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FACULTY OF SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

**EXPERIENCES OF STIGMA AND DISCRIMINATION ENCOUNTERED BY DOUBLE
ORPHANED CHILDREN OF SAVE IN CHIREDDI**

BY

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DEDICATION

I would like to dedicate this project to my parents Mr and Mrs Dhundu for their multidimensional influence across my life span. My brothers Obert and Justine Dhundu not forgetting my young sister Oprah Dhundu and my better half Henry Martin.

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ABSTRACT

The study sought to examine the experiences of stigma and discrimination encountered by double-orphaned children of Save in Chiredzi. The objectives of this particular study is to identify the psychosocial challenges encountered by double orphans of Save in Chiredzi both at home and at school, to find out if they receive support from their family, friends and the community and to determine how double-orphaned children cope up with the challenges they encounter and to recommend solutions in dealing with the experiences of stigma and discrimination challenges faced by these double-orphaned children. A phenomenological research design was used to describe the experiences of stigma and discrimination encountered by double-orphaned children and purposive sampling was used to select study participants. The sample was made up of 8 participants of which constituted 4 females and 4 males both from primary and secondary school. The age range of these participants was between 10-18 years. Data was collected using qualitative design where interviews were used as the main tool to collect data. Data was analysed using thematic analysis. Findings from the interviews of this study concluded that double-orphaned children encounter stigma and discrimination challenges and they are a vulnerable population to psychosocial challenges like stress, depression, low esteem, loneliness and discrimination drug abuse, exploitation and abuse. Double-orphaned children reported that they receive support from different sources of support which include social support, financial support, spiritual support and psychological support. Strategies used by double-orphaned children in coping with their psychosocial challenges include self-occupation, acceptance and future expectations. The researcher recommend the Government intervene and implement laws to challenge the stigmatisation and discriminatory attitudes towards double-orphaned children, FACT-Chiredzi support for double orphaned children in education, health, food security to promote social and economic support to improve stigma and discrimination encountered by double-orphaned children in rural communities.

ACRONYMS

AIDS-	Acquired Immune Deficiency Syndrome
AMTO-	Assisted Medical Treatment Order
CBO-	Community Based Organization
CPC-	Child Protection Committee
FACT-	Family Aids Caring Trust
HIV-	Human Immuno Virus
NGOs-	Non- Governmental Organizations
OVC-	Orphans and Vulnerable Children
PSS-	Psycho Social Support
RDC-	Rural District Council
UN-	United Nations
UNICEF-	United Nations International Children's Emergency Fund
%-	Percentage

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CHAPTER 1: INTRODUCTION

1.1 Introduction

This study is centrally focused on the experiences of stigma and discrimination encountered by double orphaned children. This chapter covers background of the study, statement of the problem, purpose of the study, research questions, and significance of the study, assumptions, and delimitations of the study, limitations, abbreviations and definition of terms and the conclusion of the aspects of this chapter.

1.2 Background of the study

The social and psychological support is of great importance to children's any kind of development. According to UNICEF, (2005), all children have physical, emotional, social and intellectual needs which must be met if they are to enjoy life, develop their full potential into participating and contributing adults, their childhood experiences play a big role in determining their future. Felsman, (2006), highlighted that if any one of these basic needs remains unmet, or is inadequately met, then development may become stunted or distorted.

Looking at current trends in donor funding to orphans and vulnerable children programmes, 9.7% of the United States President's Emergency Plan for AIDS Relief (PEPFAR) funding (or USD\$312 million) for prevention, treatment, and care was planned for orphans and vulnerable children for FY2008. As stated in the annual report, PEPFAR is seeking to radically scale up HIV programmes for orphans and vulnerable children and to strengthen the quality of these programmes. Programmes must report on seven key service areas, including food and nutrition support, shelter and care, protection, health care, psychosocial support, education and vocational training, and economic opportunity/strengthening. PEPFAR is seeking to integrate food and nutrition as well as education into programming in particular (Office of the United States Global AIDS Coordinator 2009).

In addition to the more general Millennium Development Goals, global partners have recently signed on to a number of commitments specific to orphans and vulnerable children. The 2005 Group of Eight summit in Gleneagles, Scotland, committed to providing access to HIV prevention, treatment, and care for all who need it by 2010. Furthermore, they committed also to

“work with them [partners in Africa] to ensure that all children left orphaned or vulnerable by AIDS or other pandemics are given proper support” (UK Government 2005).

In 2007, an estimated 145 million children 0 to 17 years old were orphaned, having lost one or both parents (UNICEF 2008b). Many millions of other children can be described as vulnerable, due to the effects of illness and poverty. There are many reasons for this situation, including conflict, disease, and accidents. However, in recent times, a new and significant cause of the increase in orphans and vulnerable children has been the impact of the HIV pandemic. Worldwide, 15 million children have been orphaned due to AIDS, with 11.6 million orphans due to AIDS in sub-Saharan Africa alone (UNICEF 2008b). AIDS is also unique in its impact on double orphans, or children who have lost both parents. If one parent is living with HIV, there is a high likelihood that the other parent is as well and that a child will lose both parents in a short period of time.

Children who are orphaned are more likely to suffer from detrimental health and nutritional outcomes; orphaned children are more likely to be stunted compared to non-orphans. Paternal orphans are also more likely to have suffered from recurring sickness in the past month compared to non-orphans. Additionally, caregivers of double and maternal orphans are less likely to report that the child has been sick in the last 12 months although maternal orphans are more than twice as likely to report being treated worse than other members of the household, compared to non-orphans (UNICEF 2006).

In addition, the research made by Doku (2012) from his thesis in 2012, stressed that in the sub-Saharan Africa, the interactive and cumulative effect of orphans’ engagement in child labour and being physically abused heightened the risks for depressive symptoms from 38% to 66%. Neglect and psychological abuse increased the risks for symptoms of Reactive Attachment Disorder from 26.6% to 67.3%. The cumulative effect of stigma and either child labour or physical abuse substantially increased the likelihood of delinquency symptoms to approximately 67. This really affects the psychological and social well-being of an orphan by causing the stigmatization and discrimination.

The previous researches one done by Nyamukapa, (2006) states that in Zimbabwe almost three quarters of orphans encounters multiple vulnerabilities UNICEF found that out of the 1856 orphaned-children living on the street in 1996, 20 percent had turned to the streets because of the experiences and challenges they had face in their relationship with care givers (Nyamukapa, 2006). These experiences did include sexual abuse and exploitation by relatives, loss of income, loss of inheritance, living under the care of elderly grandparents and unsupportive caregivers, stigmatization, poor health and nutrition and lack of birth certificates (Machirovi, 2008). This therefore reports that the experiences and difficulties they encounter really affects the psychological and social well-being of a double-orphaned child by causing the stigmatization and discrimination.

Furthermore, in the research made in eastern Zimbabwe by Nyamukapa et al, (2009), states that orphans were found to suffer greater psychological distress than non-orphans (sex and age adjusted co-efficient; 0.15; 95% CI 0.03 0.26; P 0.013). Effects of orphan hood contributing to their increased levels of distress included trauma, being out of school, being cared for by a non-parent, inadequate care, child labour, physical abuse and stigma and discrimination.

In the year 2014 from the period of August-July 2015; the researcher was attached at FACT Chiredzi (Family Aids Caring Trust) under the OVC Department (Orphans and Vulnerable Children). Since the OVC Department is centrally focused with orphaned children and those vulnerable children. The researcher noticed that there was an increased number of the orphaned children, institutionalised children, school dropouts, and recipients of food, materialistic allowances, medical assistance in form of Assisted Medical Treatment Order (AMTO) and other public assistance from the department of social services.

In addition there is increased number of minor or delinquent cases of abuse, rape, theft cases, child labour, and child headed families and children of the streets or without appropriate shelter. In general the increase of child destitution moved the researcher to be interested on the experiences of stigma and discrimination that are encountered by double-orphaned children in Save and for the researcher to find out the real experiences of stigma and discrimination that orphans of Save are facing, the researcher embarked on a study.

Zimbabwe is a landlocked country comprised of different tribal groups. Save community is in Chiredzi North East about 120 kilometres from Chiredzi town. The community is comprised with the Xangaan people and very few Shona people, the community respects their culture so much to an extent that they rather prefer their children to attend their culture system for instance (ukomba) rather than to attend school. In that community very few children pursue their education up to secondary level since there is low or no educational motivation and some children prefer to be cross-borders to South Africa in search of employment and change their identity to South Africans. After they settle in South Africa they forget their families back home and as a result there is an increase of school drop outs in orphans as well as increased destitution.

Thus, basing from this background, it is these difficulties that prompted the researcher to venture into this particular study focusing on the experiences of stigma and discrimination encountered by double-orphaned children. Therefore the researcher will be concerned with the experiences of stigma and discrimination those double-orphanage encounter in their everyday life, the support they get from their friends, neighbours and community at large and ways used by double-orphanage in dealing and coping with the challenges they encounter.

1.3 The problem statement

The increased number of orphans and institutionalised children, increased number of school dropouts, recipients of food raised an alarm for public assistance from FACT-Chiredzi and other Non-governmental organisations and also social services in trying to help the double-orphaned children of Save area in Chiredzi. According to Nyamukapa (2006) double-orphaned children of all ages face extreme poverty, sexual, physical and exploitation abuse and depression among others. The psychosocial and financial problems encountered negatively affect the well-being of the double-orphaned children. Despite these difficulties, the question to be addressed in this study is how double-orphaned children deal and cope with the experiences of stigma and discrimination they encounter. Therefore for this reason, it is crucial that the researcher embark on the study of the experiences of stigma and discrimination encountered by double-orphaned children of Save in Chiredzi.

1.4 Significance of the study

The researcher hopes that the study's findings shall be instrumental to the orphans and vulnerable children, community, Government departments, non-Governmental organisations and the discipline of psychology.

It is hoped that the research is likely to assist and benefit the orphans with useful and adequate information on available adjustment strategies capable of integrating them into the society.

The research is hoped to enlighten the society on the impact and consequences of institutionalizing orphans and as well will encourage the Save community to provide psychosocial support to the orphans and vulnerable children.

It is also hoped that after this publication, the findings of this study will be crucial to the Government in that it will bring to the fore the plight of orphans in our society. It may assist the department of social welfare in its efforts in coming up with effective guidelines and policies for the care of orphans. The study may also benefit the ministry of health and child welfare, for them to promote orphans' psychosocial stability. More so, the study is important in that the findings may form a baseline for future research.

