CONTEMPORARY SOCIAL ISSUES:
A MORAL PERSPECTIVE

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Dedication

This work is dedicated to the youth, who are the future of the nation
Introduction

In today’s turbulent world, there is an urgent need to alert the young on the dangers of contemporary life, and to help them form an improved attitude towards their sexual and social life in order to achieve self empowerment as adults. It is the only way of avoiding unnecessary social crises and trauma in their future. Secondly and perhaps most importantly is the fact that this kind of social and moral education needs to be a core course taken at primary, secondary, and tertiary levels of learning.

There is a clear structure followed throughout the twenty nine chapters of this book i.e. topic, definition, introduction, types (if any), causes, positive and negative effects, remedies, conclusion, and lastly a moral exhortation. The book may therefore be relevant to teachers / lecturers and learners, counsellors and counselees, pastors and the laity, as well as Muslims, Christians and people of other faiths. By using such a uniform structure and simplified language, it no doubt becomes one of the easiest books to read on these complex issues.

The exposition has two major sections: section one exposes nineteen contemporary social issues related to sexual promiscuity and permissiveness together with moral exhortations, while section two deals with contemporary social issues not directly related to sexuality and their adjacent moral concerns. The latter adversely affects the moral order of the society while the former ruins and defaces the moral character of man and society in its entirety.

In my professional and social life, I have observed that the critical period of a young person’s life is between fifteen and twenty five years, and this is the time when life is either built or destroyed. This book is meant to educate the young towards the avoidance of dangers which can easily lead them to hopelessness in life despite their youthful spirit and vigour. It is meant to be a pocket diary for the youth, and that is why it is dedicated to them. Life is not a rehearsal, and it is only lived once. Young people need to enjoy it to the full, not with bitterness but with wisdom and happiness. The age bracket mentioned above is to be found in the secondary schools, colleges and universities. The book has spiritual overtones, and it seeks to offer understanding and care to those already affected by some of the moral dilemma under discussion. Hopefully, this book should inspire deeper research which should illuminate these complex issues further, and ultimately help to improve the life of the young generation, giving them an added hope in life.
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Section 1

PORNOGRAPHY

Definition
Pornography is a word derived from the Greek language. It is divided into two; Porni-meaning prostitute; and Graphein-meaning to write. Pornography is defined as any work of art or literature depicting the life of prostitutes. It is also defined as a representation of sexual behaviour in books, pictures, statuettes, videos, DVD’s, motion pictures, internet and other media, that is intended to cause sexual excitement among the viewers. Lastly, pornography can be defined as the explicit representation of the human body or sexual activity with the goal of sexual arousal.

Forms of Pornography
Pornography is divided into three categories. Hard-core pornography is intended to intimidate individuals to think that one is free to use one’s body as one pleases. Vulgarity therefore becomes the order of the day. Video cassettes and disks are rented or sold in most adult bookstores and have become a growing industry for pornography. Usually, these videos display a high degree of hard-core pornography and illegal acts. Another source of hardcore pornography is the internet.

Audio pornography includes ‘dial-a-phone’-(telephone calls)-which are the second fastest growing market for porn. By dialling a telephone number, one can hear degrading sexual messages, or even chat. Commercial television has often adopted programmes which are pornography-friendly. Other motion pictures and films have become very obscene, and they are intended to sexually influence the viewers.

Soft-core pornography is a mode of pornography intended to entice the recipients e.g. couples to increase the urge of getting closer together. Soft pornography helps married couples improve their sex life by learning more about the sexual act. Adult magazines are primarily directed towards an adult male and female audience. It is understood that this form of pornography does not violate the legal standard of decency, and so it can be legally distributed.

History of Pornography
To many people, a sexual revolution occurred during the 1960s and 1970s. It was characterized by the development of ‘the pill.’ It was for the most part, a revolution about sex and the communication of information. For the first time in history, people were able to ask questions and get information publicly, discuss their own behaviour and compare it with their friends and neighbours. Most importantly, during that time, Americans celebrated sexual love both in and outside marriage as a joyful and legitimate end in itself. Sexual partners had a new power to experiment and to alter their sexual behaviour, based on what they perceived their friends and neighbours to be. There was a great increase in the number of divorces, and more young people were living together without being officially married, yet these decisions were mere modifications of the context within which sexual behaviour occurred.

A second sexual revolution was already taking place. Two major aspects characterized this second sexual revolution: a willingness to engage in a variety of sexual practices, some of which may once have been deemed deviant or at least unacceptable to people’s social status; and a regulation of sexual interest and behaviour among the mature population. It is during this revolution that people discovered they could practise sex and record it in clips as well as in printed media and sell it commercially.
Causes of pornography
Many people, especially youngsters, are influenced by their allies to involve themselves in pornographic activities. Peer pressure therefore contributes a lot to this menace. The availability of pornographic materials such as films and magazines which are easily reachable since they are stocked in bookstores and music stores is another factor. They may be expensive, but the youth often buy them without any restriction. The availability of sexually arousing drugs such as Viagra may stimulate sexual activity by people who will indulge in pornographic acting to earn their living. Due to improved technology, one can access pornographic materials on the internet by use of computers and mobile phones. Drug abuse involving such hard drugs as bhang predisposes people to immorality since they are never in their normal senses. Idleness also makes people to engage in pornography. Lack of proper rules to govern pornographic materials and activities encourages this vice. However, pornography is sometimes fuelled by the desire for pleasure and enjoyment. Many people engage in pornographic acts for the fun of it.

Erotic posters mounted on many advertising bill boards may lead people into such activities. Where there is poor parenting, children are not guided adequately about sexual immorality. When parents do not check on their children’s sexual behaviour, the children end up indulging in pornography. Another factor is long distance relationships. Married couples who work far away from each other may be forced to engage in pornography to satisfy their sexual desires. People who separate from, or divorce their unfaithful spouses may end up indulging in pornography. Finally, some people engage in the selling and distribution of pornographic materials due to poverty.

Positive effects
Pornography helps people earn a living. People who act in pornographic movies may sell their recorded films and printed magazines, thus earning money to sustain their livelihoods. It may also improve the economy since the pornography industry is taxed by the government, thus earning revenue.

Negative effects
Pornography is addictive. Addicts may waste a lot of time watching pornography, thus interfering with their day-to-day activities. Pornography leads to the spread of HIV/AIDS and other STDs. Most of the people who act in pornographic movies do not know their status and therefore those who are infected may in turn infect others while acting out for the movie. Pornography also leads to social evils like rape and other anti-social attitudes. Male viewers tend to be more aggressive toward women, less responsive to the pain and suffering of rape victims and more willing to accept various myths about rape.

In terms of relationships between couples, pornography leads to sexual dissatisfaction. Couples who watch pornography tend to be disinterested in their partners, since they watch new styles daily. It encourages intake of sexual steroids to enlarge their organs for better play, thus affecting their fertility. It may also lead to theft, especially since pornographic films are expensive to buy and one may easily be tempted to steal in order to get money to purchase them. Some school children who are influenced into indulging in pornographic activity may end up dropping out of school altogether. Finally, pornography leads to social isolation. People who act in pornographic films may be unacceptable in certain communities, thus experiencing social alienation.

Moral Considerations
Pornography can be compared to a virus that has far reaching detrimental effects that threaten to rip apart the moral fibre of the society. Any form of pornography should be discouraged
among the youth since it leads to immorality. A lot of care should be taken by the couples who use those materials so that the young ones do not come into contact with them. Parental responsibility is therefore very important. Just like poisonous pesticides at home, pornographic materials are also poisonous and should be kept out of the reach of children.

