

Journal of Sociology, Psychology & Religious Studies



**Types of Emotional Abuse Against Elders, in Kilifi
County, Kenya, A.C.K. Jilore Archdeaconry.**

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ISSN: 2706-6622

Types of Emotional Abuse Against Elders, in Kilifi County, Kenya, A.C.K. Jilore Archdeaconry.

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How to cite this article: Mapendo, S., Ileri, N. W. & Mwayo, A. (2021). Types of Emotional Abuse Against Elders, in Kilifi County, Kenya, A.C.K. Jilore Archdeaconry. *Journal of Psychology*, 3(4), 13-22. <https://doi.org/10.53819/81018102t3011>

Abstract

This study assesses the types of emotional abuse against elderly people in selected churches within Jilore Archdeaconry in the Malindi Diocese. The researcher chose this topic because older people are emotionally abused, exposing them to psychological effects. In addition, the emotional abuse toward elders is not recognized as other abuses on children and young people. This stage of life is very critical and sensitive because the elderly people are now physically weak and vulnerable to disease and bullying by people around them. The elders are at the end of their lives on Earth. Therefore, these people must finish well, and this will depend on how family, caregivers and all society will be involved in treating them to promote their wellbeing. The purpose of this study was to create awareness about emotional abuse towards elders and help people understand that a person's dignity does not dispraise with age. The main objective was to find out types of emotional abuse towards the elderly, determine the effects of emotional abuse on elders, identify factors contributing to elderly emotional abuse, and suggest solutions on emotional abuse towards elders within, Kilifi County, Jilore Archdeaconry. The researcher considered elders, church leaders, and caregivers' participants in the study held in Jilore archdeaconry. A descriptive survey was used as the research design. The researcher used quantitative and qualitative research approaches. The instruments were questionnaires and follow up interview schedules for church leaders. The quantitative data collected was analyzed using the statistical package for social sciences (SPSS) version 23 while the qualitative data was analyzed using content analysis technique. The study found that most elders are emotionally affected by the abusive acts done by caregivers, their children and people living around them. The study recommended that there be intensive awareness campaigns against emotional abuse meted on the elders in Kilifi County, specifically in Jilore. Further, the community should be educated on justice in families for the wellbeing of the elder person and family stability.

Keywords: *Emotional abuse, Wellbeing, Elderly, Psychological Effects*

<https://doi.org/10.53819/81018102t3011>

1.0 Introduction

Older people have been abused by their own families and relatives spanning back to ancient times. This problem has not started today. Emotional abuse on the elderly abuse is just like other forms of family violence (Roberto, 2015). The mistreatment of elders stated to as “elder abuse”, was first described in British scientific journals in 1975 under the term “granny battering.” As a community and political concern, though, it was the United States Congress that first seized on the problem, surveyed later by investigators and consultants (Rae Kaspiew, Rachel Carson & Helen Rhoades, 2016).

Roberto (2015), says that during the 1980s scientific research and government actions were reported from Australia, Canada, China (Hong Kong SAR), Norway, Sweden and the United States, and in the succeeding period from Argentina, Brazil, Chile, India, Israel, Japan, South Africa, the United Kingdom and other European countries. While mistreatment was first acknowledged in advanced countries. Most of the research was conducted in developed countries and after having other reports from different places. It was discovered elderly abuse is not just for a continent but it’s a universal phenomenon (Rae Kaspiew, Rachel Carson & Helen Rhoades, 2016).

This issue of psychological-emotional abuse on elderly people is becoming a serious concern all over the World in the sense of human rights and gender equality. In Western societies, the viewing of maturity and older age has been often measured with the age of retirement at 60 or 65 years of age. In America, Europe, and Asia the retirement age has little implication. However, the importance in those countries is not the age of people but the role they play in their lifespan (Karen A. Roberto, 2015).

Kaspiew, et al. (2016) provided statistics on the mistreatment of older people saying that there will be a dramatic increase of elders experiencing emotional abuse. Kaspiew, et al. (2016) argued that in the coming decades, in both developed and developing countries, there will be a dramatic increase in the population in the older age segment, what in French is termed “le troisie`me a`ge” (the third age). It is predicted that by the year 2025, the global population of those aged 60 years and older will more than double, from 542 million in 1995 to about 1.2 billion. The total number of older people living in developing countries will also be more than double by 2025, reaching 850 million (3) – 12% of the overall population of the developing world. Though in some countries, including Colombia, Indonesia, Kenya and Thailand, the increase is expected to be more than fourfold”.

The National Center on Elderly Abuse (2013) reported the number of elderly abuse cases arguing that they are about percent and ten percent of the elderly population who have been emotionally abused. Their research shows that the special senate committee on the elderly estimates that there may be as many as five million victims in the United States every year. Furthermore, the information shows that most of the victims do not report the abusive act to the authorities; only one out of every fourteen abuse cases are reported to authorities. The elderly are hesitant to report the abusive acts to the authorities because of fear and dependency on the abusers.