It is as well hoped that after publication, the findings of this study is of great significance since it may attract organisations to identify strategies which will help in coping with psychosocial challenges and promoting psychosocial stability by empowering orphans with food, accommodation and educational assistance.

The research is of great importance to the psychology discipline in that it assists in the understanding of the behaviour of double-orphan children and that psychologists will play their role as crisis managers and providers of relief and direction effectively to the stressed, depressed and de-motivated orphans.

1.5 Purpose of the study

The purpose of this study is to examine and reveal the experiences and psychosocial challenges encountered by double orphaned children, to explore the situations and events that make double-

orphaned children display certain behaviours, thoughts, and emotions as a results of stigma and discrimination.

1.6 Objectives

- To identify the psychosocial challenges encountered by double orphans of Save in Chiredzi both at home and at school.
- To determine how the psychosocial experiences encountered by double orphans of Save in Chiredzi affect their learning and cognition.
- To find out if they receive support from their family, friends and the community.
- To determine how double-orphaned children cope up with the challenges they encounter and to recommend solutions in dealing with the stigma and discrimination challenges faced by these double-orphaned children.

1.7 Research questions

- What psychosocial challenges do double orphans of Save in Chiredzi face both at home and at school?
- What are the psychosocial experiences encountered by double orphans of Save in Chiredzi as far as their cognition and learning are concerned?
- Do double-orphaned children of Save in Chiredzi receive support from their family, friend and the society?
- What strategies can be used by double-orphaned children of Save in Chiredzi to cope with their everyday lives?

1.8 Delimitations

This research focused on the psychosocial challenges encountered by orphans. The research consisted of double orphaned children of Save in Chiredzi. Save community is in Chiredzi North East about 120 kilometres from Chiredzi town. The community is comprised with the Xangaan people and very few Shona people, the community respects their culture so much to an extent that they rather prefer their children to attend their culture system for instance (ukomba) rather than to school

1.9 Limitations

The target population comprised children who are currently recipients of food, fees, medical and general assistance from FACT-Chiredzi and other Non-governmental assistance together with social service. This introduced some difficulties with some of participants being tempted to overstate their challenges hoping and looking for assistance and also as a way of defending their current position as program beneficiaries. However the researcher made it clarified that data collected was for academic purposes and for them to earn aid.

1.10 Assumptions

- The researcher assumed that double-orphan hood is associated with psychosocial challenges.
- Double orphaned-children are unlikely to have their material, social and emotional needs fulfilled.
- Multiple responsibilities sharpen the child however it interferes with child's growth in terms of school and development.
- Orphans lack psychosocial support from people in the family and community at large.

1.11 Definition of key terms

Child - The United Nations Convention on the Rights of the Child (UNCRC) defines *child* as "a human being below the age of 18 years unless under the law applicable to the child, majority is attained earlier". This is ratified by 192 of 194 member countries. In U.S. Immigration Law, a child refers to anyone who is under the age of 21. In this study a child is a human being below the age of 18years.

Double-orphaned Child – UNICEF defines it as a child below eighteen years of age who has lost both parents. In this study double-orphaned child is defined as a child aged under 18 who had lost both parents.

Psychological effects - Psychological effects is the unique individual experience of an event or enduring conditions, in which the individual's ability to integrate his/her emotional experience is overwhelmed, or the individual experiences (subjectively) a threat to life, bodily integrity, or

sanity. (Pearlman & Saakvitne, 1995, p. 60). In this study these are effects of experiences on the mental processes, emotions, and behaviour of children who are orphaned.

Psychosocial Support - REPSSI defines psychosocial support as ensuring that children have love, care and protection. It is support for the emotional and social aspects of a child's life, so that they can live with hope and dignity. In this study is an on-going process of meeting the social, mental and spiritual needs which are considered essential elements for positive human development.

Vulnerable children – According to the United Nations Convention on the Rights of the Child (UNCRC) children whose health or development is likely to be significantly impaired, or further impaired, without the provision for them of social care services. In this study vulnerable children can be defined as children whose safety, well-being and development are for various reasons threatened.

1.12 Conclusion

The introductory chapter focused and presented the background of the study, statement of the problem, purpose of the study, research questions, and significance of the study, assumptions, and delimitations of the study, limitations and definition of terms. The next chapter will focus on literature review.

CHAPTER 2: LITERATURE REVIEW

2.1. Introduction

This chapter aims to review the experiences of stigma and discrimination encountered by double-orphaned children. Review of related literature helps to show how research problem is linked to other researches done on the topic. It also gives a theoretical base for the research and help the author determine the nature of the research. The chapter shows the experiences of stigma and discrimination faced by double-orphaned children or the social and psychological challenges faced by double orphaned children. Holt et al (1998), propounds that literature review refers to an evaluative report of information found in the literature related to a selected area of study.

Conceptual Framework

2.2. Stigma and discrimination

Goffman (1963) defined stigma as the process by which the reaction of others spoils normal identity. His theory on stigma states that stigma is an attribute, behavior or reputation which is socially discrediting in a particular way causing individuals to be mentally classified by others in an undesirable, rejected stereotype rather than in an accepted normal way. According to Ruparanganda, (2011) discrimination is the unfair treatment due to a person's identity or the behavior that results from this negative stereotype. Often, double orphaned children are faced with multiple, intersecting layers of discrimination as a result of their identity that is the orphanhood. For example, a double-orphaned child may experience discrimination due to orphanhood.

According to Falk, (2001) stigma is based on two categories namely existential stigma and achieved stigma. He defines "existential stigma" as stigma derived from a condition which the target of stigma did not cause or over which he has little control. This characterized the type of stigma encountered by double orphaned children as they have limited control towards prevention of orphanhood. On the other side achieved stigma is defined as stigma that is earned because of conduct or behavior.

Ruparanganda, (2011) states that labelled orphans are therefore prone and subjected to status loss and discrimination, this may take the form of nicknames, isolation, denial of one's rights and

lack of friends. The result being psychological distress which results in low self-esteem, poor academic achievement and can result in one being withdrawn from school and community. However, it is essential to note that the stigmatized double-orphaned children will always find different tracts to deal and cope with the stigma and discrimination encountered.

2.4. Factors contributing to orphanhood

There are many factors that contribute to orphanhood and diabetes is one of those major contributors to orphanhood in the world. The World Health Organization (WHO, 2005) has estimated that there were 135 million people in the world with Diabetes in 1995. According to WHO (2005), diabetes affects 246 million people worldwide with a projected rise to 380 million by 2025. Diabetes is increasing globally, with the greatest increase in Africa and Asia (Motala, 2003). In the absence of national health surveys in Zimbabwe, all data generated between 1990 and 1997, the prevalence of diabetes increased from 150-550 per 100 000 people, thus the prevalence increased threefold. According to Zimmet (2000), the increase of diabetes is related to the changes of societies because urbanization and industrialisation, contributing to changes in lifestyle from tradition and active life to modern sedentary life with unhealthy dietary habits. While the HIV pandemic has grabbed the world's attention, recent information indicates that the global mortality due to diabetes and HIV are similar (WHO, 2005). Hence diabetes is one of the factors contributing to widowhood. Motala (2003) noted that many men are not aware that they have the disease until they experience complications from it including erectile dysfunction, loss of vision, kidney disease and nerve damage.

HIV/AIDS is one of the most common diseases that have contributed to orphanhood. According to United Nations (UN, 2009), the HIV/AIDS epidemic has had its most profound impact in the Sub Saharan Africa, which at the end of 2008 there was 67.1 % of people living with AIDS and 70% were AIDS related deaths. A 1999 UNIFEM study in Zimbabwe indicated that 92% of those who had lost their spouses to AIDS were women and 8% were men. This therefore shows that HIV is the leading cause of the mortality of people in Zimbabwe and can therefore be viewed as a major driver to orphanhood. Though HIV contributes to orphanhood, one might as well note that poverty itself can also contribute to the innocent souls' chances of being infected

by HIV. Studies by Lopman (2009) in Manicaland indicated that women are more likely to have high rate of partner change and engage in pattern of transactional sex. That is, due to poverty, women may have multiple partners so that they can earn a living from that. This therefore makes them vulnerable to HIV and hence the increase of orphans.

In addition, cancer is also a common cause of death in men and women thus contributing to orphanhood. According to Global Cancer (GLOBOCAN, 2008), cancer is the leading cause of deaths in economically developed countries and second leading cause of death in developing countries. Many men have a high probability of developing cancer and do not survive as long once they have been diagnosed. Studies have shown that worldwide lung cancer death of men with about 975 000 men were projected to die in 2007 (GLOBOCAN, 2008). Factors that put men at risk include the use of tobacco which contributes to 90% of lung cancer deaths. In Zimbabwe cancer is an increasingly a crucial public health problem and by 1997 cancer accounted for 8-10% of all hospital mortality. The Ministry of Health and Child Welfare (2012) reported that in 2005, 1 762 (43.9%) of cancer cases on males were recorded in Zimbabwe. Kaposi Sarcoma was the leading cause of cancer among Zimbabwean black men accounting for 26.4% of the cases registered in 2005. HIV has led to an increase in cancers that are associated with HIV (Ministry of Health and Child Welfare, 2012).

2.5. Psychosocial challenges encountered by double-orphaned children

Double-orphaned children of all ages face extreme poverty, sexual, physical and exploitation abuse and depression among others. The psychosocial and financial problems encountered negatively affect the wellbeing of the double-orphaned children. Double orphaned children suffer psychological challenges as a result of stigma and discrimination they face in their everyday lives. Psychological challenges involve the disruption of mental and thought processes of orphans. Stress is one of the psychological challenges encountered by orphans. The death of a close family member is a highly stressful event. Daily stressors for example poverty, family conflict, health problem, social isolation and harassment exert a significant effect on their stress levels (Barrett; 2000)

The previous researches one made by Doku (2012) from his thesis in 2012, stressed that in the sub-Saharan Africa, the interactive and cumulative effect of orphans' engagement in child labour and being physically abused heightened the risks for depressive symptoms from 38% to 66%. Neglect and psychological abuse increased the risks for symptoms of Reactive Attachment Disorder from 26.6% to 67.3%. The cumulative effect of stigma and either child labour or physical abuse substantially increased the likelihood of delinquency symptoms to approximately 67. This really affects the psychological and social wellbeing of an orphan by causing the stigmatization and discrimination.