It is important for local and national governments to introduce policies to censor and restrict the distribution of pornographic content. The media, especially television and radio need to refrain from airing sexually explicit content for the public. It is important for the married couples to note that pornography cannot replace the physical presence of their partners whatsoever, and that pornography only results in imagined satisfaction.
MASTURBATION

Definition
Masturbation is derived from two Latin words, manus (hand) and turbare (to disturb). The Greek word mezea (penis) also comes into play. Masturbation is therefore the sexual stimulation of the genitals often to the point of orgasm which is performed manually or by other types of bodily contact except sexual intercourse. It can also be defined as self stimulation to cause sexual excitement by use of objects or tools such as artificial penis, artificial vulva, candles, carrots, test tubes, etc.

Introduction
While masturbation is the medical term for this practice, many other terms and expressions are commonly used. The term “Onanism” alludes to the Biblical story of Onan. Onanism alludes to the sudden stop of sexual intercourse before ejaculation while auto eroticism is having sex using your own body or mind. Other terms such as “pleasuring oneself”, “winking” “gap” and “jerking off” are also used. Masturbation applies to both males and females.

Types of masturbation
There are three main types of masturbation. Self-masturbation, where an individual stimulates his or her own genitals, manually or by use of other types of bodily contact to the point of orgasm. Male masturbation is done by holding the penis with a loose fist and then moving the hand up and down the shaft until orgasm and ejaculation takes place. Soap, jelly or oil is used as the rubbing compound while others use the hand to fondle their testicles.

Female masturbation includes a woman stroking or rubbing her vulva especially her clitoris with her index finger, middle fingers or artificial appliances. Women also caress their breasts or nipples with the hand. They also stimulate themselves by crossing their legs tight and clinching the muscles in their legs, thereby creating pressure on the genitals. This can potentially be done in public without observers noticing. Methods common to both genders include pressing or rubbing the genital area, either with the fingers or against an object such as a pillow, inserting fingers or an object in the anus (anal masturbation) and stimulating the penis or vulva with electric vibrators, which may also be inserted into the vagina or anus. Members of both sexes may also enjoy touching, rubbing or pinching the nipples or other erogenous zones while masturbating. Both sexes sometimes apply lubricating substances to intensify sensation.

The erogenous zone is an area of the human body that has heightened sensitivity and easily responds to sexual stimulation. There is an individual variation in sensitive areas, but the majority of men and women have common erogenous zones, for instance certain areas of the skin, and the penis in men and clitoris in women. Some people get sexual pleasure by inserting objects into the urethra (the tube through which urine, and in men, semen flows). Other objects such as ball point pens and thermometers are sometimes used, although this practice can lead to injury or infection. Some people masturbate by using machines that simulate intercourse. The common positions of masturbation are: standing, squatting, sitting, kneeling and lying face down. One may straddle a pillow edge or the edge of any clothing. Thoughts, fantasies and memories of previous instances of arousal and orgasm can produce sexual excitement.

The second type is mutual masturbation. This is a sexual act in which two or more people stimulate each other sexually, usually with the hands or objects to the extent of reaching
orgasm. Finally, psychic masturbation is the third type. This is stimulation of the external sexual organs to a point of orgasm by sexually stimulating pictures or imaginations.

Causes of masturbation
Loneliness is the prime factor that leads the individual into isolation, fantasy and eventually, masturbation. This is quite common among spouses who live far apart from each other, probably due to work related situations. Some married couples practice masturbation as a form of birth prevention. This means that if a couple does not want to have more children, they resort to masturbation in order to fulfil their sexual desires.

Many young people practice masturbation because they want to retain their virginity. Virginity before marriage is still valued in many cultures and religions, hence young people who experience sexual passions resort to masturbation. In some communities, masturbation is an acceptable practice which is done as a rite of passage from boyhood (childhood) to manhood (adulthood) in preparation for marriage. An example is the Agta tribe in the Philippines where, upon puberty, the young male is paired off with a ‘wise elder’ who uses masturbation to build the young man’s ability to ejaculate. Young people indulge in masturbation out of curiosity, or for self gratification, while others engage in masturbation because they are afraid of contracting HIV/AIDS and other sexually transmitted diseases. Some masturbators engage in this practice as a means of earning a living just like the casual sex workers. Lastly, viewing of pornographic materials agitates the body and can easily lead to masturbation.

Positive effects
In the marriage context, masturbation brings a more harmonious relationship due to the balancing effect in a situation where one partner wants more sexual activity than the other. Masturbation can enhance mature sexual relationships where two partners use it either as a prelude to other activities or as the main fare. It keeps couples going when relationships falter, such as when a partner is ill or away. It is a great equalizer in a relationship where one partner is sexually more active than the other.

It is a great way to deal with insomnia (lack of sleeplessness). According to Alanna Vagianos in her book Masturbate, she gives reason why every woman should masturbate regularly and quotes a 2000 study of US women. Here she affirms that 32% of them said they had masturbated as a way of finding sleep in the past three months. Masturbation that ends in orgasm is a great way to get sleep without pills or television, and it is a great stress reliever. When it is done right, it is all about “your time” and focusing on yourself. It is a great way to break up the stress of a busy life. Particularly when used with sexual fantasy, masturbation can be a great escape. For females, masturbation changes the conditions in the vagina, cervix and uterus in ways that can alter the chances of conception from intercourse depending on the timing. That is, if masturbation is done less than forty-five minutes before intercourse, it increases the chances of the sperm reaching the egg. Female masturbation provides protection against cervical infections by increasing the acidity of the mucus and moving the debris out of the cervix. For the males, it raises their sexual energy levels, restores potency and increases libido, confidence, energy, and stamina. Erections become harder and the penis enlarges.

Negative effects
Frequent masturbation and ejaculation stimulates acetylcholine and parasympathetic nervous functions which disrupt the liver's release of enzymes that synthesize production of sex hormones and neurotransmitters i.e. acetylcholine, dopamine and serotonin. Abundant and unusually large amounts of these hormones and neurotransmitters can cause the brain and
adrenal glands to over react. All behaviours, when over-practised, exaggerated or over depended on, can lead to both psychological and physiological imbalance.

Drastic changes in brain and body chemistry are seen, and the liver’s ability to release enzymes that aid in hormone production is affected. Symptoms such as sexual exhaustion are a result of distressed liver and nervous system functions. This often leads to youthful impotence, erectile dysfunction, soft or weak erection and seminal leakages. While more than 30% of men, according to Dr. Perito in the Journal of Impotence research have experienced impotence at one time or another, impotence in youth is rare and can often be attributed to seminal leakage, where sperm oozes or leaks out of the penis with no accompanying erection. This can be fatal. Both semen leakage and youthful impotence are embarrassing and uncomfortable signs of sexual exhaustion. Semen leakage is a sign that the parasympathetic nerve, which keeps the ejaculation valve shut and holds the erection, is weakening as a result of masturbation. With a weakened nerve, maintaining an erection is problematic. Due to excessive masturbation, the penis becomes weak and it starts to leak semen whenever you think of a woman. If you start copulating with her, you will discharge so quickly that it will not be acceptable to the woman. You will not be able to enjoy your sex life because you would not be able to hold yourself during sex.

But a question arises. How much is too much masturbation? It is suggested that men should keep their ejaculation frequency down to two to three times a week. However, sexual activity can be experienced more often if men learn how to orgasm without ejaculation. Doing so can actually store bio energy into your system and make your penis firmer, erections longer and your ejaculation volume bigger. In fact, most doctors recommend it not only to improve sexual experience but to also promote good general health.

Guilt and shame about masturbation is a negative effect that leads to fear and anxiety in case you think that a close friend or a potential partner might discover your masturbatory habits. Discharge of semen when you think about a girl, reduction in penis size, tampering of the penis at the base, reduced erection size, and worst of all, premature ejaculation makes one feel guilty. This can make one not to satisfy his wife and hence lead to marriage complications or breakdown.