<https://doi.org/10.53819/81018102t3011>

Kazungu (2014) summarises the Kenyan elderly population showing that the population of elders, aged 60 years and above, has been growing rapidly from the first census in 1949. The report shows that in 1949, a modest number of 270,000 rose to 1.4 million as per the 1999 National population and the housing census. There was an increase in population from 5.4 million in 1949 to 47.5 million in 2019 (KNBS, 2019). Out of this population, the elderly continues to increase. According to World Data Atlas, the proportion of elders was 2.5% of the total population in 2020. This proportion presents elders aged 65 years and above. Therefore, the population projection for 2020 shows an augmentation of the total population to 43.1 million, respectively, with older persons rising from 1.9 to 2.6 million.

Emotional abuse against elderly people in Kenya has been acknowledged as one of the mistreatments of the elder person. Therefore, the Kenyan government has produced a national policy on elderly people. Owing to these challenges, the Ministry of Labor and Social Protection enacted a raft of measures to ensure that the elders are protected from any form of abuse. These measures are in line with regional and global conventions (Kenya Government, 2016). Kazungu (2014) declares that the Kenyan policy on older persons recognizes that older people are an important segment of the Nation's Population. So, their rights must be recognized, respected, protected and promoted.

1.1 Research Problem

From the foregoing, elders are prone to emotional abuse. Reports indicate that of all abuse cases reported in 2017, emotional abuse to the elders was up to 10% (Standard, 2017). Unfortunately, these emotional abuse cases are orchestrated by close family members and the society (Mochache, 2016). The World Health Organization argue that the psychological abuse on the elderly is shown through name-calling, yelling, insulting, exclusion from meaningful events among others (WHO, 2001).

This research is interested in the study of the psychological effects of emotional abuse against the elderly. Research has been done on the area of abuse on the elderly such as socio-economic factors influencing the abuse against the elderly (Amollo, 2018), forms, patterns and predictors of elder abuse (Mueni, 2019) and views on elder abuse in Kenya's healthcare sector (WHO, 2001), there is a gap in research when it comes to the psychological effects of emotional abuse among elders. This research sought to investigate the types of emotional abuse among the elderly in Jilore Archdeaconry in Kilifi County by identifying the types of emotional abuse, the effect of emotional abuse, to find out factors contributing to emotional abuse and suggest ways in which the emotional abuse against the elders can be managed.

2.0 Literature Review

2.1 Theoretical Framework

The Erick Erikson Freud's Psychology theory of Therapy

In this theoretical framework, the researcher will be focusing on the later stage of Erickson theory. Erikson's stages of life from childhood, young adulthood, middle adulthood, and later years, are well set up and gives us a lot of understandings into the types of tasks offered to each of us by life itself as people mature and grow older. (Erikson, 1950/1985). This last stage is late adulthood or maturity, or less delicately as old age starts earlier around retirement after the kids have gone, around 65 years old. Some older people will protest and say that adulthood only starts when someone feels old. This is in cultural respective where

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some older avoid any acknowledgement of their age. In Erickson's theory, getting to this last stage of life is a good thing and the fact that once will not reach this stage, the theory suggests that earlier problems must retarded and affect a person's development.

At this stage, particularly from the social order, from a sense of effectiveness, for most people in our culture, some retire from jobs they've held for years, others find their responsibilities as parents ending. Most may find that their contribution no longer does everything it used to. Women go through different times affected by menopause. On the other hand, men often discover they can no longer rise to the occasion as they are not active both physically and sexually. During this period, there is illness of old age, such as arthritis, diabetes, heart problems, concerns about breast and ovarian and prostate cancers. There then come fears, the anxiety of things around, that one was never been afraid of before. The person can just fall with illnesses come the concerns of death. When an older person realizes the death of a friend, relatives are dying once a spouse dies and the next feeling is that I am also going to die, the next turn will be me.

When an elder faces all these challenges he or she might despair and harbor feelings of hopelessness. Eric Erickson says that in response to this despair, they become preoccupied with the past. Because they believe that after all things were better in the past, but they live the present life as they do not have hope for the future. We find some older people depressed, spiteful, paranoid, hypochondriacally, or developing patterns of senility with or without physical bases. Eric Erickson discusses Ego integrity which has the means of coming to the end of life. One can look back and accept the past he lives the choices made and the person is satisfied with the way he lives. Erickson says at this stage there is not fear of death. Although most elderly people are not at this point in life, they sympathise by considering their lives and some mistakes they made. The researcher appreciates and chose to follow this theory started by Eric Erickson in 1963 (Corey, 2009) because Erickson's psychosocial perspective stresses the association and the relationship between an individual and the social world during human growth. In addition, the researcher used this theory because, according to Celik and Ergun (2016), the psychotherapy Erickson aims to promote helps individuals change self-defeating evil habits, overcome unreasonable beliefs, solve problems more sufficiently, and raise the efficiency of client's social concern of their life.

