology.

3.3 Research Design

This enquiry used a case study research design to explore the socio economic factors that exacerbate the rate of child headed households. A case study enables gathering and analysis of data specifically for a community. Tan (2018) claims that it is a research design represents a strategy used by the researcher to carry out study. In other words, the research design acts as a blueprint for the study, detailing every step from conceptualization to the sharing results. A case study is a design that focuses on an in-depth analysis of one or a small number of situations, according to tight (2017) animals, people, schools, businesses, regulations or ideas are just few examples of what the subject of the case could be. The Bindura residential area served as the case community for the purpose of this study. To acquire a thorough examination of the elements that increase rate of child headed households and its effects on society and finally develop good suggestion a case study design was used.

3.3.1 Sample size

According to Cohen et al (2017), a sample is a portion or subset of the population utilized to learn more about the overall population. Best (2007) argues that in addition to being suitable in size to allow trust in the stability of its characteristics, a good population sample also needs to be representative.

Finally, after obtaining the sample, key informants were chosen using purposive sampling and the participants were chosen among the residents of Bindura Manhenga using systematic random sampling. Systematic random sampling firstly chooses the first participant at random and then followed a systematic sampling that was determined by total population 40 sample size n .

3.3.2 Sampling techniques

The researcher used purposive sampling. According to Kothari (2017), a sampling is a present procedure adopted before any data is acquired to select a sample from a specific population. The mentioned sampling techniques described and explained below

Kothari (2017) claims that in purposive sampling researchers purposefully select who they consider participants in the research based on their assessment of who has the knowledge necessary to answer the research questions. This study made use of the purposive sampling

method since it allowed for the focus on specific population characteristics that were of interest.

3.4 Data collection methods.

Primary data were acquired for this investigation. Primary data collection according to Sahu (2015) is the process of gathering first-hand information purely for the purpose of a study with predetermined goals. Interviews guides and questionnaires were some of the study tools used to collect primary data Kumar(2019).ultimately the data collection tools used included key informants interview guides and questionnaire survey.

The data collected using qualitative research method, which include key in-depth interviews.

3.5 Research design

Qualitative approach this study employs qualitative methodology to explore the experiences and challenges of child headed families in Bindura allowing for an in-depth understanding of their social, emotional and economic contexts (Creswell2014).

3.5.1 Sampling techniques

Purposive sampling technique will be selected based on the criteria such as being headed by child under age of 18 years and facing significant economic challenges Palinkas et al (2015).Snowball sampling; participants may refer other families helping to reach hidden populations

3.6 Data analysis

Thematic analysis; data from interviews and focus groups will be coded and analysed to identify key themes related to the experiences of child headed families. Focusing on their struggles, coping mechanisms and support systems Braun and Clarke (2006).

3.7 Ethical consideration

Informed consent; Participants will be informed about the study's purpose and consent will be obtained due to participation Orb et al (2001).Confidentiality personal information will be kept confidential and participants will remain anonymous in all reports.

3.8 Limitations

Subjectively, Findings may be influenced by the researcher's interpretations, inherent in qualitative research. Access in the sense that gaining access to child headed families may be challenging due to their vulnerable status Liampttong (2007).

3.9Chapter summary

This methodology outlines a structured approach to understanding the realities faced by child headed households in Bindura emphasizing the need for supportive interventions and policies.

CHAPTER FOUR

DATA PRESENTATION AND ANALYSIS

4.1Introduction

The technique of this study was examined in the chapter, which came before. The findings on the factors, which contributes to emerge of child, headed families, which are presented and discussed in in this chapter. A Bindura District case study. The goal of this study were to identify causes of high rate of child headed families in Bindura District to pinpoint its effects and suggest actions that could be taken to reduce it. These goes serve as the framework for this chapter to illustrate and communicate the research findings tables and data was presented in this chapter. Data was collected in Bindura Manhenga area.

4.2Response rate

This section has the number of distributed interview tools and those completed and returned. The research study has in-depth interviews, questionnaire. However, the table below as the response rate for the participants in this research.

Table 4.42 shows the percentage Distribution of the Response Rate.

Research instrument	Targeted population	Completed and returned	Response rate
In-depth interviews	8	8	100%
questionnaire	40	40	100%

As it can be seen in table 4.24 above all the targeted respondents agreed to participate in the study because the interview setting were appropriate for all participants and the study goals had been communicated to them. A total of 40 participants in particular school children completed and returned the questionnaire which had both closed ended and open ended questions and 8 teachers at Hwayerera primary school and neighbours tithe children completed and returned the in depth interview tools. Observations were made as the respondents were completing the tools in order to complement the answers with nonverbal expression.