Masturbation affects one's memory and social behaviour because you would tend to be isolated and lonely. Eventually, if you fall into these problems there will be a new kind of world for you. Your world will be full of frustrations. All you will think about is that you are not enough for a girl and you will never have a stable marriage. It also affects your health in that you will be getting weak internally. Your penis becomes narrow at the base, becomes much softer, loses its hardness, its size diminishes, and so does its erection. It is a real handicap for men. The lower back of your body becomes weak. You are not able to stand for a long time since the legs are weakened. There is groin or testicular pain. There is also lower back pain which depends on your position and how long you hold it while masturbating.

Physiologically, masturbation can cause genital infections especially when dirty or contaminated objects are used for the activity. It causes physical injury such as bruises to the genitals if the objects used are rough. It causes people to become preoccupied with sex and can lead them to other sexual violations of morality like fornication, pornography, and adultery. Other negative effects include stinking and producing an infuriating odour, back pain, thinning hair or hair loss, poor vision, and finally pain or cramp in the pelvic cavity or tail bone.
**Moral considerations**

It is important to know that any deliberate use of the sexual faculty for whatever reason outside marriage is contrary to its purpose. Sexual expression between man and woman in marriage is sacred. All other sexual activities frustrate the intention of God in the design of the human body. Though this book addresses masturbation as an emerging issue in our contemporary society which appears to touch on everybody, it is important to contextualize it within the marriage institution. The youthful members of society should only read to further their knowledge and understanding as well as to protect themselves from these egoistic tendencies that could be the basis of their destruction and moral annihilation.

We are all called to chastity. Reading the effects above, you will note that the disadvantages outweigh the advantages, so it is up to the individual to use her/his conscience and construct for themselves good moral standards. Masturbation should be avoided since it still remains a great spiritual and social disorder in any human context. Peer pressure, pornography, as well as places and occasions that can lead one to masturbation should be avoided. It is also not true that masturbation is used to relieve boredom or stress; rather, it is a symptom of a person’s inability to plan his time in a fruitful manner.

Masturbation robs the individual of self respect and inner peace. Young people should practice total abstinence before marriage and remain faithful to one partner after marriage. Those who are already victims of this habit should adopt the following help plan: Reflect upon the meaning of your life, hopes, accomplishments and disappointments; be aware that human beings have the tendency of moving into the pleasant world of fantasy when reality becomes harsh; seek out a trusted professional therapist or cleric with whom you can share your woes openly and trustfully and lastly, try to look for support groups of similar victims who are making efforts to come out of the habit of masturbation.
INCEST

Definition
The etymology of incest is derived from Latin *incest* or *incestum*, which means sexual activity between closely related persons with particular reference to the immediate/nuclear family. Incest is the sexual activity between family members of either sex and age, with or without consent. The word incest was introduced into the English language around 1225AD as a legal term to describe the crime of sex between close relatives. It was also used to describe sexual relations between married persons, one of whom had taken a vow of celibacy [often called spiritual incest]. In old English it was also known as *sibleger*, from *sib*, meaning kinship, and *leger* which means to lie. Incest probation is determined by the society in which the person lives. Some societies consider it to include only those who live in the same household, or those who belong to the same clan or lineage, while other societies consider it to include those related by adoption or marriage. In all, however no single definition of incest is widely accepted as the degree of kinship in which marriage is accepted varies, and so does the age of consent.

Introduction
Incest is one of the commonest of all cultural taboos both in the current world and in many past societies. The type of sexual activity and the nature of the relationship between persons that constitute a breach of law or social taboo vary with culture and jurisdiction e.g. most modern societies have legal or social restrictions on close kinship unions.

Incest is the result of a sexual disorder which is caused by lack of psychosexual development. Sexual fixation at an early developmental stage can affect one’s adult choice of a sexual object. In the traditional African communities, incest was considered a taboo; it was believed that people who did it brought a bad omen to the community and therefore were subject to punishment. Punishment existed in many forms, the most common being eviction from the community where one became an outcast, or paying a heavy fine meant for reconciliation. A cleansing ceremony followed later in order to appease the gods. Africans listed incest as a taboo in order to reduce sexual competition within the nuclear family. This taboo led people to marry out of the immediate family members, thus creating a wider network of interfamillay alliances, and consequently enhancing cooperation, social cohesion and survival. In addition, biologists now believe that mating outside the family is an important way of establishing larger social units and of reducing the danger of inbreeding which causes genetic disorders.

Types of incest
Incest between adults and children is the most reported kind. Incest perpetrated by an adult of either gender against a child is called interfamilial child sexual abuse. Father-daughter and step father-daughter incest is most common. Other reports consist of the sexual relationship between mother or step mother and the son. Emotional incest occurs when a parent relates to a child as a substitute for an adult partner. That child may become emotionally bonded to, and co-dependent with, the parent. Emotional incest usually occurs before physical parent-child incest. Even without physical sexual contact, the consequences of such “bonded” children include a lifetime of partnership difficulties with the father or mother as the case may be.

Sibling versus sibling incest is also considered to be widespread but rarely reported. The most commonly reported form of abusive sibling incest is that between an older brother and a younger sister. Sibling incest is most prevalent in families where one or both parents are often absent or emotionally unavailable, with the abusive siblings using incest as a way to assert their power over a weaker sibling. Many types of sexual contact between children are not
considered harmful or abnormal, but become child-on-child sexual abuse when there is lack of consent, when they are based on coercion, or simply when there is an imbalance of power or knowledge in the relationship.

Incest between consenting adults can include parents and adult offspring, siblings, or cousins who are not coerced or forced in any way. While incest between consenting adults has not been widely reported in the past, internet use has shown that this behaviour does take place, possibly more often than many people realize. Internet chat rooms and topical websites exist and provide support for incestuous couples. Proponents of incest between consenting adults draw clear boundaries between the behaviour of consenting adults and rape, child molestation, and abuse. Consensual mutually desired adult incest is very rare, found almost exclusively between kin who were separated early in life and therefore did not experience early association and the related development of the natural adaptation for incest avoidance. Consensual incest between adults is criminalized in most countries, although it is seen by some as a victimless crime. Often, the taboo against incest is extended to first cousins, but in some societies, marriages between first cousins are not prohibited.

**Causes of incest**

Political, religious or economic reasons for some members of royal families permit them to marry their siblings because they want to preserve their wealth and influence. Some members of royal families do not have frequent social contact with people of a different background. This may limit their interactive circles, hence leading to incest. Curiosity among childhood siblings happens when one or both parents is/are often absent or emotionally unavailable. Disturbed family relationships generate a shift in individual responsibilities and expectations that can lead to incest. Disagreement between the father and mother in having sex may make the father to turn to his elder child for sexual satisfaction. When couples separate for a long time, the one who remains at home might turn to children for sexual gratification.

Lack of proper psychosexual development is another cause. The perpetrator is apparently emotionally sick because he is endlessly attracted to family members. Drug addiction, alcoholism, pornography and lack of severe stringent punishment against the offenders may often contribute to incest. Similarly, due to higher levels of education and technology, customs, taboos and traditions have been watered down, and this has led to intermarriage between cousins.

Some particular religious faiths prohibit their members from marrying members of other religions, race, ethnic background and social class; hence more families may be aware of incest but allow it to continue all the more. Anger and revenge especially when one is affected by venereal diseases or HIV/AIDS may also be another cause. One wants to transmit the virus under all costs so that others too can suffer.

**Positive effects**

Though the royal families want to preserve their wealth and influence by not going out of their family classes, religion and ethnicity, many think that this is an example of extreme materialism which is unrealistic and unwelcome.