The Cognitive Behavioral Theory

According to Corey, Cognitive behavioral therapy is centered on the psychoeducational model and stresses giving homework to the client, putting duties on the client to assume practical roles both at the moment of therapy and outside of therapy sessions, and lets the client choose from a variety of cognitive and behavioral strategies to make the change.

Nelson-Jones (2015) said that the CBT theory was first developed in 1955 by Albert Ellis as a rational therapy approach and changed to rational emotive therapy in 1961 and in 1993 he changed the name to rational emotive behavioral therapy. Finally, with other scholars, contributions, such as Pavlov, Watson, Skinner, Bandura and others. The therapy takes on the name cognitive behavioral therapy. The researcher prefers to use this theory because of taking a therapeutic approach, which is important for this study. It focuses on changing the thinking and acting rather than expressing only feelings.

Lechner, Cavanaugh and Blyler, (2016), says that: "the approach has the objective of teaching clients how to move from their dysfunctional emotions and behavior into healthy

<https://doi.org/10.53819/81018102t3011>

ones and have the ability to cope with the challenges that confront them”. The researcher will use the CBT theory because, as summarized by Nehra, Sharma, & Kumar (2014), it helps the clients develop plans and strategies on how to change dysfunctional thinking patterns and maladaptive emotions and behaviors. This intervention is well proper of the care of elderly emotional abuse and their family, for helping them change their behavior, work on their thoughts, recognize their irrational thoughts and beliefs, and stop the maladaptive behavior and to reorient them to new and more adaptive behaviors.

2.2 Empirical Review

2.2.1 Types of emotional abuse on elders

The emotional or psychological abuse of elderly persons that causes pain or distress. It includes the following:

Intimidation through yelling or threats: Carthy Meyer (2019) defines Intimidation as "the action of frightening or threatening someone, usually to persuade them to do something that you want them to do," from the Cambridge Dictionary, the word intimidation has several expressions, however, is promptly identifiable as a power that creates the doubt in someone and their perception of reality. Intimidation covert psychological way to control someone else.

Humiliation and ridicule: this type of emotional abuse is defined as habitual blaming or scapegoating: Zachary et al. (2012) define Scapegoating as “the act of blaming and often punishing a person or a group for a negative outcome that is due, at least in large part, to other causes”. The elderly person is being emotionally mistreated by the fact that they are ignored. Relatives or caregivers are not paying attention to them as it should be done.

Social isolation: In some cultures, old people are isolated from friends or activities. The separation of persons from significant others, groups, activities, and social situations that later impairs a person’s social processes harms their lives. Biordi and Nicholson, (1995); Sells, (2008); Lawrence Robinson, Joanna Saisan, MSW, and Jeanne Segal (2019) agree that elders are being terrorized or menace by people living with them, which affects them psychologically. Elderly people have been emotionally and verbally abused based on their age. People use insults and hurtful words against them and denigrate the older when they feel intimidated. There is also the use of false accusations which result in psychological pain and distress. Family members neglect Elders, and they are not respected as it should be done. In the African context, we have heard the false accusation of witchcraft against elderly people, and all this is how they have been mistreated.

3.0 Research Methodology

This research design is on a descriptive survey, a research design in which data was collected from the target participants. The choice of this design was motivated by the fact that the researcher does not need to study the entire population, but they can select a subset of a sample and then use the results obtained to generalize about the whole population (Leedy & Ornrod 2015). The researcher worked with six different parishes and congregations within Jilore archdeaconry, Malindi Diocese Anglican Church of Kenya (A.C.K) in Kilifi County. The target population of this study was all elderly people from the six parishes of ACK Malindi Diocese, Jilore Archdeaconry in Kilifi County and their caregivers. In addition, the researcher considered victims of emotional abuse who are the elders as the target of the

<https://doi.org/10.53819/81018102t3011>

research because they are direct victims of emotional abuse. They also undergo and suffer from all kinds of emotional abuse effects; the consequences are many in their behavior and health. The researcher used a follow-up interview schedule and a questionnaire that was distributed to obtain important responses and information from the represented population. Each item in the questionnaire, as argued by scholars, was developed to address a specific aim (Mugenda & Mugenda, 2003). The total of all elderly people in Jilore archdeaconry which has 6 churches are 69 elders from 50years up to 75years. Mugenda and Mugenda (2013) note that the smallest sample size of 30 is enough in research. Therefore, 49 elders and 29 caregivers were sampled to take part in the study. This gave a total sampled size of 78 respondents.