In addition, orphanhood is the most stressful of all life events. Findings from Lopata's studies (1973) revealed that since the modern nuclear family is expected to be socially and economically autonomous, orphans may have fewer sources of social, emotional and instrumental support thus contributing to high levels of stress. In other words, the unavailability of social and emotional support is likely to trigger psychological disorders like stress. In addition, double-orphaned children find it difficult to access money for food, shelter and other expenses in their day in day out activities thus triggering stress. Similar findings have been observed on the relationship between double-orphanhood and depression. In his study, Umberson (1992) found that the degree of financial constraints experienced by double-orphaned children is positively related to depression. Research thus suggests that orphans experience more financial constraints and this is likely to increase depression among grown, knowing and reasoning children. Therefore, financial challenges tend to aggravate psychological challenges like depression and stress.

The research made in eastern Zimbabwe by Nyamukapa et al, (2009), states that orphans were found to suffer greater psychological distress than non-orphans (sex and age adjusted coefficient; 0.15; 95% CI 0.03 0.26; P 0.013). Effects of orphanhood contributing to their increased levels of distress included trauma, being out of school, being cared for by a non-parent, inadequate care, child labour, physical abuse and stigma and discrimination.

In addition these psychological problems may be experienced in the form of physical symptoms; hence the pain may affect the digestive system, nervous system and reproductive system (Barrett, 2000). The weakening of the nervous system because of psychological disorders like depression

and stress makes the double-orphaned children vulnerable to psycho-physiological reactions like persistent headaches, sleeping disorders and eating disorders may be triggered as well. However, Wortman and Carr (2006) indicated that the impact of stressor depend on the context surrounding the event. That is for example the fact that the orphan was dependent on the parents or the unexpected death of the parents.

Loneliness is another challenge associated with double-orphanhood. Loneliness appears to be more prevalent among people who are orphaned regardless of gender. Even if the orphan has supportive friends, they are not a substitute for the emotional intimacy (Parkes, 1972), and this is the reason why double-orphans have high mean levels of traumatic grief, depressive and anxiety symptoms. The reason behind the higher rate of mental illnesses in orphans is that they are exposed to higher levels of stress, thus making them vulnerable to mental illnesses.

Low self-esteem is also another challenge associated with orphanhood. Orphanhood is an extremely disruptive life event for children, involving loss in many life domains including status, social connections, psychological well-being and self-esteem (Carr, 2004). A research by Walters and Charles (2001) focused on the changing roles and statuses of orphaned children and the impact this had on self-esteem found that orphanhood and its changing roles and status was associated with a decrease in children's self-esteem. Another study done by Fry (2001) suggested that orphans are vulnerable to lowered self-esteem as a result of diminished economic resources and dependency. In other words, economic and financial instability leads to a decrease in self-esteem. One might also observe that a decrease in self-esteem may also have an impact on one's mental well-being.

In addition, the research examined the association between low self-esteem and increased vulnerability to depression and suicide (Andrews & Brown, 1993). This view is valid since low self-esteem which involves the feelings of worthlessness, incompetence and feeling unloved triggers depression and suicides as well. However, Fry (2001) highlighted the fact that decreases in self-esteem are not a universal experience of all orphans. Thus, not all double-orphaned children are likely to experience a decrease in self-esteem.

Previous research done by Nyamukapa, (2006) states that in Zimbabwe almost three quarters of orphans encounter multiple vulnerabilities UNICEF found that out of the 1856 orphaned-children living on the street in 1996, 20 percent had turned to the streets because of the experiences and challenges they had face in their relationship with care givers (Nyamukapa, 2006). These experiences include sexual abuse and exploitation by relatives, loss of income, loss of inheritance, living under the care of elderly grandparents and unsupportive caregivers, stigmatization, poor health and nutrition and lack of birth certificates (Machirovi, 2008). This therefore reports that the experiences and difficulties they encounter really affects the psychological and social wellbeing of a double-orphaned child by causing the stigmatization and discrimination.

2.5.1. Orphan hood and Physical Abuse

Double orphaned children encounter physical abuse as a result of stigma and discrimination they face in their everyday lives. Violence against double orphaned children is one of the challenges faced by most double orphans of all backgrounds, ages, cultures and countries. Double orphaned children and other vulnerable children are not an exception and with the absence of the parents may in fact be particularly at high risk of violence (UN, 2000). Hence guardians, relatives and other villagers take the advantage that parents or care givers are no longer available thus abusing the orphans. According to UN (2000), in many countries, particularly Africa and Asia, full orphans find themselves victims of physical and mental abuse, including sex abuse and abuse related to inheritance, land and property disputes. The orphans may be subjected to beatings and being cast out of their parents' home; hence these challenges affect them psychologically as well.

2.5.2. Social challenges

Previous research done by Brown & Sittitrai (2005) states that although the HIV/AIDS pandemic and the associated increase in orphans is not limited to Africa, it has not been as dramatic in other regions of the world. In the Asia- Pacific region less attention has been paid to the HIV/AIDS pandemic because it did not occur until much later in this area of the world. Furthermore, the effects of the disease have not been as pervasive as those seen in sub-Saharan Africa (Brown & Sittitrai, 2005). Currently it is estimated that approximately 1.8 million children in the Asia-Pacific region under 15years of age have lost a parent(s) to HIV/AIDS.

Orphans living in this area face many of the same issues that orphans living in Africa may face, including loss of family support, loss of education, and stigmatization (Brown & Sittitrai, 2005).

The stigma and discrimination experienced by double orphaned children affected by HIV/AIDS can be very severe in the Asia-Pacific region. Families may suffer rejection from their community, employed persons may be fired from their jobs, and HIV/AIDS infected individuals may even be denied traditional burials (Busza, 1999). Orphans may be ostracized by their playmates at school and one study reported that young children may be refused at daycare centers if their families are known to be affected by HIV/AIDS (Brown & Sittitrai, 2005; Safman, 2002). Children, especially orphans, are extremely vulnerable to HIV infection in the Asia-Pacific region because child trafficking for sexual exploitation and child prostitution is a common practice (Brown & Sittitrai, 2005).

Stigma and discrimination are the most common challenges experienced by double orphaned children in rural areas (UNAIDS 2001). Double orphaned children living in rural settlements are vulnerable to stigma and discrimination. They are deprived their rights to social services such as health facilities, shelter, sanitation and education. In other cases of stigma double orphaned children especially tend to be rejected, teased, bullied and lost friends due to their social status. The isolation due to loss of friends, bullying, and stigmatization make it difficult for orphans to concentrate in school (Wild; 2001). Therefore these challenges affect the social as well of and double-orphaned child and leads to the social withdrawal, isolation, nicknames as a result of the prevailing sour situation.

According to the findings of Rupanganda, (2011) the social labelling theory states that when individuals are stereotyped, labelled and given nicknames according to the prevailing sour situations, they will always have a way to cope up with that stigmatization and discriminatory attitudes and labelled orphan will be subjected to nicknames, isolation, low academic achievement, depression, drug abuse, physical, sexual and exploitation abuse, aggressive behaviours, low self-esteem, social withdrawal and self-exclusion from participating in social activities. Therefore this reports that the sour environment negatively affects the poor double-

orphanage psychological and social wellbeing leading to stigmatization and discrimination of poor double-orphaned children.

2.5.3. Economic difficulties

A large number of double orphaned children in rural communities' dropout of school either at primary or secondary level. According to UNICEF (2002), orphans and OVC may be frequently absent or tardy from school, find it hard to concentrate or unable to assume school-related expenses, such as school fees, uniforms, books and other school supplies. They also tend to have lower performance in school. This is usually due to lack financial support for school fees, shortage of education facilities such as standard schools in rural settlements and other school related assistance.

Orphaned children suffer the effects of losing either one or both of their parents leaving them orphaned and vulnerable to the economic, psychological and emotional trauma that comes with being orphaned (UNICEF, 2007). For some they are subjected to experience living in child, sibling headed or grandparent headed households. In such households hunger, lack of parental control, guidance, clothing, medication and school fees to mention but a few, characterize their pattern of daily living. In Africa over eleven million children have lost at least one parent to the disease, hence the sprouting of such type of households (Church World Services, 2008). They also become susceptible to child abuse and exploitation as they are forced to do anything to earn a living and bring food on the table. This therefore shows that double-orphaned children because of lack financial support for school fees, shortage of education facilities such as standard schools in rural settlements and other school related assistance affects the orphaned children's psychosocial wellbeing since they end up being abused and exploited like sexual abuse for them to get the basic need.

(Turner and Turner, 1999). Therefore instrumental, financial and emotional support assists the orphans and this is likely to reduce psychological problems. However, most double-orphaned children receive little or no support from their relatives and this indicates the difficulties in their living. In other words, this means that not all orphans receive social support, others do not receive the support.

Governments and other Non-governmental organisations which are childcare experts have developed policies and strategies to ensure that the available resources are used effectively to benefit orphans. They promoted the understanding that orphans need a life that provides love, warmth, security, the experience of family, and that they have the right to an education (Cindi, 2007).

When mentioning of the social support, it is also unfair to ignore of the psychological support because social support and psychological support work hand in glove and they complement each other and cause change in the positive way, hence giving light in the darkened areas of double-orphaned children, that is bringing hope and future to the orphans. There was a clear report stating that there is also psychological support from those same organisations which brought relief psychologically, brought focus, hope and also gives one light of his or her future

The Government and some Non-governmental organisations are helping through rehabilitation or counselling, it is also another great strategy used in reducing the stigma and discrimination and other psychosocial challenges encountered by double orphaned children. Rehabilitation is a process of restoring an individual to health or normal life by training and therapy after traumatic life experience. According to Ditmer and Gresham (1997), rehabilitation is a health oriented process that assist a person to achieve the greatest level of physical, mental and spiritual, emotions, social and economic functioning. In rehabilitation, orphans may be assisted to transform their experiences, pain, oppression, rejection and may be provided with coping skills necessary for finding personal for living their lives through rehabilitation counselling.

2.8. Coping strategies to deal with the psychosocial challenges they face (stigma and discrimination)

Coping mechanisms to deal with the orphans' cognitive and behavioural efforts to manage, reduce, minimize, master or tolerate the internal demands of particular stressful transactions (Bradshier, 1997). According to Fergus & Zimmerman, (2005), it can also be in form of resilience. Resilience denotes coping (positive adaptation) which is characterised by the ability to overcome the negative effects of considerable adversity and risk exposure. Although double-orphaned children encounter problems or challenges in their development, there are strategies for coping with challenges of orphanhood.