**Negative effects**

Mating between close kins is likely to carry forward harmful recessive genes. It produces a higher incidence of genetic defects which increase susceptibility to diseases and higher mortality rates. Secondly, incest between adults and prepubescent children is a form of child
sexual abuse that has been shown to be one of the most extreme causes of childhood trauma. Trauma has serious and long term psychological damage, and its prevalence is difficult to generalize. However, research has estimated 10-15% of the general population as having at least one incest experience, with less than 2% being involved in intercourse or attempting it.

People who were incestuously abused by adults in their childhood often suffer from low self-esteem, difficulties in interpersonal relationships, sexual dysfunction, and are at an extremely high risk of many mental disorders, substance abuse, personality disorders, and complex post-traumatic stress disorders. Incest has serious long term consequences for the child since he feels guilty for participating in it and is afraid of disrupting the family union by revealing the incestuous relationship. This leads to promiscuity, early marriages, prostitution, sexually transmitted diseases, HIV/AIDS and unwanted pregnancies which eventually end up in abortion. In his book *Picking up the Pieces*, Graham Wilmer purports that between 60% and 90% of prostitutes claim to have been sexually abused as children by close relatives. The perpetrators are parents, step parents, extended family members, grandparents, aunts, uncles or surrogate parents.

Incest results in unwanted pregnancies and unwanted babies. In such cases, babies with deformities have been born. In others, normal babies have been born, but they develop serious conditions as they continue to grow and develop.

Incest creates jealousies in the nuclear family because there would be competition with one another for a partner e.g. a father and his son competing for a daughter. This interferes with family cohesion and socialization. Therefore, incest creates ambiguous roles and confusion within the family. For instance, if a child is born from the union of a mother and her son, the child’s father will also be its half brother. This results in feelings of shame, and it is worse when, for instance, it is a known fact that a man impregnated his daughter. Incest causes mistrust among family members and even leads to separation and divorce. Families feel compelled to separate or seek divorce especially from pressure emerging from friends and relatives.

**Moral considerations**

Incest is a crime against the innocence and dignity of children and it should be totally condemned. Since in most cases, adult males are the perpetrators while young children are victims, mothers and women in general have a critical role to play in being watchful over their children. This will help end the habit of men preying on children. Any case of suspicion should be dealt with immediately, and any malpractice reported to the elders or police for action.

Parents and close relatives should be role models and guides towards good moral behaviour. They should respect their children. Though reports on incest have increased in the recent past, many cases go unreported due to the secretive nature of some families who try to hide the resultant shame. Self respect is important and it is good to know that destroying a child’s innocence is morally unforgivable. Finally, even for the consenting adults, sexual closeness brings maladjustment, retardation of mind and health friskiness in general, and therefore the tendency should be avoided.
CONSANGUINITY

Definition
Consanguinity literally means blood relationship or kinship and if you so wish, persons from the same lineage. In that respect consanguinity is the quality of descending from the same ancestor. Consanguinity is understood to be any formal or legal sexual relationship between relatives who are related by blood or have a common ancestor blood relationship. Marriage between close biological kin like cousins who are related through blood is mostly discouraged. Consanguinity is contradistinguished from incest which is secretive and illegal carnal knowledge with the closest members of the nuclear or extended family. Consanguinity is limited to marriage relationships only.

Introduction
There is a worrying trend where marriage relationships between cousins are being witnessed. Marriage between first cousins and even between uncles and nieces are seen to be unethical, cursed and unnatural according to many traditional moral standards. Perhaps this could be attributed to such causes as the fact that a few religions accept marriage between first cousins. Secondly, when migrants move to another country they have to marry from their own family line due to the fact that their own communities are numerically small.

Consanguinity is an important legal concept in that the laws of many jurisdictions consider it as a factor in deciding whether two individuals may be married. In different communities around the world, consanguinity in marriage is governed by moral values, traditions or religious beliefs. Globally, consanguineous marriages are prevalent in the Middle East and Asia where religion is an influencing factor. Marrying one’s child to a family member was often seen as a means of maintaining the wealth of the family and mitigating against the risk of the child marrying into a family which might not be fully familiar. Among some Asian community members, consanguineous marriages are a well accepted social norm irrespective of religion, caste, educational status and economic background. It is important however to note that despite some communities allowing affinity between kindred, all societies have rules and laws that prohibit marriage and sexual relations between certain kinds of kin.

Types of Consanguinity
Consanguinity can be categorized into two. Lineal consanguinity is that relationship which exists among persons in the ascending line, e.g. from the son and the father or grandfather and son, upward in a direct ascending line and between the father and the son or the grandson and son, downwards in direct descending line. Every generation in this direct course makes a degree computing either in the ascending or descending line. This is the natural mode of computing the degree of lineal consanguinity and it has been adopted by civil law.

Collateral consanguinity is the relationship subsisting among persons who descend from the same common ancestor. The mode of computing the degree is first to discover the common ancestor, and beginning with him to reckon in a descending manner up to the present generation. The distance from the ancestor is the degree of kindred subsisting between them, i.e., two brothers are related to each other in the first degree because from the father to each of them is one degree. An uncle and a nephew related to each other is the second degree because the nephew is two degrees distant from the common ancestor, and the rule of computation is extended to the remotest degrees of collateral relationship.
Causes of consanguinity
Strong family traditions of consanguine unions and the need for maintenance of the family structure and property is a major cause. The relationship is said to be durable and stable in comparison to other types of marriages since divorce is unthinkable. Financial advantages relating to dowry or bride wealth payment are exempted, and the cases of marital disagreements between the wife and her in-laws are minimal. There is more female autonomy in comparison to other types of marriages, while male dominance and harassment is as well limited.

How religion views consanguinity
Many religions have quite remarkable differences towards the attitude of close kin marriages. The Orthodox Church prohibits consanguine marriage, while other Christian churches would reluctantly permit, or seek necessary permission to do so. In Hinduism, the Marriage Act of 1955 banned uncle-niece marriages. Aryans of Northern India prohibit marriage between biological kin for approximately seven generations on the male side and five generations on the female side. Dravidian Hindus of South India strongly favour marriage between first cousins. In the state of Andra Pradesh, Kaunatelkie and Tamil Madu, uncle-niece marriages are widely contracted.

Positive Effects:
The promotion of consanguine marriages protecting family wealth improves family ties and seeks to dominate the society. Consanguineous marriages were prevalent among immigrant communities. The advantages for these marriages were that they maintained the identity of the group, its security and protection, and also increased the number of members of the group, thereby avoiding extinction. They maintained wealth and status within the family and prevented maltreatment from in-laws.

Negative Effects
Large proportions of offspring of consanguineous mating of the first degree die or have serious defects by six months of age. In the offspring of first cousin marriages and in other instances of similar or lesser consanguinity, few defective effects have been observed. The recessive gene responsible for transmitting hereditary disorders to the children clearly affects their biological fitness. Consanguine marriages promote genetic disorders which give rise to physical deformities, inborn errors of metabolism, heart disease, mental retardation, blindness, deafness, and prenatal mortality among others. Detrimental health effects associated with consanguinity are caused by the expression of a rare recessive gene inherited from a common ancestor.

Inbreeding is associated with loss of biological fitness, for it increases the level of morbidity and mortality. Consanguinity leads to major problems when attempting to estimate the burden imposed on it due to community-specific patterns of disease. High levels of inbreeding are reported in individuals who have major adult disorders such as cancer, cardiovascular disease and diabetes, which are examples of hereditary disorders. The modest socioeconomic differences between the kinds of people who mate with consanguineous kin
and those who do not may account for some of the increase in disease and mortality that has been ascribed to consanguinity. The death of an infant offspring of consanguineous parents reduces the possibility of economic growth for the next generation.

High rates of consanguine relationships are associated with low levels of education and illiteracy. High fertility rates have been reported among consanguineous couples, perhaps due to their low parental age at marriage, accompanied by minimal usage of reliable methods of contraceptives.