Table 4.43 Profile of respondents.

Category	Frequency	Percentage
Employment status	22	46%
	26	54%
Age range. 10-13	40	83%
13-18	8	17%
Sex Female	28	58%
Male	20	42%
TOTAL		100%

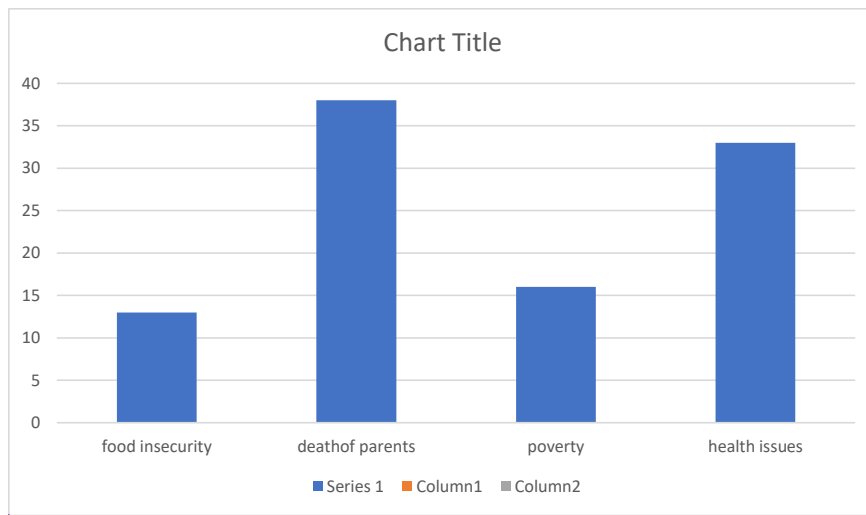
The participant's breakdown by age, gender and economic status is highlighted in the table above along with the percentage rate. There were 40 participates in the age of 10 to 13 and made up to 83%ofthe total. There were respondents with 17%of the ages between 13 and 17.Additionally there were 22 individuals who dropped out of school to work making up to 46% of the total while 26people were unemployed but attend school and working as well for the young ones making up to 54% of the total. Most respondents pointed a correlation between heading a family and poverty. More over categorization of participants by sex was essential since it become apparent that most women or girls are the most to head families and drop out of school to look for other siblings.

4.3Presentation and Discussion of findings.

The part present the findings from the in-depth interviews and field observations that were undertaken examine the difficulties experienced by children heading families the section analyses the results and evaluates them considering the available research.

Socioeconomic factors associated with child headed families.

Figure4.31 Percentage Distribution of socio economic factors associated with child headed families.



Commented [U1]:

Commented [U2R1]:

Formatted: Font: Times New Roman, 12 pt

Source data=40

As shown above 40 questionnaires respondents pointed various socio economic factors such as poverty, food insecurity, inadequate housing and limited access to education and health as propelling factors to child headed families. A total of 8 participants constituting 16% noted poverty leading to early marriages. In addition, six participants (13%) pointed food insecurity. Many participants 18 with a percentage of 38 noted death of parents (patriarchal beliefs) as a cause of child headed families.

In in-depth interview, the participants pointed poverty as cause of child headed families. Some of their responses are as follows

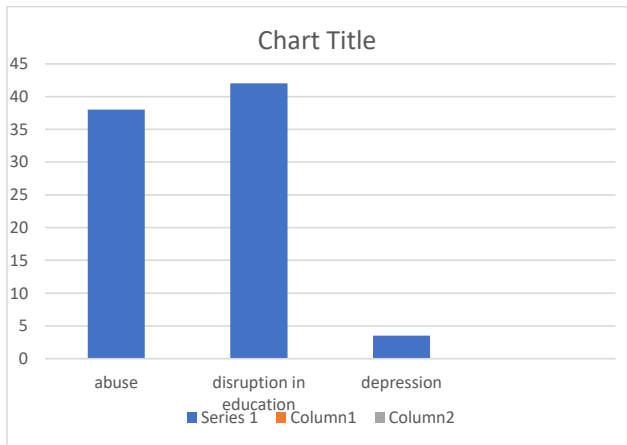
*Sometimes when things are not in the right place at home, the husband and the wife
Might choose to migrate in search of greener pastures and never return.*

Another in-depth participant stated that

Given these responses poverty, food insecurity, inadequate housing and limited access to education and health have all been social economic factors leading to child headed families .Both the questionnaire respondents and in-depth interview respondents alluded to such factors as causes of child headed families.