Religious coping is another strategy used by double orphans who are shunned of love and sense of belongingness to cope with their psychosocial challenges. High life inspiration contributed positively to the orphan's coping with orphanhood with the belief that one day it will come to pass (Cindi, 2007. According to Chitiyo et al, (2008), orphans developed a belief that helped them to develop a positive outlook through faith and hope and this helped them cope with their challenges.). In other words, some orphans get assistance from their churches that are the support from the pastors and other church members. Church support reduces their psychosocial challenges since they feel secure and comfortable.

In addition double-orphaned children adopted self-occupation as a copying strategy to the stigma and discrimination they encounter be it at home or at school. In other studies reported by Ebersöhn (2008) children used their individual assets, as well as their environmental resources, as factors to promote and to forge a pathway to coping, that is occupying them with what was available. They engage their selves in reading novels, sporting activities like playing soccer and engaging into a lot of their own work so that they get tired to the extent that they will be more tired and feeling like resting such that they won't have time to think, some alter to take drugs like marijuana and kachasu to do away with those stressing, tormenting, traumatic and stressing experience. Therefore reduces their psychosocial challenges since they will be busy always and others will be drunk always.

Future expectations are some of the copying strategies that are adopted by double-orphaned children in copying with the stigma and discrimination they encounter. The future expectations

and future career aspirations strengthens and gives hope to the children to cope up with these problems feeling that all the suffering will pass away one day. In other words future expectations reduces their psychosocial challenges and brings hope, secured and comfortable.

In addition double orphaned children adopted acceptance as a strategy they used to cope well with stigma and discrimination they encounter both at home and at school. Furthermore the research findings by Werner (2006) says that the pain experienced by children during the suffering of their parents before death made many children to accept death. They had to accept the present situation and find their way forward with their life since it really happened that their parents are no more and it is irreversible. Therefore acceptance reduces and promotes the psychosocial wellbeing of double-orphaned children

2.9. Theoretical framework

There are many different theories which explain the effects of stigma and discrimination experienced by double orphaned children but however in this study the researcher chose to be guided by Behaviourism learning theory to explain how the situation or environment effects of stigma and discrimination on double orphaned children.

2.9.1. Social Labelling theory

According to the study researched by Ruparanganda, (2011) the social labelling theory is concerned with how the self-identity and behavior of individuals may be determined or influenced by the terms used to describe or classify them, and is associated with the concept of a self-fulfilling prophecy and stereotyping. The social labelling theory states that when individuals are labelled by society they seek ways to cope, and one way is to accept this label as a part of them (Becker, 1973).According to this theory labelling can influence affected persons to start thinking of themselves as the labelled behavior, leading to the highly likelihood of acting as labelled. In a way this can be a coping strategy for the affected individuals. Double-orphaned children are given names both at school and in the community associated with their sour situations, poverty, being of child headed families, wearing old ragged clothes, being sick labelled nonproductive and many others just to mention a few and they always find and have a way to cope up with that stigmatization and discriminatory attitudes at that prevailing situation and these might be depression, drug abuse, physical, sexual and exploitation abuse, aggressive

behaviors, low self-esteem, social withdrawal and self-exclusion from participating in social activities both at school and in the community.

In summary, it still remains clear that Social Labelling theory can be used to understand the experiences of stigma and discrimination encountered by double-orphaned children. The social labelling theory states that when individuals are stereotyped, labelled and given nicknames according to the prevailing sour situations, they will always have a way to cope up with that stigmatization and discriminatory attitudes and these might be depression, drug abuse, physical, sexual and exploitation abuse, aggressive behaviours, low self-esteem, social withdrawal and self-exclusion from participating in social activities. Therefore this reports that the environment negatively affects the poor double-orphanage psychological and social wellbeing leading to stigmatization and discrimination of poor double-orphaned children.

2.10. Knowledge gap

Knowledge is power according to Felthama and Hartan (2006), researches have been made prior in Zimbabwe on orphanhood, advantages and effects of orphanhood, that are the psychosocial challenges caused by stigma and discrimination. Prior studies were mainly focused on improving psychosocial wellbeing of orphans in illegal settlements and better formal settlements which are easily accessible, but ignoring the double-orphaned children in poor, backward and in an area which strictly want their children to attend their traditional cultural systems (ukomba) rather than to attend school. As Diekstra (1989) asserts, any research project must be connected to the larger knowledge base and therefore researchers need to become intensely knowledgeable about the literature in the specific research area, as this will ‘inform the researcher of important knowledge gaps. Therefore, a further analysis from other previous researches needs to be done however taking special note on stigma and discrimination of double-orphaned children in rural community of Save in Chiredzi, hence the need to carry out such a study filling in this gap left by other researchers in Zimbabwe.

2.11. Summary

This chapter has looked at orphanhood, stigma and discrimination. The psychological and social challenges associated with double-orphanhood were looked at, outlining literature review related to orphanhood, citing the theoretical framework an

CHAPTER 3: RESEARCH METHODOLOGY

3.1. Introduction

This chapter describes the methodology used for this study. It looked at the research design, its strengths and weaknesses and its appropriateness to this research .population, sample, research instruments, data collection procedures, ethical considerations, data presentation and analysis.

3.2. The study paradigm

The researcher used a qualitative methodology. Qualitative research is defined by Creswell (2009) as a research that use language rather than numbers, and an explanatory, natural approach. Kumar, (2005) states that qualitative research involves broadly stated questions about human experiences and realities studied through sustained contact with people in their natural environments, generating rich and descriptive data. Huberman, (1994) stipulates that qualitative research can describe events and persons scientifically without the use of numerical data.

Experiences of stigma and discrimination encountered by double orphaned children are complex and psychological and cannot be explained by saying yes or no; and as a result require the use of the qualitative methodology which digs deeper to understanding a phenomenon.

Advantages of qualitative research design

An advantage of using qualitative research is that it enables more complex aspects of double-orphaned children's experiences to be studied, and determine how it affects or influences their social, cognitive, physical, and emotional development.

Disadvantages

However, one of the problems faced by researchers doing qualitative research is the difficulty of coping with the complexity of the huge volume of unstructured data which have to be analysed. More so, it is usually difficult to graph or display in mathematical terms and it is harder to determine the extent of influence that the researcher had over the results for example through researcher bias. That is there is more subjectivity involved in analysing the data

3.3. Research design

A Research design, according to Pannerselvam, (2006) refers to a description of the format and theoretical structure under which the study will be carried out. Creswell (2009) defines research

designs as strategies and measures for research that spans the decisions from broad assumptions to detailed methods of data collection and analysis. Burns & Groove (2005), also describe a research design as the arrangement and theoretical structure under which the study will be carried out. The researcher conducted phenomenological research, which involves trying to understand the essence of a phenomenon by examining the views of people who have experienced the phenomenon (Boyd, 2013). Phenomenology is interested in the individual experiences of people. It involves long, in-depth interviews with subjects.

Phenomenological research has the strength that it provides a very rich and detailed description of the human experience. Another advantage is that the results emerge from the data, instead of being imposed by a structured statistical analysis (Boyd, 2013). For this reason, the researcher used qualitative research method for her study in order to get a detailed description of the experiences of stigma and discrimination encountered by double orphaned children.

The limitations of phenomenological research are that it does not produce generalizable data because the samples are generally very small. Data gathering take a lot of time (Boyd, 2013)

3.4. Target population

Population as highlighted by Singh and Nath, (2010) is any group of individuals that have one or more characteristics in common that are of interest to the research. Manoharan, (2010), asserts that population is the entire set of people or objects, which the researcher wishes to study. In this research the target population was 25 double orphaned children, 14 from Mwenje primary and 11 from Dumisani secondary school. The total number was obtained from the Headmaster's office, they have a register of both single and double orphaned children with their addresses and their guardians. The researcher had knowledge of double orphaned children she acquired during attachment concerning this area of study.

3.5. Sample and Sampling technique

Sample size is actual number of participants the researcher is going to work with. . The researcher sampled eight (8) participants, bearing in mind gender balance, there were equal 4 males and 4 females going to primary and secondary schools from Save in Chiredzi. At Mwenje primary school the researcher sampled two female orphans and the other two male orphans same applies at Dumisani secondary school. The age range for double-orphaned children was ten (10)

to eighteen (18) years. The researcher used purposive sampling in carrying out a research. According to Kumar, (2005) purposive sampling is described as a method with a purpose, where the researcher wants to have a particular subset of people and not just random people from the streets. Population sample is the actual number of participants that the researcher worked with. According to Lund, (2010) purposive sample is a non-representative subset of some larger population, and is constructed to serve a very specific need or purpose. The principal goal of purposive sampling is to concentrate on particular characteristics of a population that are of interest, which will enable the researcher to respond to the study questions.

Sampling technique enables the researcher to infer conclusions about a population of interest from characteristics of relatively small number of cases (Singer & Nath, 2010). The researcher used the non-probability sampling method as a sampling technique. Creswell (2007) postulated that non-probability sampling represents a group of sampling techniques that help researchers to select units from a population that they are interested in studying. It involves the use of a smaller number of items or part of the target population to make conclusions about the whole population and it claims the advantages of low cost, increased speed in data collection as well as reliable and accurate information.

3.6. Research instruments

According to Edin (2007), a research instrument is a testing device for measuring a given phenomenon. The researcher used in-depth interviews. In-depth interview is defined by Boyce & Neale (2006) as a qualitative research technique that involves conducting comprehensive individual interviews with a small number of respondents to explore their perspectives on a particular circumstance. This offered the interviewer the opportunity to explore the experience of stigma and discrimination encountered by double orphaned children. It allows the interviewer to actively build as best as she can; an understanding of what she is being told. Boyce & Neale (2006) also adds that it allows the researcher to formulate questions and probes in a way which clarifies and extends the detail of the account being provided by the participant.

In-depth interviews were conducted with orphans which involved open ended questions. More so each interview took about 25-30 minutes. Each interview was conducted individually using an

interview guide. With this type of instrument the researcher had some guiding questions to be covered. For example the interview was designed into sections, section A contained demographical data which is personal information, section B contains challenges and experiences faced by double orphaned children, section C comprised with sources of social support and lastly section D comprised with coping strategies used by double orphaned children. The interview guides were designed and rights of withdrawal were shared with all potential study participants and verbal informed consent was obtained from all who participated in the study.