**Moral considerations**

Morality and the culture of a people govern and regulate the nature of consanguine contracts and marriages. It is therefore difficult to give a clear cut judgment on whether or not the above mentioned marriages are either good or bad. As much as consanguineous marriages are beneficial to the family’s integrity, security and identity, it should also be clear that health wise, offspring of consanguineous marriages are at a greater risk of genetic mutations and their related disorders. To limit the effect of inheritable disorders, the consanguineous marriage contract should be discouraged, and improved treatment facilities should be initiated so that the loss of human lives can be minimized. Laws should be enacted to guide on which consanguineous marriage or relationship is acceptable and which is prohibited.
BESTIALITY

Definition
Bestiality is also referred to as zoophilia. The word originates from the Greek terminology *zoo*, meaning animal, and *philia* which means love. Bestiality is therefore the unnatural sexual intercourse between human beings and animals. Individuals involved in such acts are called zoophiles. Human-animal sex is occasionally described as farm sex, dog sex or animal sex.

Introduction
Zoophilia is legal in a few countries but not condoned in most countries in the world today. It is illegal in Africa under the animal abuse laws. The Jewish, Christian and Muslim theologians are categorical in denouncing bestiality. The late and unlamented Iranian Shi Muslim religious leader Ayatollah Khomeini approves sex with animals under certain conditions and I quote him in his book entitled *Tahirir al Vaseleh,*“ a man can have sex with animals such as sheep, cows, camels and so on, but should kill the animal immediately after orgasm and the meat should not be sold to the people in his own village” There are also unsubstantiated references in Hindu scriptures to religious figures engaging in sexual activity with animals. A good example is the sculpture of a man engaging in sex with a horse on the exterior of a Hindu temple in Khajuraho. Zoophilia happens to be legal in Brazil, Mexico, Thailand, Finland, Hungary and Romania. Sexologists classify sex with various animals as follows: dogs (cynophilia), cats (aelurophilia), horses (equinophilia, pigs (porcinophilia), birds (ornithophilia), lizards (herpeophilia), and insects (formicophilia.)

Prominent homosexual activist Kamey found that bestiality is harmless so long as the animal does not mind. Philosopher and animal liberation author Peter Singer argues that zoophilia is not unethical if there is no harm or cruelty to the animal. But this view is not widely shared, with the majority opinion supporting the view that animals, like children are not capable of informed consent. Zoo sexuality argues that human versus animal relationship can go further beyond sexuality and that animals are capable of forming a genuine loving relationship that can last for years, and that it is not functionally different from any other love or sexual relationship. Alfred Charles Kinsey, who is the “father of sexual revolution”, a professor at Indiana University and a famous sexologist, shocked the United States in his book titled “sexual behaviour in the human male” pp75-76 by reporting that 40-60% of rural teenagers who live near livestock farms had sexual experience with an animal at some point in their lives. This is also evident in a book written by June M. Reinisch regarding the ‘Kinsey Institute New Report on Sex’1. Another study on zoophilia done by the Kinsey as reported in an article by a medical journal entitled, “A prevalence study of bestiality (zoophilia) in psychiatric In patients, medical Inpatients, and Psychiatric staff” p.5 shows that psychiatric patients were found to have significant higher rates of reported bestiality than normal persons.

There are those zoophiles whose habit can be called a lifestyle or orientation. The starting age is at or before puberty, around 9-11 years. About half of zoophiles have their first experience of zoo sexual activity between the age of 11 and 14. Kinsley found out that human versus animal intercourse averaged about eight times a week. Zoophiles view animals as having positive traits of honesty and unconditional love which human persons often lack, and also they feel that society’s understanding of non-human sexuality is misinformed. The largest online zoophile community is called beast forum where zoophiles chat with one another.

1 June M. Reinisch (1948), The Kinsey Institute New Report on Sex, Indiana University Press, Indiana: USA
Causes of Bestiality

An Israel born (1962) contemporary sexologist and a sex therapist living now in Bethesda, Maryland, United States by the name of Hani Miletski is quite clear on the causes of bestiality. Her book, ‘Understanding Bestiality & Zoophilia’ published by the Institute for the advanced study of Human Sexuality in 1999, explains that she surveyed 93 zoophiles (82 males and 11 females). 12% of her sample said they engaged in sex with animals because there were no human partners available, while 7% said it was because they were too shy to have sex with humans. For the females, the main reasons for having sex with animals was because they were sexually attracted to the animal (100%), had love and affection for the animal (67%) or because they said the animal wanted sex with them (67%). Most of Hani Miletski’s samples preferred sex with dogs (87% males; 100% females) or horses (81% males; 73% females). Only 8% of males wanted to stop having sex with animals, while none of the females wanted to stop.

Contact with animals is the most significant cause of bestiality. Most rural dwellers engage in this activity, compared to urban dwellers, because rural dwellers are in continuous contact with animals. Sexual excitement in watching animals mate is also influential. Some often view animals as having positive traits of honesty and unconditional love that humans often lack. Curiosity, pornography or sexual novelty among both males and females at puberty stage is another cause.

Social individualism also plays a role. Introvert behaviour, isolation, loneliness, shyness, and independence of thought, are a great handicap in socializing with members of the opposite sex. Due to lack of contact with others who share this attraction, or a belief that they are alone, they consider animals to be real companions. Drug abuse is another cause. Most people who abuse drugs such as bhang, viagra, cocaine, and mandrax end up having sex with animals. Frustrations and unfaithfulness of married couples and denial of conjugal rights may lead to having sex with animals. Finally, the fear of sexually transmitted diseases and HIV/AIDS also influences people to have sex with animals because they think it is much safer.

Positive effects

Some opinions argue that bestiality can lead to a genuine love relationship that can survive for many years. The relationship formed is not different from other love affairs, and that it is more honest and durable.

Negative effects

The biggest difficulty that faces many zoophiles is the inability to accept or open up about their animal relationship and feelings with friends and family. There is fear of rejection or loss of companionship if the habit is known. They also face loneliness and isolation due to lack of contact with others.

In addition, when an animal dies, the zoophiles often feel a big loss especially if they considered the animal as a soul mate, but unfortunately, they cannot express grief or talk about their feelings. They suffer from stress and might even get a depression because they do not talk about their loss openly or seek comfort from friends. The impact of repeated death of animals they consider lifelong soul mates is immense.
On health, there are infections that are transmitted from animals to human persons called zoo noses. Many zoo noses are transferred through casual contact but others are more readily transferable through activities that expose humans to semen, vaginal fluids, urine, saliva, feces, and blood from animals. Examples of zoo noses are brucellosis fever, leptospirosis, and toxacariasis.

Animals are incapable of forming meaningful relationships with humans. This activity is harmful to animals, and humans can damage the animal’s reproductive organs. Animals mate instinctively to produce offspring; hence they are deceived when these activities are performed. Many people are against this kind of sexuality because animals, just like children, are not capable of differentiating right from wrong.

**Moral considerations**

Sex is the bodily union of two people who love each other. It gains respect when it is practised among equals because both have a certain level of reasoning and determination. This is not the case with zoophiles. It is important to note that sex is not an end in itself. Self control is always advocated and it is the measure of one’s maturity. Loneliness and isolation should be avoided at all costs. Socializing with others is highly recommended in order to avoid indulging in bestiality.

Bestiality should be avoided because it does not benefit any party. It is immoral and lethal to most religions of the world. Lastly, bestiality is stressful and shameful and can never be a substitute for conjugal love.
HOMOSEXUALITY

Definition
Homosexuality is, literally, sexual attraction towards people of the same sex or gender. It refers to a romantic attraction primarily and exclusively to members of one’s own sex. As a sexual orientation, it refers to an enduring pattern of, or disposition to experiencing sexual affection or romantic attractions primarily to people of the same sex. It also refers to an individual’s sense of personal and social identity based on those attractions, behaviours expressing them, and membership in a community of others who share them.