4.4 EFFECTS OF CHILD HEADED FAMILIES.

Percentage Distribution of the effects of high rate of child headed households.



Child headed households have been noted as they affect children said by respondents. 10 respondents pointed depression to be an effect of child headed family. The other 10 respondents pointed emotional stress as an effect of child headed families the other 20 participants pointed family dis integration as another effect of child headed households.

DEPRESSION

In-depth interviews participation also pointed that child heading leads to depression. Some of their responses are as follows;

Death of parents leaving young children behind and the surviving refuse to take good care of them.

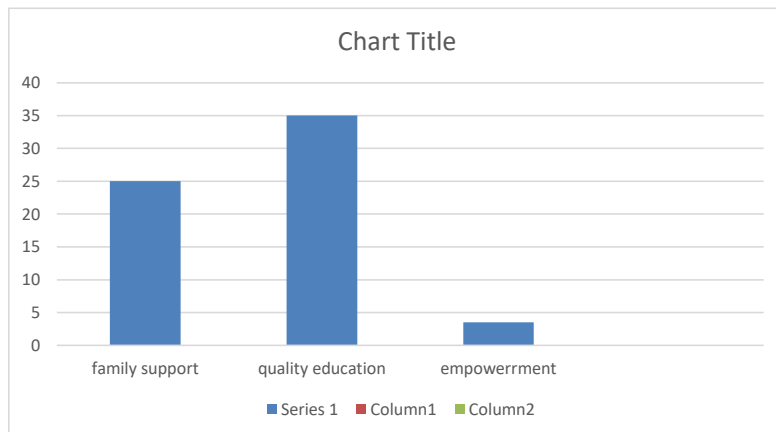
Another respondent said

Some surviving relatives take the children to take care of them but as time goes on, they become cheap labour to them. Some suffer physical and sexual abuse. Therefore, they end up running to the streets or to stay on their own.

From these responses it can be noted that child headed households culminates into multiple effects which includes depression, disruption in education and abuse (physical and sexual). Some children encounter emotional trauma as they witness their siblings being abused by guardians leaving the families disintegrate back this up and also the children may stay as the guardians or they run away ending up having child headed households. They suffer increased poverty and unfavourable social ramifications .Psychological traumas might take its harder to have long lasting relationships in the future.

4.5 Reducing the occurrence of child headed households.

Figure 4.51 shows percentage distribution of ways to reduce high rate of child headed household



Source primary data n= 40

The figure above shows ways to reduce the high rate of child headed households. Whilst 10 respondents 25% noted, family support groups, 14 participants 35% pointed access to quality education and 16 participants 40% noted empowerment. Awareness campaigns as also essential to end child headed households.

Strengthening family bonds

The interview respondents were also asked on the ways to reduce child headed households and they noted the following

Strengthening family bonds is important as no one who dies first for the surviving relatives to take care of others.

Another in-depth interview participation reviewed the following;

Economic empowerment is important. There is need to initiate livelihood projects for women mostly such as broiler rearing in order to make self-dependant and reduce child abandonment.

Given this women participants as ways to reduce the occurrence of child headed households have noted empowerment initiatives. Henry (2018) reviewed the need for more economic empowerment activities including technical skills training in order to enhance socio economic status and enhance their ownership to some of the reproductive means.

Access to quality education

The participants highlighted the need for our parents and children to be supported to have access to quality education. For parents if they are educated, they will have knowledge on family planning leading them to have children they can take care of. Children will also know what is good and what is bad and have better decision making.

In this case ,access to quality education is instrumental in addressing the issues of child headed households.children will also have the ability to support each other in times of needy.

4.6Chapter Summary

The objectives of this research were to determine socioeconomic factors associated with high rate of child headed households in Bindura District, to identify effects of child headed households in Bindura District to recommend actions to be taken to reduce rate of child headed households. A case study in Bindura District, to illustrate and communicate the

research findings, tables and data presentation were employed in this chapter .Data was gathered in Bindura District where the majority of children heading homes are attending school in Manhenga.

CHAPTER FIVE

Summary, Conclusion and Recommendation.