3.6.1 Pretesting the research instrument

Expert analysis of the interview guide was done by the Research and Documentation Coordinator from FACT-Chiredzi and also from the supervisor before the researcher undertook the interviewing of the participants of the study. The researcher undertook a pre-test of the data collection instruments in the two Divisions neighbouring Mwenje primary and Dumisani secondary to standardize the data collection methodologies by anticipating the types of response expected from the field. A total of four double orphaned children were sampled in each of the targeted areas. The pre-test was specifically carried out to test the interview guide to be used in the actual study. This allowed the researcher to clarify and correct ambiguous questions after which the research was ready to be conducted.

3.7. Data Collection Procedures

The researcher drafted the interview guide and an expert and professional analysis of the interview guide was carried out by the supervisor.

The researcher obtained an approval letter from the Midlands State University department of Psychology and then took the letter to the Department of Orphans and Vulnerable Children (OVC) under FACT-Chiredzi where the research was approved. The researcher was also granted permission to carry out research from the Chiredzi Rural District Council (RDC) and the Ministry of Education in Chiredzi office in order to carry out the research at Mwenje primary and Dhumisani secondary school. After permission was granted, the researcher together with the OVC Coordinator organised a one day trip to Mwenje primary and Dumisani secondary schools in Save. The researcher with an approval form from the RDC office and the Ministry of Education she was granted permission to carry out research at these close by primary and secondary schools, through the headmaster's office the researcher was handed over to the

guidance and counselling teachers who helped the researcher to identify double orphaned children on school.

Data collection started by conducting interviews, the researcher conducted 8 interviews as part of the data collection procedure, four (4) participants from each school two females and two males. The research was conducted on the 18th of March 2016 on the first term according to primary and secondary school calendar. The interview room provided a conducive environment to the participants and consisted of a closed room to promote privacy and effective data gathering. The interviews comprised of open ended questions in order to fully explore the stigma and discrimination encountered by double orphaned children of Save. The research was done with close observation of the research ethics.

3.7.1 Permission to conduct the study

The researcher obtained approval letter from Midlands State University and also got permission to carry out a research from the Department of Orphans and Vulnerable Children (OVC) under FACT Chiredzi, Chiredzi Rural District Council (RDC) and Ministry of Education in Chiredzi district office. Communication with the school heads of both Dumisani secondary and Mwenje primary school in Save Chiredzi where the research was going to take place were done and research visit arrangements were organised. Participants were fully informed of the research, how their information was used and assurance of confidentiality was made. The researcher administered the interview instruments appropriately.

3.8 Ethical Considerations

It is very important to consider ethical considerations when conducting research. Ethics are defined by Robson, (1993), as rules of conduct typically conforming to a code or set of principles.

Confidentiality

The right to confidentiality and privacy was also observed. The researcher did not seek the names of participants in order to observe the confidentiality of respondents. Anonymity was

maintained by providing each participant with a code name and these code names were used during data presentation and analysis.

Ethical approval

Ethical approval to undertake the study was obtained from the department of Orphans and Vulnerable Children (OVC) under FACT Chiredzi who granted permission.

Informed consent

Informants gave their informed consent to take part in the study after receiving detailed information regarding the voluntary nature of participation and about confidentiality. Participants were made to be fully aware of the nature and intention and nature of the research.

3.9. Data presentation, analysis and interpretation procedures

Barnett et al, (2006) states that data analysis is a process of making sense of large raw data. According to Kumar, (2005) data presentation and analysis involves the organizing and scrutinizing the collected data. The purpose of data presentation and analysis is to qualify the gathered information in order to reach a general conclusion. In this particular study, data was presented in a thematic form, hence the researcher came up with the major themes and the data was analysed, presented and discussed in these themes. Barnett et al, (2006), highlighted that data presentation, analysis and discussion helps researchers move their analysis from a broad reading of the data towards discovering patterns and developing themes. The researcher also made use of tables in presenting demographic data. Discussions was done by making reference to the objectives of the study and related literature in chapter two. Thematic analysis follows five steps and procedures in analysing qualitative data, (Guest, 2012 and Braun 2006).

Step 1: familiarising with the data

The initial step was to become familiar with the information collected during interviews and interpret it to deduce some meaning out of the research topic. The researcher read and re-read the data in order to be familiar with what the data entails and pay specific attention to the patterns that occur.

Step 2 Coding data

Researcher codes the data by hand. Typically, the researcher coded every two or three lines of text with handles that identify key words, concepts and reflections. Coding is an explicit and iterative process in which the researcher will alter and modify the analysis as reflected by the data and as ideas emerge. Coding skills improve with experience. According to Boyatzis, a “good code” is one that captures the qualitative richness of the phenomenon. A code should be clear and concise, clearly stating what it is, its boundaries and how to know it when it occurs. Codes become the foundation for the themes that are going to be used by the researcher.

Step 3 Themes/frameworks identification – From the codebook, the researcher identifies themes and sub-themes: patterns that have emerged from the coded data. Themes can emerge from patterns, such as conversation topics and vocabulary. Other factors could include the frequency of occurrence, occurrence only when certain factors are present, and time of the day, week or month. The researcher needs to be able to define each theme sufficiently so that it is clear to others exactly what the theme is.

Step 4: Reviewing themes

The fourth step involves an in depth analysis of themes and its sub themes so as to answer the research questions. The researcher searches for data that supports or refutes the proposed theory.

Step 5 Information consolidations, finalize theme names – The researcher finalizes the name of each theme, writes its description and illustrates it with a few quotations from the original text to help communicate its meaning to the reader.

3.10. Chapter summary

Chapter three focused on the case study research design, population and sampling, data collection methods and research instruments. The ethical issues that were put into consideration by the researcher Data was analysed thematically. The next chapter will focus on data presentation, analysis and discussion.

Chapter 4: Data Presentation, Analysis and Interpretation

4.1. Introduction

This chapter focuses on presenting, analysing and interpreting data obtained from the field research of Save in Chiredzi. Data obtained from the research interview questions is presented thematically and themes were drawn from the research questions.

4.2. Characteristics of Research Respondents

The researcher conducted in-depth interviews with eight orphans. In the study, the youngest orphan was 12 years old and the oldest was over 18 years. Four participants were primary school students, the other four were secondary school students. For confidentiality sake, respondents were coded as participant 1, 2, 3, 4 up to 8. Participant 1 is still at school but he rarely goes to school and lives with his grandmother and has two siblings. Participant 2 still going to school and she lives with her grandmother and her two siblings.

Participant 3 is still at school and he lives with his grandmother, grandfather and one sibling. Participant 4 still goes to school and she lives with her brother in a family of four. Participant 5 still goes to school and she lives with his aunty and three cousins. Participant 6 is still going to school and she lives with her grandmother, grandfather and her sister's mother with seven siblings. Participant 7 rarely goes to school and she heads the family for a period of two years (child headed). Participant 8 is still at school and lives with his grandmother and his three sisters.

This is illustrated by the figure below:

Table 4.2.2 Summary of participant’s demographic information

Participant	Age	Gender	Siblings	School, Working or Both	Guardian
1	17	M	2	Both	Grandmother
2	16	F	2	School only	Grandmother
3	15	M	1	School only	Grandmother and Grandfather
4	19	F	4	Both	Brother
5	14	M	3	School only	Aunty
6	12	F	7	School only	Grandmother and Grandfather
7	13	F	4	Both	Child headed
8	12	M	3	School only	Grandmother

4.3. THEMATIC ANALYSIS OF FINDINGS

The research findings are presented according to the research interview questions of this study and data was analysed under the following three themes:

4.4. THEME: Experiences encountered by double-orphaned children.

Participants stated that by being a double orphaned child they faced various experiences both at school and in the community. Double-orphaned children of Save in Chiredzi reported that they were encountering psychosocial difficulties as a result of their orphan hood, poverty, ignorance, backwardness, marginalization, remoteness and inaccessibility of the rural community. These include financial challenges, stigma and discrimination, depression, sexual abuse and social withdrawal. These subthemes will be elaborated below.

4.4.1 Financial challenges

Double-orphaned children reported that losing both parents at a very young age caused them to suffer financial challenges. Especially when they wanted to access education and medical facilities.

Participant four (4) reported that:

“...I rarely go to school because I have to work usually, I do sewing of uniforms so that I can manage to raise money for exercises books and to buy my own clothes and other up keeping things. I thank CAMFED a non-governmental organization who is taking care of my school fees because if it was not for that organization I might be left school by now. When I think of my late parents it hurts me most because I always think if they were alive maybe things might be different...”

Participant one (1) reported that:

“...life is not fair, because I started to suffer financial challenges at a very tender age. I started to work since my primary level in search for food, clothes and school fees, and I rarely go to school because I would be at work...”

“...I have been ill for a long time and because my grandmother does not go to work, I have failed to get proper medication in time. I have resorted to traditional means of medication at times when am ill...” (Participant 2)

Therefore this indicates that double orphaned children suffer financial challenges and it took away their privilege of being a child because they have to take responsibilities on their own and act like adults at a very young age. Participants suffered, anxiety pertaining financial challenges. They showed signs of depression and helplessness over the financial strains they encountered.

4.4.2 Stigma and discrimination

Double orphaned children encounter stigma and discrimination both at school and society at large. Some participants are given nicknames because of their status at school.

Participants two (2) reported that:

“...Most of the time some of my classmates avoid to play with, for instance at one time I wanted to ride a bicycle with other classmates since they were taking chances but what hurts me most at that time is that they told me you do not have parents if you break it who is going to repair for you. I felt discriminated and I decided to be alone most of the time...”

Participant eight (8) reported that:

“...nzinyikwa namavitho okunzihleka exikholweni himaka yokuvaaxisiwana ene loko FACT Chiredzi ihlwela kuhakela mali yaxikholo vanirhukathela pakhati kavamwani...” (Most of the time FACT Chiredzi delays to pay the school fees, teachers complains so much of their incentives and I was already given a nickname because of my orphanhood)

Double-orphaned children are given names both at school and in the community associated with their sour situations This therefore indicates that double-orphaned children encounters stigma and discrimination which developed into shyness, and even signs of aggression. Trauma and fear are universal feelings and it can cause psychological distress among children. The isolation of these children can leads to extreme fear of navigating public space and emotional instability in double orphaned children.

4.4.3 Depression

Double-orphaned children reported that losing parents at a very young age caused undesirable painful and traumatic suffering to them. This led them to feel depressed at times when they thought about it and in instances when they meet other children with their parents.