Etymologically the word homosexual is a Greek and Latin hybrid, with homos deriving from the Greek word for same. Another word used to refer to homosexuality is Homophilia which refers to same sex love. A person who therefore engages in this activity is referred to as a homosexual. Homosexuality is practised by male and female children and adolescents in all societies, and by some adults in some societies. Homosexual practices can be accidental, secretive, ritualized, institutionalized or maladaptive, and most commonly they take the form of mutual exploration and masturbation acts. Tendencies of homosexuality in adolescence appear because of early sexual maturation, need for sexual gratification, and need for intimacy.

Introduction
In a recent anthropological study, it has been found that in about one third of the seventy six societies investigated, homosexual activity was either totally absent, rare or carried on only in secrecy. In about two thirds of the societies, homosexual activities were practised and integrated into the societies’ way of life. However, among those who studied homosexuality, it is still the accepted belief that there is no age, culture or individual society which has the practices of homosexuality as a major form of sexual outlet. Only in the current scientific age have the first attempts been made at in-depth investigations of the sociological, biological and psychological nature of homosexuality practices. As a result, there now exists more accurate statistical records of the prevalent and specific forms of homosexual practice, and records from cross-cultural studies.

Scientists are not sure how many people are homosexual, but David Spiegelhalter, who is a British statistician and Winston University professor in his book *Sex By Numbers* estimates that 10% of men and women are attracted chiefly to people of the same sexual orientation. There are three phases in a homosexual tendency; the first stage is where the individual comes to the realization that he or she is often aligned to same sex relations. It is often described as an internal coming out.

The second phase involves one’s decision to come out to others e.g. family, friends and colleagues. This occurs with many children at the age of 11 years, but many do not disclose their sexual orientation until the age of forty or beyond. The third phase involves living openly as a homosexual person. Most people often come out in this phase during high school or college age.

Homosexuality has existed in most societies throughout history and therefore the issue should not be handled as a disability or inability. It is upon everyone in the community to give correct advice to the young people on making the right choices in life. It is important to clarify that homosexuality remains a healthy human growth tendency as long as it does not find an exit into real acts of penile penetration or clitoral lubrication. Persons who continue to practise any form of homosexuality past adolescence into adult life are deemed deviant.
Types of homosexuality
Experimental homosexuality refers to the curiosity of young adolescents in school. Variation homosexuality is practised so as to find a new form of orgasmic pleasure and divert from boredom. It is equated to masturbation among adolescents. Those in this category are often thought by the public to be typical homosexuals. Situational homosexual applies to men and women who are isolated for long periods of time from their spouses, for example in cases of being at the battle front or in prison. They eventually resume heterosexual orientation when they are withdrawn from the isolation. Beyond these classifications, there are also pseudo homosexuals, referring to men with strong fears of harboring a latent predisposition towards homosexuality which can be activated and make them homosexual.

Causes of homosexuality
Currently, there is no scientific proof that homosexuality is caused by inborn constitutional, genetic or hormonal factors. The suggestion of some recent investigations that there may be hormonal differences between homosexuals and most heterosexuals has not yet been validated. On the other hand, there is a growing body of scientific literature that documents multiple causes of the varieties of homosexual phenomena. The consensus however is that all forms of homosexuality, whether deemed “normal” or “deviant” by culture are determined by multiple factors in each society in which they occur.

In modern cultures that deem homosexual practices deviant, the religious, medical and psychological practitioners are called upon to counsel and to help persons troubled by their homosexuality. The purpose of such counsel may be either to help such persons modify or alter their homosexuality practices in adult life, or to reassure the pre-adult that his or her homosexual practice falls within the norms of that culture. The major forms of therapy have been directed towards uncovering the nature and the origins of a person’s homosexuality and the reasons for the perpetuation of it. Reconditioning methods are also used so that the erotic behaviour is oriented by forms of positive reinforcement in which the individual is encouraged to interact with the opposite sex socially, emotionally and psychologically.

There are also constitution causes: homosexuality has been considered as a manifestation of endocrine imbalance. Homosexuals are thought to be endowed with too many estrogens (female hormones). This theory has not been universally accepted though. Another theory relates to genetic and chromosomal factors, and states that homosexuals are genetically female. Some studies have shown that some homosexuals are born later than expected, suggesting a chromosomal anomaly.

Another theory relates to parent-son relationships. Sigmund Freud felt that homosexuality was a kind of adaption to an unresolved oedipal conflict. In this case the mother becomes so closely tied to her son in such a way that he cannot possibly get emotionally or sexually interested in other women hence leading to formation of homosexual patterns. Similarly, father-son relationships have also been considered as possible causes. Fathers who are detached, hostile, dominant and ruthless to their polite and seductive wives in front of their sons inflict fear in the boy who now fears his father and fatherhood too. He might end up being a homosexual.

Psychologically, in early adolescence, most individuals have a fairly well defined inner sense of gender orientation. However, the expression of their sexuality is highly influenced by the sexual behaviour that they observe around them, and the opportunities that present themselves. Naturally, throughout normal adolescent development, an individual forms an
increasingly rational response of personal identity. As this sense of self solidifies, patterns of partner choice, sexual behavior, interpersonal commitments, and lifestyle also become more evident.

While biological factors may influence preferences, the social environment largely determines what choices are available. Anthropological studies demonstrate that, in some societies, homosexual behaviour has been an accepted aspect of everyday life, but in other societies, it has been interpreted as deviant behaviour. Overcrowding in dormitories, prisons, and barracks may arouse attraction towards colleagues of the same gender. Other factors such as sexual abuse and traumatic experiences may also contribute to the formation of same sex attraction.

**Moral considerations**

From a moral point of view, homosexuality is a perversion that goes against family values, and it should be discouraged at all costs. It is unnatural and not God-intended. In the famous story of creation, God made man and woman and commissioned them to procreate, fill the world and subdue it. The sacred scriptures give a nod to a man and woman relationship. Leviticus 18:23 affirms, “You shall not lie with a man as with a woman. It is an abomination.” Leviticus 20:13 adds, “If a man has intercourse with am man as with a woman, they both commit an abomination. They shall be put to death. Their blood shall be on their heads.” 1 Corinthians, 5:9-10 states: “do not fool yourselves: those who indulge in homosexuality, adultery, greed, and male prostitutes and drunkards will not have a share in the kingdom.” Romans1:26-27 also states, “Even their women exchanged natural relations for unnatural ones...men committed indecent acts with other men and received in themselves the due penalty for their pervasion.”

Though homosexuality is a perversion and sin, we should try to show concern to those who are affected as human beings and obey the dictum that says, “Hate the sin and love the sinner.”
GAYISM

Definition
Gayism is not only the romantic attraction between two men, but also the entry into a consensual sexual experience with a partner of the same gender. The term is derived from the Biblical story of the destruction of Sodom and Gomorrah and of God’s wrath for presumably widespread gay practices. In effect many modern style guides in the United States of America recommend against using the term homosexual as a noun and advocate for the use of gay for men and lesbian for women.

Introduction
Societal attitudes towards same sex relationships have varied over time and place; some are lenient, while others are ruthless about it and repress it through law enforcement and judicial mechanisms which proscribe it under penalty of death. Other cultures have permitted gays but have not encouraged them. In the last decade there has been a trend towards increased visibility, recognition and legal rights for homosexuality. These legal rights include marriage and civil unions, parenting rights, and equal access to health care. On the contrary, some institutions such as Christianity and Islam see it as a transgression against divine law and a crime against nature. At times gays go ahead and get married. They feel their relationship is as valid as heterosexual relationships. They argue that it is the society’s problem if it cannot accept them. It must be recognized that one cannot lay all the blame on genetics, absence of proper religious upbringing, culture or sexual abuse exclusively.