5.0 Introduction

This chapter gives a summary, recommendation, implications and conclusion for future study of a research that looked at the Bindura Manhenga Area case to high rate of child headed households. The recommendations are made to advance strategies for reducing the occurrence of child headed households. It can be noted that to reduce high rate of child headed households and promote child care, this chapter summarized the research, came to conclusions and this made advice to a number of those in religious, government and community participation.

5.1SUMMARY OF FINDINGS.

This research was carried so that we can have a better understanding of the socio economic challenges that led to high rate of child headed households and measures that must be put to reduce the effects of child headed households amongst children in Zimbabwe. There are livelihoods initiatives that lessen child headed households and provide children more social and educational power. The research was conducted in Bindura District. According to the study, a variety of factors contribute to high rate of child headed households, including but not limited to poverty, Children lack of economic freedom and patriarchal standards. These factors cause an impediment on how children are fairly represented when parents leave them. Since the problem has killed victims and had major effects on victim's physical, psychological and socio economic health and development, the research is crucial since it enables understanding of its core causes and suggest global solutions. According to the study, According to the study, children who participate in reflection action circles frequently experience poverty and discrimination. The study found that the children theme explores problems such as Depression, HIV AND AIDS and school dropouts. This study concludes that projects will hereby increase economic and social power to mother so that they can take care of their children.

5.2Conclusions

After doing the investigation, it was found that high rate of child headed households causes significant problems amongst people of Bindura District. The study shows that poverty and death of parents are the main causes of high rate of child headed households in the Bindura District and wards. It also discovered that economic hardships and not concerned regarding home matters all poses direct related to poverty represents high rate of child headed households. According to the study, livelihood projects as a method have more effectively addressed issues of poverty and as a result child headed households among parents in livelihoods projects has decreased.

According to the finding, societies which are patriarchal, the is accepted by all men and women, leaving children to suffer alone in the Bindura District, Manhenga reside .As a result parents have been confined to supporting position in decision making. Parents hold different roles, which are crucial such as councillors, chiefs and even head of village.

The study discovered that Children in Bindura are more vulnerable to child headed households because of their susceptibility to poverty, depression and school dropouts. The study also identified the death of parents due to HIV AND AIDS and migration a contributing factors to abandonment of children on Bindura as well as cultural and religious norms that prevent women from actively participating. As a result, children are left alone to cater for themselves. According to the report, High rate of Child headed households is common in most parts of the district. According to the report, women in Bindura are particularly vulnerable to poverty, gender inequality because of their gender. According to the study, women who depend on men economically more likely to experience suffering and this can be challenging for these women to take care of their children when they are left by breadwinners therefore they are also to leave their children.

The study found out that using livelihoods initiatives as a technique will support women economically, reducing abandonment of Children in the homes .By discovered that females now have power over family in making decisions because they do something for a living. Few progressed beyond the family to the societal levels.

5.3 Implications of the study.

The study may lead to extreme gender movement that may affect social and economic growth in communities. However, the results may inform programmers to target women

5.4 Recommendations

The research's main agenda was to allude an insight into socio economic elements contributing to the rise of higher rate of child headed homes in the chosen area of study and the necessary steps to eliminate child headed homes. According to the study, the death of parents due to HIV and AIDs, migration and poverty are the main contributors to child headed homes in Bindura District. These factors are mainly affecting women in their social, political and economic status, as they are usually the ones to take care of the children. The following reasons explain why children are heading homes as it is still a concern in Zimbabwe Bindura District and elsewhere Poverty, which affects mainly women insufficient economic empowerment of women. Women are not equally represented in decision-making positions.

The researcher has given recommendation to a variety of institutions including Mon governmental organization NGOs, traditional leaders, government ministries and those in government ministries to combat repressive patriarchal norms and customs. The groups that fight to empower women should educate women about the significance of livelihood projects, according to the study recommendation. According to the research, some projects just need a little amount of capital. These initiatives include rearing of livestock such as pigs and chickens .Starting a native poetry farm costs less than \$ 5.An indigenous chicken can be borrowed from friends and neighbours for about \$ 3 on average and some already have the hens as the areas is a rural based area. Women can start modest projects and generate revenue by adding value other than selling them fresh for example drying vegetables and tomatoes adds value to their products.