In an interview, participant 1 narrates:

“...the death of my parents was the most painful event because it left me without somebody to lean on, I am now working so that I can take care of myself and brothers’ general upkeep, food, clothing and many others. I rarely go to school because I would be

at work. When I think of my late parents I cry up to an extent that can't produce any tears no more, my ribs will be painful and I wish if my parents were alive the situation wouldn't be as bad as it is...”

Participant six 6 reported that:

“...nzitwa hloko kuvava nazululwani ene anitwi kulava xikhafu na vurhongo abhukhomi....” (I always experience dizziness, severe headache, loss of appetite and I take long to sleep and wake up with my head aching. I feel down most times, I don't know what to do).

“...life is not fair, I have lost my parents and my guardians and nobody cares for me, I am the head of the family, I have been faced with sexual abuse because of my stature at a younger age. I had to engage in sexual activities to secure my general upkeep and in return for food at times. This is the daily routine as I am not gainfully employed or have any other means of having money. I feel so worthless, useless, helpless, rejected and at times I become stressed to an extent that I feel I could die. At times I wake up feeling pain in my body and being depressed or anxious....” (Participant 7)

The outcomes therefore clearly show that double-orphaned children are stressed and traumatized by the loss of their parents. This results in that double-orphaned children having other psychological challenges such as depression and being potentially isolated from others may cause mental health problems. Based on common belief that psychological trauma associated with the loss of both parents may be greater than that with the loss of single parent. Depression causes serious changes in a personal feeling and outlooks, double orphaned children with severe depression may appear confused, restless and agitated frightened.

4.4.4 Sexual abuse

Participants revealed that double-orphaned children often encounter or engage in sexual activities with older people in return for cash or kind. They usually engage in these activities to sustain their living.

Participant (7) reported that:

“...because of my big body married people are just taking advantage of that, my status also and having sex with me in return of food and general upkeep but I have no option. I have been faced with sexual abuse because of my stature at a younger age. I had to engage in sexual activities to secure my general upkeep and in return for food at times. This is the daily routine as I am not gainfully employed or have any other means of having money...”

Participant two (2) reported that:

“...I enjoy it when my boyfriend comes because he usually brings me presents from Johannesburg and I enjoy sex with him so much. He brings me clothes and gives me money. I have been pregnant and he has helped me terminate the pregnancy two times....”

Data collected, shows that double orphaned children engage into sexual activities in return for food and some amenities to attain a luxurious life. These children are sexually abused not knowing and because of them being orphans have been entrenched into abuse. Treat in inhumane ways and this pain infliction on double orphaned children sometimes may cause sorrow, depression and anger. Double orphaned children may have traumas which can haunt them forever because of sexual abuse they experience in their lives.

4.4.5 Social Withdrawal and Isolation

Participants reported feelings of withdrawal and unworthy towards life and decided to withdraw, added to the isolation they faced from the society and school environment. Coupled with traumatic and sour aftermath effects from their caregivers, participants noted that they could not keep up to the demands, thus the necessity to withdraw

Participant 4 stated that:

“...Most of the time I abscond some lessons at school because I always felt isolated and out of place mixing and mingling with children with full school uniform while I am in my old, dirty and smelly rags. When I associate with them I feel hurt when they start talking

of the entertaining and unforgettable moments which happens at their homes while on my side it's totally different, so it's better that I stay alone..."

Participant 1 reported that:

"...I always remain at home as much as I can and I rarely go to school. I just isolate or dismiss myself from other colleagues since I don't feel comfortable to play with people who are with both parents still alive and who have enough food while I have to work for food and my upkeep, it torments me so much. I just feel like not having friends and I chose to stay alone..."

These reports reveal that participants' coping resources were overwhelmed and succumbed to withdrawal. They noted that being an orphan exposed them to, poverty, abuse and exploitation. At times they opt for social withdrawal as the answer or solution to the stigma, discrimination, abuse, isolation and not being recognised as humans by the community and even at school. Double orphaned children can experience a decrease in self-esteem as they are no longer confident in themselves on what they can achieve. These children may be associated with aggressive behaviours which may result in response to the teasing and taunting experience from peers.

4.5. Sources of Support

Data collected from the double orphaned children interview reports that they are receiving social support from different sectors, some are receiving them from the community, church or religious institutions, Community Based Organisation, Faith based organisations, Non-Governmental Organisations and the Government at large.

4.5.1 Social support

Some of the participants reported that they receive social support from their close relatives also from other NGOs who helped them through counselling when they encounter various psychological problems.

Participant three (3) reported that:

“...I have always depended on my grandfather whenever I am depressed. He has taught me to be whoever I am today. He has told me many principles to get along with life and be strong when face with adversaries...”

Participant three (3) reported that:

“... I am always grateful to FACT-Chiredzi, they even bring some psycho social support meetings which will help a lot in encouraging me and how to handle the experiences of stigma and discrimination as a double orphaned child through counselling...”

This explicitly shows that double-orphaned children they really need social support for them to be able to deal with the experiences of stigma and discrimination they face in their day to day life. Double orphaned children would love to confide with their close relatives or to talk with other people at school or at home who will understand them without judging them.

4.5.2 Financial Support

The research established that some double-orphaned children face financial challenges, however they are receiving financial support from different sources including NGOs.

Participant eight (8) acknowledged that:

“...Plan International assisted me in different aspects from the school related material, food and psychosocial meetings which stabilised and gave us hope and focus in life but what I need now is their support to continue so that I may accomplish my dreams....”

Participant 5 noted that:

“FACT-Chiredzi people, you are helping me so much but there is need for proper accommodation, and continuation with the educational assistance....”

Participant 3 clearly stated that:

“...I am so much grateful and I always give thanks to FACT-Chiredzi because of all the support that I receive from this organisation. School fees and all other school necessities are being cater for through FACT-Chiredzi, they even bring some psycho social support

meetings which will help a lot in encouraging me and how to handle the experiences of stigma and discrimination as a double orphaned child through counselling. Through all these financial and social support I receive it gave me strength and hope in life...”

This findings shows that double orphaned children are really grateful towards the financial support they receiving especially in terms of school fees, because there are being given the right to education since all children should be given the opportunity to enjoy every right as a child. Therefore this opportunity will allow double-orphaned children to view life differently in a positive way and being able to deal with the experiences of stigma and discrimination.

4.5.3 Spiritual Support

In an interview participants reported that some were Christians and some followed the African tradition. They both used their beliefs as their pillar of strength. They got support from church fellows and others from their fellow African traditional believers, they were able to express their feelings and emotions through prayers and traditional rituals and they may feel relieved.

Participant five (5) clearly stated that:

“... I am a member of Zion Christian Church and this is where I find Christian support, ...sometimes when I am stressed or in sour situations, I find myself praying or talking to God and this brings me comfort and relief...”

Participant three (3) said that:

“...mikwembu yasvivona hinkwasvo sviendlekaka lamisaveni, loko nzihlupheka nochela fole hasi nivalavula namikwembu yona ithanzihlamula...”, (the feeling and fact that the ancestors are watching and that they will never leave me alone gives me relief and hope, so whenever I am in problems and I engage myself in some ritual activities in communication with ancestors)

Information gathered from the interview therefore showed that children rely on spiritual support as their pillar of strength. Whenever they feel down or they can't go on with life. Spiritual

support can help double orphaned children to develop hope for their future and they also develop trust and security in their survival.

4.5.4 Psychological support

Information collected from the interview reports that besides social support only to the double-orphaned children, psychological support is also important since it also brings good results.

This was evidenced by participant 8, 5 and 3):

“...FACT-Chiredzi as an organization usually conduct PSS (Pscho Social Support) meetings three times a year in schools. There will be various teachings from games, dramas and comic book readings, main themes from this teachings will differs and this includes teachings about all forms of abuse, where to report and whom to report to, children’s rights and how to help other children at school who are in need for instance through CPC (Child Protection Committee). Through these psychological and social meetings there are counseling services to cater for these stigmatized, traumatized and stressed double-orphaned children face...”

Information collected from the interview reported that double orphaned children receive social support from different sectors such as church institution, Faith based organization, and Community based organizations, Non-Governmental organizations and the Government at large. Most of the psychological impacts are often not visible, they take different forms and they may not arise until a long period after the traumatic event. Therefore this clearly reports that psychological support brought relief, focus, hope and also gives one light of his or her future.

4.6. Coping strategies

Participants reported various coping strategies which included self-occupation, future expectations and acceptance which most of double-orphaned children used to copy up with the experiences of stigma and discrimination they encounter.

4.6.1 Self occupation

In an interview conducted, participants reported that for them to cope well with stigma and discrimination they occupy themselves as a coping strategy.

Most of the participants including 2, 4, 5, and 6 clearly acknowledged that:

“...with all the beatings and harsh experience that I encountered, if I do not keep myself occupied I will think of my late parents, in trying to occupy myself I engage myself in reading novels, sporting activities like playing soccer and engaging into a lot of my work so that I get tired to the extent that I will be more tired and feeling like resting such that I won't have time to think...”

Participant 1 and 3 noted:

“...I take drugs like marijuana and njemani/kachasu (African and locally brewed beer) and this makes me forget about all my problems since I will be occupied...”

Information gathered from the interview therefore shows that despite all the traumatic situations that double orphaned-children encountered they are managing to cope with those situations through self-occupation.

4.6.2 Acceptance

Reports from the participants acknowledged for double-orphaned children to cope well with the experiences of stigma and discrimination they encounter both at home and at school, they have to accept the present situation and find their way forward with their life since it really happened that their parents are no more and it is irreversible.

Narrations from participant 3 noted:

“...it is true that my parents are no more and that is our way all but before I die I have to lay a strong foundation for my children by investing in assets for my children....”

Participant two (2) reported acceptance and having the way forward as a coping strategy

“.....an orphan is just a normal and ordinary human being just like others, just that I don't have resources but I should loosen myself, I have wishes and future aspirations and should complete that target, I can do it...”

Therefore this indicates that for double-orphaned children to cope well with the experiences of stigma and discrimination they encounter both at home and at school, they have to accept the present situation and find their way forward and this is helping the double-orphanage to cope with the stigma and discrimination they face.

4.6.3 Future expectations

Data gathered reported that the majority of the double-orphaned children despite of age differences and all the difficulties they encounter in life. The future career aspirations strengthens and gives hope to the children to cope with these problems feeling that all the suffering will pass away one day.