Positive effects
In the attraction of people of the same gender, one is able to appreciate oneself and others more. It is taken to be part of normal human growth.

Negative effects
The acceptance of deviant sexual relationships and gay marriages are some of the latest advances of the human rights groups. A gay person goes against the moral laws of nature. Gayism is offensive to our African taste and our sense of family values in our basically heterosexual society. Gay marriages have no true parenting. Gay or lesbian marriages never yield a visible offspring. The relationship focuses on companionship but the couple can never parent their own biological children.

Gayism is also guilt-ridden. This group of people knows that the society is against their values and therefore it has a varying degree of animosity towards the society. They face social disapproval and discrimination. Self proclaimed gays do not get jobs easily and those that are already working rarely get promotions, job assignments, or compensation and can easily end up getting fired. Some of them face torture and castration. Most of them are stressed as a result of negative attitudes towards them and they end up committing suicide.

Owing to undue friction, laceration of tissues occur and infections can arise ending up in contracting syphilis, gonorrhea, HIV/AIDS and hepatitis B among other infections. The individuals are publicly ridiculed, beaten and incriminated by other people, and they are seen as social misfits. For example, a former Kenyan president asserted that there is no African word for gayism, and neither do we have space or time for gay or lesbian behaviour. Although elements of gayism exist, most of the culprits keep it secret for fear of social sanctions or rejection by their families. Two male teenagers were hanged by their families in an Asian country because they were allegedly caught having sex with each another. 

(For moral considerations here, see homosexuality and lesbianism).
LESBIANISM

Definition
Lesbianism is an act in which a female has sex with another female. Lesbianism therefore involves a sexual relationship between a female and a female. With two obvious exceptions, penile-vaginal penetration and cunnilingus, the behaviours involved in female sexual contacts closely resemble those that occur between heterosexuals. Women with extensive commitments to and experience with lesbian activities commonly engage in highly intimate forms of sexual acts, including manual and oral breast and genital stimulation. Contrary to what many might think, lesbian sexual activities rarely involve vaginal or oral penetrations with penis-like substitutes or dildos. Furthermore, the fact of one woman lying on top of the other and the two thrusting their genitals together like heterosexuals is relatively rare, and this reveals that lesbian activities are not mere imitations of heterosexual behaviour. Some however tend to adopt a sexual pattern that appears to mimic the stereotype of masculine and feminine roles in sexual expression.

A related point worth noting is that women who are involved in these activities more often reach orgasm with mere contacts with the clitoris, labia and pubis than do heterosexually married women during coitus; more so considering the fact that one woman may be more likely to appreciate and understand the erotic preferences and erogenous zones of another woman than is a man.

Introduction
Webster’s Third New International Dictionary Vol. 2 on p.1296 defines lesbianism / sophism / female homosexuality as the quality or state of intense emotional and usually erotic attraction of a woman to another woman. As it was first used in the late 16th century, the word Lesbian was the capitalized adjectival term referring to the Greek island of Lesbos. Its connotation of “female homosexuality” was added in the late 19th century, when an association was made with the tender and often passionate poetry written by Lesbian poet Sappho to and about other women in her female coterie. The recent history of lesbianism has been largely reconstructed by the late 20th-century European and American theorists.

In Kenya, among the most affected are school students. They are introduced into the act by peers and older siblings. Older friends may also be involved with the girls. When a girl is introduced to lesbianism by an older friend, she is more likely to spread it to her other friends. Those girls later join high school and they are likely to carry their practice to college. This is one of the reasons why lesbianism is most common in boarding secondary schools. Other girls join high school very innocently but are lured into this wagon of behaviour either through curiosity or peer pressure. Apart from learning institutions, lesbianism is also rampant in the outside world even among older working class ladies. These ladies may also be married, but they engage themselves in bisexual relationships. Others ‘marry’ their fellow ladies and live together as lesbian couples.

This sub-natural world of lesbians and gays consists of a special language which serves to keep its members’ behaviour secret from outsiders. There are special words for this sexual behaviour while recognition by other lesbians appears to involve particular gestures, walk styles, clothes and a special vocabulary. Most of them have special meeting places where they gather, usually at certain corners, parks and clubs.

Some of the paraphernalia used during lesbianism are hazardous to the health of those who are involved. It can lead to tears and abrasions on the reproductive parts, making them prone
to many forms of infections. The use of instruments such as test tubes, vibrators, sex toys and other artificial gadgets to bring pressure goes against the law of nature. The use of test tubes is most common in high schools and boarding primary schools. It goes without saying that these are not only hazardous to health but also extremely dangerous. The test tubes may contain chemicals on their surfaces, and they are also likely to break. Vibrators have also gained entry into our schools where their owners lease them out at a price to those who are interested. These gadgets are connected to a source of power and used to gain pleasure. One is left to wonder what would happen in case of a short circuit or a power overload. The users of such borrowed equipment are predisposed to many harmful infections.

Like male homosexuals, lesbians are to be found in all educational, occupational, religious, age and race categories, since each individual is driven into lesbianism by different forces. Similarly, like male homosexuals, most lesbians recall feeling emotionally attracted to others of their own sex around the age of puberty. Early emergence of sexual interests among lesbians is also evident in data indicating higher frequencies of masturbation among lesbians than among heterosexuals prior to and during adolescence as well as in adulthood.

Causes of lesbianism
Peer pressure adversely affects our youth today. They engage in lesbianism not because they enjoy it but merely because of pressure from their friends who criticize them. As a result they feel inferior and side-lined. Moreover, due to criticism and the urge to remain within the group, they end up engaging in lesbianism.

Flattering may induce an individual into lesbianism. Here, an individual succumbs to flattering terms used upon him or her such as ‘you are beautiful, sexy, or appealing.’ This will push an individual especially a young girl to engage in lesbianism as a way of consoling herself. Some women engage in lesbianism due to frustration, heartbreaks or failed relationships with members of the opposite sex. When a girl or lady is frustrated and is faced with economic constraints, she may opt to engage in prostitution i.e. lesbian prostitution as a way of uplifting her living standards. Lack of sexual satisfaction and prolonged heterosexual frustrations may make a lady to opt to engage in lesbianism as a result of a failed heterosexual relationship and being battered by the husband continuously for failure to satisfy him.

Negative conditioning of heterosexual behaviour may be another cause. A case in point is where a girl is ridiculed, rebuffed and even humiliated in her effort to approach members of the opposite sex. She may easily turn towards lesbianism as a safer source of affection and sexual outlet. Girls who have been raped by their fathers or close relatives find relationships with men either threatening or disgusting and often turn to other girls for the fulfilment of their emotional need for love. Lesbian patterns often develop during adulthood if an individual is placed in a situation where heterosexual behaviour is not possible e.g. prison, boarding schools and army barracks.

Positive effects
The feeling that one has an understanding companion in life is indeed consoling.

Negative effects
Lesbians, like gays have emotional stress that usually accompanies the violation of laws. For example, they usually live in continual fear of detection, stigma, rejection by peers, parents, siblings, and loss of employment and social disgrace. Individuals who engage in lesbianism
suffer from stigma. Societies that do not condone lesbianism brand it immoral and usually talk about ‘these lesbians’ in very crude ways by demonizing them in all aspects. Some lesbians are even regarded as outcasts by their communities. As a result they are chased away from their families and communities for undermining traditional, family and societal values.

When colleagues at work come to the knowledge of your sex orientation, they may create a negative working environment around you. As a result, there is job discrimination, mistreatment, misrepresentation and worse of all, disrespect. Some have even lost their jobs.