The study also suggests that the groups that should support and educate women and encourage them to launch such businesses so that they may raise funds to launch additional sustainable livelihoods projects and establish new ones to take good care of their children without leaving them alone . Through training programs, women awareness of how to manage those raised funds must be increase. This encourages women hence generating more income to ventures as a means of alleviating poverty and the reliance of females amongst for financial support. Project diversification improves the sustainability of livelihoods, which in turn address as poverty and reduce abandonment of children. The study identified abuse of the other family members so children chose to stay on their own as a cause of child headed households. Through negative cultural practices, because traditional leaders are custodians of these ideas, this study recommends that nongovernmental organizations place their eyes on their initiatives. Authorities like traditional have to be aware of the negative effects of leaving children to other family members, which may result in child labour.

The study suggest that religious leaders be made aware of the detrimental effects that their ignorance have on children. According to the study, governmental departments and other NGOs has to invest likely in projects, which promote the empowerment of females politically. Because socialization affects both genders, such programs should target both men and women on the care of their children. Females with the ability to lead mist be developed. The research also urges women to aim leadership roles including those in village's wards and village development committees. This will increase the trust that both men and women have in children making it simpler for them to take good care of their children.

Women participation also in decision-making platforms will increase as their economic independence grows. According to the report; as a result, women will be able to take care of their children not abandoning them because of poverty.

5.5CHAPTER SUMMARY

The study overview, findings and suggestions were presented in this chapter. The study concentrated on the socio economic issues that intensify the rate of child headed households, its effects and steps that might be taken to lessen it. The chapter also highlighted the study group views and participant perspectives. Overall, the research was successful I achieving its goals and providing the necessary information. According to my analysis, the results from the Bindura District can easily be applicable to other districts both inside and beyond the province of Mashonaland. These could also be indicators of the general state of affairs in the nation particularly with regard to high rate of child headed households.

References.

- Amaefula, G.O. (2014). Mentoring; A powerful personal Development and Empowerment Tool. *Multidisciplinary Journal of Academic Excellence* 11(1), pp1-10.
- Burns, A, Scott, C and Scott. (2013). *Mother-headed families and why they have increased*. Routledge.
- Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3(2), 77-101.
- Braun V and Clarke V, (2019) Reflecting on reflexive Thematic Analysis. *Qualitative Research in Sport, exercise and health* 11 4 pp589-597.
- Conrad, A, and Ronnenberg, M, (2022). Hardship in the heartland: association between rurality, income and material hardship. *Rural Sociology* 87 (3) p936-959.
- Creswell, J. W. (2014). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. Sage Publications.
- Creswell J W and Creswell J D, (2018) *Research design qualitative, quantitative and mixed methods approaches*. 5th Edition. Singapore. Sage publication.
- Diago, N. (2020). *The experiences of headers of child headed households in the greater Sekhukhuni district of the Limpopo Province* (Doctoral dissertation, Stellenbosch: Stellenbosch University).
- Ferreira, P.L, Morais, C, Pimenta, R, Ribeiro, I, Amorim, I and Alves, S.M. (2023) Empowerment and knowledge as determinants for quality of life: a contribution to a better type 2 diabetes self-management. *International Journal of Environmental Research and public health*, 20(5), 4544.
- Greeson, J.K, Gyourko, J.R, Wasch, S. and Page, C.S. (2014). "The program encourages people not to have a heavy heart. A qualitative study of a family strengthening program in Kenya" *Vulnerable Children and Youth Studies*, 19 (2), p321-342.
- Greenland, S.K. (2010). *The mindful child: How to apply your kid manage stress and become happier, kinder and more compassionate*. Simon and Schuster.
- Gomba, E. (2018). *Child headed households in rural Zimbabwe: Perceptions of Shona orphaned children* (Doctoral dissertation, University of the Incarnate World).
- Krueger, R. A., & Casey, M. A. (2015). *Focus Groups: A Practical Guide for Applied Research*. Sage Publications.

Kothori G P 2011 Research methodology. Methods and techniques 2nd edition. New Delhi. Age International Publishers.

Kvale, S., & Brinkmann, S. (2009). Interviews: Learning the Craft of Qualitative Research Interviewing. Sage Publications.

Laszlo, S and Grantham. (2017) Measurement of women's economic empowerment in Grow projects: Inventory and user guide.

Liamputtong, P. (2007). Researching the Vulnerable: A Guide to Sensitive Research Methods. Sage Publications.

Lebuda, I, and Kwasniewska, J.M. Balancing between roles and duties-The creativity, Theories-Research Applications, 4(1), p137-158.