Participant two (4) clearly acknowledged that

“...I am grateful that I am talented in sewing, after completion of my ordinary level I want to do a course in Fashion and Designing and I am seeing myself earning a life from sewing...”

Participant three (3) clearly stated that:

“....since FACT-Chiredzi is paying my school fees I will complete my ordinary level and things will be fine soon and all the suffering will pass away, I will build my beautiful house and will live and enjoy good life with my family...”

Reports therefore shows that double-orphaned children are using future expectations to copy with the stigma and discrimination they encounter at home and at school, since it brings hope and focus, promoting orphans' psychosocial wellbeing.

4.7. Summary

The chapter elaborated on presenting and analysing data on the experiences encountered, sources of social, financial and psychological support and on the coping resources. The presentation and analysis showed that double-orphaned children encounter stigma and discrimination due to orphanhood, poverty, ignorance, backwardness, marginalization and remoteness of the rural community. The next chapter has a summary, recommendations and conclusion.

CHAPTER 5: DISCUSSIONS, CONCLUSIONS AND RECOMMENDATIONS

5.1. Introduction

This chapter presents the discussions, conclusions and recommendations based on research findings. In this sector, the researcher discusses the results and provides an analysis of the discussion emanating from the research in union or in conjunction with the information and literature obtained from other related researches. Major findings on the experiences of stigma and discrimination encountered by double-orphaned children will be summarised and recommendations of dealing with the challenges will be reported.

5.2. Discussion of results

The researcher looked at different objectives which are: to explore the psychosocial challenges faced by double-orphaned children both at home and at school, to find out whether the double-orphaned children of Save in Chiredzi receive support from their family, friend and the society and to find out strategies which can be used by double-orphaned children of Save in Chiredzi to cope with their everyday lives. These objectives are going to be discussed in line with the findings of the researcher.

5.2.1. Psychosocial challenges faced by double-orphaned children both at home and school?

The findings of the current study entails that double-orphaned children are vulnerable to stigma and discrimination. These findings are in agreement with Rupanganda (2011) who reported that once people identify and label ones' differences, others will assume that it is just how things are and the person will remain stigmatised until stigmatising attribute is undetected. Stigma is a form of labelling and labelled persons are therefore subjected to status loss and discrimination, this may take or result in the form of nicknames, isolation, denial of one's rights, lack of friends, self-esteem, academic achievement and withdrawal among others (Becker, 1973).

The research findings indicated a conceptualization of stigma which is congruent with the theory stated that stigma is a social construct, and the stigmatized self- arises when there is an undesirable discrepancy between one's virtual social identity (what society expects of him or her in a given situation at a given point in time) and actual identity (what the person actually is) (Goffman, 1963). This was evident in the research findings as participants reported being stigmatized both at the community and at school on the basis of their orphan-hood.

In the research findings, there were recurrences of social and self-stigma as reported in the experiences of participants. This was in line with previous research literature by Bathje and Pryor (2011) which identified two types of stigma which are social stigma and self-stigma. Social stigma was evident in participants' accounts where they talked about fellow pupils giving them those nicknames because of their orphan-hood. Self-stigma was seen as some participants viewed themselves as complete failures in life after they had believed the negative perceptions that society expressed about them (in the form of social withdrawal). The study established that some double orphaned children are not comfortable to play around with other children at home or at school because of fear of stigmatization and discrimination. Thus two forms of stigma namely public and self-stigma are experienced by double orphaned children.

The findings of the current study entails that double-orphaned children experienced stress and depression soon after or even some years after the death of their parents or guardians and this is caused by the fear to face their future, financial problems, psychosocial challenges like stigma and discrimination, abuse, other depressing situations and how they would cope without the parents and loneliness as well. The above findings are supported with the Stress Vulnerability Model by Zubin and Spring (1977) which purports that environmental factors like losing a loved one, financial problems and discrimination worsen one's vulnerability to stress. However some reported that they do not experience depression. This is therefore in line with the Stress Vulnerability Model which states that of stress depends with the person. This discovering agrees with was in line with previous research literature by Bicego, Rutstenin and Johnson (2003) which states that in Sub-Saharan Africa more than a quarter of orphans said that their school performance had deteriorated, partly because of interruptions, and partly because of stress caused by all the experiences of being a double orphaned child.

Other respondents reported that they encountered abuse. Sexual abuse was reported from this research as the most abuse to be experienced by double-orphaned children. These findings are in line with Maslows' hierarchy of needs food is among the basic needs for survival. When such basic needs are not met a crisis is developed (Simmons et al, 1987). Double-orphaned children will end up being victims of sex abuse including mental abuse, abuse related to land and property disputes.

Reports from the findings of this study, it appeared that the majority of respondents encounter financial problems. Respondents indicated that they started experiencing economic difficulties since the death of the spouse who catered for their needs. Similarly these findings are in agreement with Chitiyo et al, (2008) who emphasised that in Zimbabwe, double-orphaned children as a group are the poorest and most possibly vulnerable. This is in tandem with research studies by Whitehouse (2002) who postulate that the most common unmet needs are education, food, medical care and clothes. A survey of over 400 households with orphans in the Mwanza region of the United Republic of Tanzania reported that almost 40 per cent could not cover even basic expenses. The most common difficulty was to cover school fees, including those for materials and uniforms. Recent surveys in eight other Sub-Saharan African countries report similar findings. From the findings, the researcher observed that the majority of the double-orphaned children in backward and almost remote rural communities are failing to afford a standardized life therefore this can be behind their financial challenges. However, a few participants reported that they are financially stable.

5.2.2. What are the psychosocial experiences encountered by double orphans of Save in Chiredzi as far as their cognition and learning are concerned?

The research established that double orphaned children face isolation and loss of friends because of their orphaned hood. This was in line with the results of a study that was conducted in Ghana (Barke et al, 2010). In this research participants reported that they experienced large social distance because they do not have both parents. They further said that they faced rejection by friends because friends seemed to fear being associated with someone who had no parents. The researcher discovered that the school environment play a significant role in exacerbating social isolation on double orphaned children. Durkheim (1915) and Jordaan (1998) viewed social isolation as part of loneliness which is a result of lack of friends which in turn result in lack of close relationship. Loneliness has debilitating effects on the psychological and emotional well-being of double orphaned children. It is due to social isolation that increased cases of absenteeism to double orphans in schools and this negatively impacts their cognition and their academic performance.

The current results states that double orphaned children they also experience or indulge in risk behaviours all because of being teased or given nicknames. They became aggressive and start abusing drugs. Children react to stress in different ways. Many will find it difficult to talk about their worries. They may internalize their feelings and stress, believing that they are abnormal in some way, and suffer from low self-esteem, depression or anxiety. Or they can become aggressive, abuse drugs and alcohol, or engage in anti-social behavior Makaya et al (2002). They stated that this presents them an opportunity to vent out their bottled emotions of frustration and anger. They reported that once, they did that they experience feelings of relief. However, it is paramount to note that some revealed that they experience feeling of guilty as they continuously blame themselves for drug abuse. This confirms that they are tired of their insults such that the only opt to be very aggressive and abuse of drugs. Makumbe (2010) revealed that in his childhood, he resorted to anti-social behaviour by being aggressive and abuse of drugs as a way of handling stigma and derogatory name calling.

5.2.3. What support do double-orphaned children of Save in Chiredzi receive from their family, friends and the society?

Data collected from the research reported that double orphaned children are receiving social support from different sectors, some are receiving them from the community, church or religious institutions, Community Based Organisation, Faith based organisations, Non-Governmental Organisations and the Government at large. However there is need for continuous support from the community, NGOs and government at large to improve the social lives and social wellbeing of the double-orphaned children in remote and rural communities

Most double-orphaned children reported that they relied on spiritual support as their pillar of strength and a way of coping with stigma and discrimination challenges they face as double-orphaned children in their everyday lives. They got support from church mates and others from their fellow African traditional believers, they were able to express their feelings and emotions through prayers and traditional rituals and they may feel relieved. This has been supported by Rutter (2006) from his research which stated that children managed to cope with challenges or experiences if they find someone responsible to share their feelings with, without being offended and judged. These discoveries backs Smith's (1990) view that solidarity advocates that

individuals need to assist and support each other and this involves understanding the circumstances that makes it probable for all people to realise their full potential. The role of religion in this study likewise agrees with what sociologists like Durkheim (1915) and Marx (1844) propounded who pointed out that religion play a paramount role of uniting members of the society through making them assert with their values and beliefs. Marx (1844) described religion as a sigh for the down trodden, heart of the heartless world as well as the spirit for those in a spiritless situation. Religion teaches people to accept their current life circumstances; regardless of how terrible the situation is, while looking forward for joy after life. Religion is vital to the emotions of men in times affliction and disenchantment. In this way religion promotes release fear and sorrow hence the ability to bear frustration and integrate his personality.

Social support and psychological support work hand in glove and they complement each other and cause change in the positive way, hence giving light in the darkened areas of double-orphaned children, that is bringing hope and future to the orphans. The research established that double-orphaned children seek for social support from their close relatives when they encounter various psychological problems. Pederson (2010) noted that seeking social support as a way of coping was also reported in study conducted by Indiana University and Columbia University. Most double-orphaned children reported that they receive psychological support from different NGOs which include PLAN International, FACT-Chiredzi and CAMFED through counselling, material support and emotional support. Similarly, According to the household survey results, the support from organizations such as Dawn of Hope and Mekdim to single or double orphans and their families is main means of livelihood for some families. These organizations provide different supports to orphans ranging from capacity building, material support and emotional support as stated by Mutangawa (1999). Therefore this shows the need for psychosocial support since focus, hope and light are brought to the future of double-orphaned children.

5.2.4. What strategies can be used by double-orphaned children of Save in Chiredzi to cope with their everyday lives?

Information from the research reported that various coping strategies which included self-occupation, future expectations and acceptance were used by most of the double-orphaned children to cope up with the experiences of stigma and discrimination they encounter.

Data gathered from the research acknowledged that double-orphaned children reported that despite all the traumatic situations that double orphaned-children encountered they are managing to cope up with those situations through self-occupation strategy. In other studies reported by Ebersöhn (2008) children used their individual assets, as well as their environmental resources, as factors to promote and to forge a pathway to coping, that is occupying them with what is available.