Table 1: Sample Size

Selected churches	Number of elders
1 Kwaupanga	6
2 St David Koi	4
3 ACK Bagua	7
4 ACK Emmanuel	17
5 ACK Langobaya	10
6 Kakoneni church	5
Total	49

4.0 Results and Discussion

This study sought to understand the various types of emotional abuse against the elders. This was evaluated based on family relationships, feeding sequence.

4.1 Treatment from Family Members

The study sought to find the relation of the caregiver to the elderly. The results were varied and tabulated as below

Table 2 Relation to the Elderly

Relation to the Elderly	Frequency	Percent
Husband	5	17.2
Father	3	10.3
Mother	4	13.8
In Law	12	41.4
Others	5	17.2
Total	29	100.0

The caregivers who were attending to their husbands were 5 which is 17.2% of the total. Those who were attending to their fathers were 3 which represent 10.3% of the total number of caregivers. The caregivers who were attending to their mothers were 4 which represent 13.8%. The caregivers who were attending to their in-laws were 12 (41.4%). The caregivers

who were attending to others (grandparents, uncles and even on a paid engagement) were 5 representing 17.2%.

These findings show that the elders are taken care of by members of their families. The highest number of caregivers are related to the elders in terms of being their in-laws. The respondents were asked about how they feel concerning the services given by the caregivers. The responses were varied some said that there were no services given. Some said it was good some said they were very happy. Yet others were not satisfied with the services given by the caregivers. Therefore, the study can assert that the caregivers were offering services to the elderly although this service was unsatisfactory.

4.2 Feeding for the elders

The study sought also to find out the number of times the elderly ate in a day. The results were tabulated as below

Table 2: Number of times the elder person eats per day

Number of times the elder person eats per day	Frequency	Percent
Twice	3	10.3
Thrice	25	86.2
More than three	1	3.4
Total	29	100.0

The elders being taken care of who ate twice per day were 3, which represents 10.3%. The elders who ate thrice per day were 86.2%. 25 elders ate three meals in one day. Only one elder ate more than three times in one day, which is 3.4%.

The study also asked whether there was something that the elders were missing out on in the care given. Some said they were not missing anything. Some said they were missing food, some were missing a decent house, some were missing adequate finances. Although this was not part of the care given it portrayed the lack of proper care advanced to the elders.

4.3 Isolation from the family

The study sought to find out how often children come to visit the elders. The results were tabulated as shown in Table 4.

Table 4: Frequency of visits

Frequency of visits	Frequency	Percent
Always	23	46.9
Very Often	6	12.2
Sometimes	10	20.4
Rarely	7	14.3
Never	3	6.1
Total	49	100.0

Twenty-three elders were always visited by their children/relatives this represents 46.9%, this is the majority. 6 elders were visited by their children/relatives very often which is 12.2%. 10 elders were sometimes visited which represents 20.4% of the total. 7 elders were rarely visited which is 14.3%. 3 elders were never visited which is 6.1%. While the relatives are away, the study sought to find out if there is any communication with the elders. The responses are shown in Table 5.

Table 5: Communication

Communication	Frequency	Percent
Yes	41	83.7
No	8	16.3
Total	49	100.0

The elders who were in communication with their children/relatives were a majority of 41 at 83.7%. Those who were not in any communication were 8 which is 16.3% of the total.

4.3 Discussion

The study found out that the number of times children come to visit them may contribute to isolation, communication while away from their elder person, relationship and interactions between the caregiver and the elderly person. Other types included feeding where elders decried receiving satisfactory care concerning feeding and the services given by the caregivers

5.0 Conclusion

This study findings show a shocking revelation on the state of emotional abuse among elders in rural places. Most elders are emotionally affected by the abusive acts of caregivers, their children and people living around them. These abusive acts are seen in the form of lack of respect, the elder does not have the freedom to express his or her opinion, lack of attention and affection. The truth is close relatives neglect elders. When the community realizes that the elder has been forgotten or even rejected by their children instead of helping this person, most are now abused emotionally by talking to them harshly. The painful experience of the researcher in the field is that these elders are not open to share the truth on what they are experiencing in their homes. However, the researcher understands that these elderly do not want to look like accusing their children or relative because they depend on them. Some elders have lost hope and they are contented by the kind of life they live.

6.0 Recommendations

Following the above findings, this study makes the following recommendations:

1. That there should be intensive awareness campaigns against Elderly emotional abuse in Kilifi County, specifically in Jilore. Educate Community or awareness campaign on justice in families for the wellbeing of the elderly person and family stability.
2. The Community should be sensitized and trained on how to care for elders, in the same way, they must be thought to abandon bad cultures and beliefs in how they perceive elders, especially widows and widowers. For Example, most elders are falsely accused of being witchdoctors concerning their advanced age and vulnerability.

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