Lubis, R.R, Irwanto, Harahap, M.Y. (2019) .Increasing learning outcomes and ability critical thinking of students through application problem and I based learning strategies. International Journal for educational and Vocational studies 1 (6) pp 524-527.

Lundberg, S, Romich, J. Land Tsang, K.P. (2009), Decision making by children. Review of economics of the household, seven, and p1-30.

Maclaughlin, R.L. (2016). Stephen Sondheim and the reinvention of the American Musical. Unvi. Press of Mississippi.

Moore, A, Nguyen, A, Rivas, S, Bany Mohammed, A, Majeika, J and Martinez, L. (2021). Qualitative examination of the impacts of financial stress on college students wellbeing: Insights from large, private institution. SAGE Open Medicine, 9, 20503121211018122.

Orb, A., Eisenhauer, L., & Wynaden, D. (2001). Ethics in qualitative research. Journal of Nursing Scholarship, 33(1), 93-96.

Palinkas, L. A., et al. (2015). Purposeful sampling for qualitative data collection and analysis in mixed method implementation research. Administration and Policy in Mental Health and Mental Health Services Research, 42(5), 533-544.

Pells, K (2012). Rights are everything we do not have: clashing conceptions of vulnerability and agency in daily lives of Rwandan children and youths. Children's Geographies, 10(4), p427-440.

Rahman, M, M. (2024). The Role of Educating in Reducing Poverty and Social Inequality. International Journal of Science and research (IJSR) 13(4), p8-13.

Reinert, E.S (2019). How rich countries got rich and why poor countries stay poor. Hachette UK.

Richter, L., & Desmond, C. (2008). Targeting AIDS orphans and child-headed households? A perspective from national surveys in South Africa. AIDS Care, 20(9).

Tan W (2018) Research methods. A practical guide for students and researchers. Singapore World Scientific.

Tight M 2017 Understanding case study research. Small-scale research with meaning .London Sage.

UNAIDS (2018) Children and AIDS .2018 DATA.

UNICEF. (2019) Child protection in Africa. A study of child headed households.

UNICEF. (2018). Child-headed households: Global trends and challenges. UNICEF Report.

Zimbabwe National Statistics Agency (ZimStat). (2021). Demographic and health survey: Zimbabwe. Harare: ZimStat.

APPENDIX 1: INDEPTH INTERVIEW GUIDE

My name is Lavender Mabvuu I am a student at Bindura University, pursuing Degree in Development Studies. As part of completing the program, students are required to conduct individual research. Therefore, I am conducting research on the topic High rate of Child headed households. A case study of Bindura District.

You are kindly requested to be one of the key informants in this research study. Be reminded that your responses will be kept confidential and anonymous and will be used strictly for academic purposes. In addition, your participation in this study is voluntary. I am going to engage you in an interview, which will not last for more than 30 minutes as part of data collection. You may choose to excuse yourself at any part during the interview

Start time.....

Date

Questions

Section A

Respondent.....

Educational Level.....

Age.....

1. From your own experience, what are the socio economic factors associated with high rate of child headed households in Bindura District?

2. From your own view, what are the effects of child headed households in Bindura District?

3. What measures can be taken to reduce high rate of child headed households in Bindura District?

APPENDIX 2 QUESTIONNAIRE

INTRODUCTION

My name is Lavender Mabvuu. I am a student at Bindura University, pursuing Degree Development studies. As part of completing the program, students are required to Conduct individual research. Therefore, I am conducting research on the topic .The Effects of High rate of child headed households. A case study of Bindura District.

You are kindly requested to be one of the key informants in this research study. Be reminded that your responses will be kept confidential and anonymous and will be used strictly for academic purposes .Also your participation in this study is voluntary. I am going to engage you in an interview which will not last for more than 30 minutes as part of data collection. You may choose to excuse yourself at any part during the interview.

Start time

Date

Questions

Section A Biographic Information

Respondent.....

Educational Level.....

Age.....

Questions

Tick in spaces provided

4. The socio economic factors associated with higher rate of child headed households in Bindura District are

Infidelity of parents

Poverty

Health challenges

Economic hardship

5. From the following, what do you think are the effects of High rate of child headed households in Bindura District?

Depression

Weakened family bonds

Economic hardship

6. What measures can be taken to reduce High rate of child headed households in Bindura District?

Support groups

Economic empowerment

Access to quality education

Supervisors Signature

A handwritten signature in blue ink, appearing to read 'De E Siziba', is written over a light blue horizontal line.

De E Siziba.