Future expectations; from the information gathered reported that the majority of the double-orphaned children despite of age differences and all the difficulties they encounter in life, they still have future expectations as double-orphaned children as a way of coping up well with the experiences of stigma and discrimination they encounter at home and at school. The future expectations and future career aspirations strengthens and gives hope to the children to cope with these problems feeling that all the suffering will pass away one day. However, few participants reported that they are not optimistic about their future. This discovering agrees with a study which was done in the Rakai District of Uganda looked at the effect of orphanhood on 1,993 children and asked both orphaned and non-orphan children about their expectations for the future. Some of the findings indicated that orphaned children are less optimistic about their future, they not only expected to have shorter lives but also were less likely to want to be married or to have children Sengendo and Nambi (1997).

In addition double orphaned children acknowledged acceptance as a strategy they used to cope well with the experiences of stigma and discrimination they encounter both at home and at school, they had to accept the present situation and find their way forward with their life since it really happened that their parents are no more and it is irreversible. Furthermore the research

findings by Werner (2006) purports that the pain experienced by children during the suffering of their parents before death made many children to accept death.

In summation double-orphaned children therefore shows various coping strategies which included self-occupation, future expectations and acceptance were used by most of the double-orphaned children to copy up with the experiences of stigma and discrimination they encounter.

5.3. Conclusions

The following conclusions were drawn from the current study. The information gathered from the interview was analysed, presented and discussed qualitatively using the thematic form. Ethical considerations such as informed consent, anonymity and confidentiality were taken into account. The study revealed that double-orphaned children are prone and vulnerable population to psychological problems; they encounter financial problems, depression, sexual abuse, drug abuse, stigma and discrimination as well. The study also indicated the ways used by double orphaned-children in dealing with the problems they encounter such as spiritual support, acceptance, future expectations, social support and self-occupation.

The research establish that there are not all double orphaned children who view themselves as hopeless, low self-esteem and have no future as some previous studies agrees on. A study which was done in the Rakai District of Uganda looked at the effect of orphanhood on 1,993 children and asked both orphaned and non-orphan children about their expectations for the future. Some of the findings indicated that orphaned children are less optimistic about their future, they not only expected to have shorter lives but also were less likely to want to be married or to have children Sengendo and Nambi (1997). The current findings of this study disagrees with this previous study, since some double orphaned children of Save in Chiredzi reported that its high time now double orphaned children stop look down upon themselves. The stated that they have hope in life and very positive future expectations because they already had hope in life through the psychological support, financial support, spiritual support and social support they are receiving currently as double orphaned children.

The research also established that the current findings are not tandem together with the social labelling theory. Double orphaned children stated that the community usually labeled us as double orphaned children at any given time (Nherera), hence by doing so they expect double orphaned children to act in such way of helpless, hopeless and people without vision or positive future expectations because of their status. Juveniles held one conception of their behavior and the community held another. The community brought social control measures to bear on the youngsters as the idea of wrong shifted from the act to the actor. The young person may come to see him/herself as delinquent. The young person begins to act even more delinquent and the community reacts reinforcing that identity even more Tannenbaum (1938). Double orphaned children are in contradictory about social labelling theory because they argue that they have hope in life and positive future expectation to excel in everything they do in life. Therefore, these current findings can be regarded as new findings concerning this study since they are not in agreement with the previous studies.

The data gathered from this research can also be analyzed referring to the limitations of this study. Where the target population were comprised of children who are currently recipients of food, fees, medical and general assistance from FACT-Chiredzi and other Non-governmental assistance together with social service. Therefore some of the findings were being overstated hoping and looking for assistance and also a way of defending their current position as program beneficiaries. However, the researcher before collecting data she managed to fully explain the purpose of the study for the respondents to understand well before the interviews start. In conclusion, this study showed that double-orphaned children encountered stigma and discrimination at school, home and in their community

5.4. Recommendations

The researcher basing on the research findings recommends the following psychological and social support services in bearing and improving the wellbeing of the double-orphaned children in backward, marginalised and remote rural communities.

- More Support Groups should be implemented so that it can assists in improving the psychological wellbeing of the double-orphaned children.

- Social stigma and discrimination by both teachers and fellow school children must be removed by changing the attitudes of the teachers and school children towards double-orphaned children in remote rural areas through social mass education campaign, severe and serious punishment to the victim.
- There is need for Non-governmental organizations to conduct more psychological and social support services in bearing and improving the wellbeing of the double-orphaned children in backward, marginalised and remote rural communities.
- Non-Governmental Organizations, Faith Based Organisations and Community Based Organisations should work in collaboration with the Government and ensure that all double-orphaned children have easy access to basic needs such as food, housing and clothing.
- There is need for further research to be done in depth to explore adequate and reliable information on double orphaned children in backward, marginalised and remote rural communities in order to develop and implement child welfare policies, programmes and best strategies to help, support and address stigma and discrimination, poverty, depression, sexual abuse and drug abuse suffered by double orphaned children in remote and backward rural areas.

5.5. Conclusion

This chapter presented the discussion of findings, conclusions of what was found out, and recommendations in an attempt to find solutions to the experiences of stigma and discrimination encountered by double orphaned children of Save in Chiredzi. However, the findings of this study were in agreement with other previous studies although there were few differences noted.

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APPENDICES

APPENDIX 1: Interview guide for double-orphaned children of Save in Chiredzi

My name is Confidence R Dhundu. I am a student at Midlands State University and currently studying Bachelors of social sciences honours degree in Psychology, conducting a research on the experiences of stigma and discrimination you encounter or face as double orphaned children of Save in Chiredzi. All information shall be kept confidential and used for academic purpose only. Your usual cooperation is highly appreciated.

Section A

Demographical data

- 1) How old are you?.....
- 2) Sex.....
- 3) Whom do you stay with?.....
- 4) How many people do you stay with?.....

Section B: What are the experiences and challenges do double orphans of Save in Chiredzi face both at home and at school?

- 1. How do your schoolmates and society treat you both at home and at school?

.....
.....
.....
.....

- 2. Who pays your school fees?

.....
.....
.....
.....

- 3. Do you have nicknames as a result of your orphanhood?

.....
.....

.....
.....

4. Where do you get foods and clothes?

.....
.....
.....

Section C: Do double orphaned children of Save in Chiredzi receive any source of support?

1. What form of assistance do you need?

.....
.....
.....

2. What form of support are you receiving from the society and relatives?

.....
.....
.....

Section D: What strategies can be used by double-orphaned children of Save in Chiredzi to cope with their everyday lives?

1. What strategies do you use to handle your problems?

.....
.....
.....

2. How do these strategies help you?

.....
.....
.....

Thank you for all your valuable information, is there anything else you would like to add before we end?

We have come to the end of our discussion. Thank you very much for kindly agreeing to talk to me.

APPENDIX 3 RESEACH APPROVAL

F.A.C.T.



W/O 17/89

By love serve one another
Galatians 5: 13

FAMILY AIDS CARING TRUST (CHIREDZI)

3246 LIGHT INDUSTRIES
CHIREDZI
ZIMBABWE
P.O. BOX 381
TELEPHONE: (263)(031) 3375/3002/3417/3818/3950/3766
TELEFAX: (263)(031) 3002
E-MAIL: info@factchiredzi.org
director@fact.org
WEBSITE: www.factchiredzi.org

17 March 2016

To whom it may concern

**RE: REQUEST FOR ASSISTANCE TO CONDUCT A RESEACH AT MWENJE PRIMARY AND
DUMISANI SECONDARY SCHOOL FOR CONFIDENCE .R.DHUNDU R124790T**

This letter serves to introduce to you the above named student who is studying for a psychology honours degree and is in her fourth year from Midlands State University. All students are required to do research in their fourth year of study.

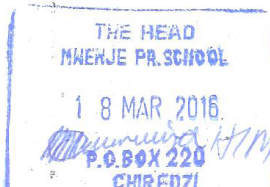
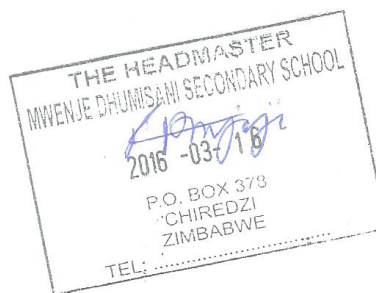
As Fact Chiredzi we therefore kindly request your school to assist the above named student with any information that they require to do their research project under the topic experiences of stigma and discrimination encountered by double orphaned children. Participation in the study will be voluntary and all information shall be kept confidential.

Thank you for your support

Yours faithfully

Thamsanqa Maphosa

Research and Documentation Coordinator



APPENDIX 4 UNIVERSITY LETTER

**Midlands State
University**



Established 2000

P BAG 9055
GWERU

Telephone: (263) 54 260404 ext 261
Fax: (263) 54 260233/260311

**FACULTY OF SOCIAL SCIENCES
DEPARTMENT OF PSYCHOLOGY**

Date: 10.03.2016

To whom it may concern

Dear Sir/Madam

RE: REQUEST FOR ASSISTANCE WITH DISSERTATION INFORMATION
FOR CONFIDENCE R. DHUNDU R124790T
BACHELOR OF PSYCHOLOGY HONOURS DEGREE

This letter serves to introduce to you the above named student who is studying for a Psychology Honours Degree and is in his/her 4th year. All Midlands State University students are required to do research in their 4th year of study. We therefore kindly request your organisation to assist the above-named student with any information that they require to do their dissertation.

Topic: Experiences of stigma and discrimination encountered by double orphaned children of Save in Chiredzi

For more information regarding the above, feel free to contact the Department.

Yours faithfully

F. Ngwenya
Chairperson

THE HEAD
MWEWE PR. SCHOOL
18 MAR 2016
P.O. BOX 220
CHIREDDI

MIDLANDS STATE UNIVERSITY
FACULTY OF SOCIAL SCIENCES
DEPARTMENT OF PSYCHOLOGY
10 MAR 2016

THE HEADMASTER
MWEWE CHUMSANI SECONDARY SCHOOL
2016 03 16
P.O. BOX 378
CHIREDDI
ZIMBABWE

APPENDIX 5 TURNITIN REPORT

dissertation

ORIGINALITY REPORT

15%	8%	0%	6%
SIMILARITY INDEX	INTERNET SOURCES	PUBLICATIONS	STUDENT PAPERS

PRIMARY SOURCES

1	Submitted to Midlands State University Student Paper	5%
2	ir.uz.ac.zw Internet Source	4%
3	pdf.usaid.gov Internet Source	3%
4	Submitted to Women's University Student Paper	2%
5	www.unicef.org Internet Source	2%