Lesbianism promotes homosexual marriages. This is shown by the emergent protests and demonstrations of lesbians to be granted their constitutional rights to marry. Lesbians discourage procreation and child rearing as individuals who engage in it are of the same sex, hence incapable of reproducing sexually. Lesbianism poses the danger of infecting others with HIV/AIDS virus, especially when sharing of sexual dildos takes place.

**Moral considerations**

All perversions that deliberately frustrate the design of the sexual organs as intended or meant by the creator are immoral, unnatural and unacceptable to many. Marriage is not an arbitrary construct which can be redefined simply by those who lay claim to it. It is an honourable state, instituted by God and built on moral, religious, sexual and human realities. It is the institution through which we propagate, nurture, educate and sustain our species. Lesbian or gay marriage devalues marriage as meant by the creator. Granting same-sex couples a license to marry will not create true marriage. No two men or women can become one flesh. Licensing the unnatural does not make it natural. It would be a state sanctioned counterfeit, a shame and a fraud.

The legal union of sexually same couples would shatter the conventional definition of marriage, change the rules which govern behaviour, endorse practices that are completely non ethical according to the tenets of all of the world’s major religions, send conflicting signals about marriage and sexuality, particularly to the young, and obscure marriage’s enormously consequential function of procreation and child rearing. Legalizing lesbian and gay marriage will open the door to all kinds of crazy behaviour. People may even be tempted to marry pets because they too have a legal standing. Any time a lesser thing is made equal to a greater one, the greater is devalued. This kind of marriage will harm the children by denying them the love and nurture of a mother and father.

Guidance and counselling in high schools can be of great benefit to the victims. Forums and Clubs can be established in which women and men are encouraged to speak out and help each other to change. Parents too should engage their children in heart to heart talks so that if such problems are noted early enough, correction may be easy. Brothers and sisters should not be absent in each other’s life and should provide the needed guidance and support.
PREMARITAL SEX (Fornication)

Definition
Premarital sex or fornication is the consensual sexual activity between two people of the opposite sex prior to marriage. It denotes a voluntary sexual practice by young adults between the ages of 15 and 24 years and beyond.

Causes of premarital sex
The fear of losing a friend who could be ideal for a future marriage relationship is one of the causes of premarital sex. Some think that by engaging in fornication, you own the friend partly. One thinks that it is a sure way of restraining a friend from further sexual exploitation by other people.

Peer pressure also occurs when other friends claim to have had the sexual adventure. One feels outdated for being the odd one out and is compelled to enter into the game in order not to be labelled negatively by friends. In most cases, there are very wrong and negative ideas from peers that are meant to induce colleagues to intimacy. For example, some young people will claim that a boy suffers from headache if he stays long without sexual intercourse, that premarital sex helps partners know their fertility levels and how well they are suited for each other before marriage, that pregnancy comes only after several attempts, that sexual intercourse is healthy and expected from all normal persons before marriage, or that a girl will experience pain during her menstrual periods unless she has sexual intercourse with a boy.

In recent times, pornography is easily accessible in books, magazines, videos and the internet. These sex materials stimulate many young girls and boys to quench their curiosity and end up practising what is seen on the screen or printed material. Some cultures advocate that if a young girl is to get married, she must not be a virgin, otherwise she will be said to be antisocial. Nevertheless, most cultural traditions praise the virginity and purity of the girl before marriage. Virginity was so much valued in some traditions that whoever broke it before marriage was to be married by a very old man as a second or third wife. Young men who impregnated girls were subjected to heavy fines as punishment.

Poor parental and teacher guidance on sex education is also to blame. Many parents for example are convinced that giving a child sex education is the same thing as encouraging indulgence in sex. Children have therefore been left alone to pick up all sorts of information and misinformation concerning sex. At the same time, some parents are very strict to their children. Girls might not be allowed to go anywhere unaccompanied or without their parents’ consent. The young adolescents may feel so sheltered and restricted that when they are finally left on their own, they are completely lost. This may happen when they go to boarding schools, colleges or universities where they are far away from parental surveillance. At college they have to survive on their own and make decisions regarding things they have been shielded from facing before. The school system needs a balance in the rules especially those governing interaction between the sexes because it is healthy and indeed part of human growth for boys and girls to desire to mix with each other.

Positive effects
Some traditional societies underscore the importance of sexual contact before marriage as a sign of communal acceptance and preparedness for marriage.
Negative effects
Premarital sex or fornication puts the concerned party at a greater risk of contracting venereal
diseases and the HIV/AIDS virus. Rarely does a premarital sexual relationship endure long
enough to make it to the marriage vows. Young people engaging in these activities will
experience the heart rending emotional upset that comes with breaking up. The result is much
pain, degradation, anger, depression, and loss of self esteem.

The emotional effects of premarital sex may be presented as guilt, embarrassment, distrust,
resentment, lack of respect, individual and family tensions or even suicide. Misunderstanding
between the girl or boy and the parents may arise. It brings hatred and suspicion among
family members i.e. the father might accuse the mother of colluding with the two in their
relationship. Interfamily enmity arises especially when the culprits are familiar to each
another. Lack of acceptance may lead to prostitution or suicide. Unwanted pregnancy results
from this illicit union and if the girl was in school, she will end up dropping out in order to
prepare herself for delivery and nursing of the child. Refusal to take responsibility renders the
other party helpless. Abortion may be resorted to, especially in a situation where the child is
not welcome. This may lead to death, barrenness, or a major ailment.

Moral considerations
Sexual relations call for a permanent contract and are the preserve of married couples.
Married couples are co-creators with God and theirs is a holy mission. Abstinence is the only
way that adolescents and other youngsters should adopt in order to live a life of chastity. Both
Islam and Christianity condemn premarital sex as a social disorder that destroys chastity and
calls it one of the biggest and worst transgressions that young people can do.

Desire for sex is indeed a strong drive, but there is no evidence anywhere showing that
someone died as a result of not having sex; thus men and women can tame their sexual urges
until marriage. There is no need to panic over a future partner. Sex education by parents and
teachers will undoubtedly help a lot in arresting this situation which may be consensual, but
not necessarily licit or legal.

Premarital sex endangers one’s career and prospects for the future. The emergency pills taken
may have lifelong effects. The family planning methods are only meant for the legally
wedded couples and not for youngsters. A girl or a young man who lacks self control over her
sex life is deemed to be immoral. Care should be taken to cultivate one’s good name and
stature.
ADULTERY

Definition
Adultery is, generally, the breaking of the promise of a mutually exclusive and everlasting love. It is voluntary engagement in sexual intercourse with someone else other than one’s marriage partner.

Introduction
Marriage is a contract between two people to live together and be faithful to each other until death. Marriage is a sacred union which joins two people together, and they are supposed to stick to one another for better or for worse. It starts as a high peak of love, trust, commitment and passion for one another. Adultery violates this personal and intimate human contract into which people have already entered. It involves lying and cheating on the part of the partner and this vice is viewed by most ethical systems as morally reprehensible.

Causes of adultery
Some spouses whose working stations are considerably far away or those who spend most of their time at the workplace tend to forget their partners. Loneliness might force the other partner to seek fulfilment of conjugal needs elsewhere. A good example of this is the long distance haulers or drivers who take two to three months away from home due to the nature of their work.

Lack of mutual communication between the two partners brings about accusations and counter accusations, and mutual affection becomes adversely affected. They are no longer certain that they can solve their own problems and they end up looking for other people outside their marriage for help. This may end up worsening the situation.

Lack of sexual satisfaction can cause the dissatisfied partner to move out of marital purity and engage with other people outside marriage. Some elderly men tend to be sexually attracted to young women even when they have wives back at home. Also, when a woman gets pregnant and she is about to give birth, her sexual drive goes down and she is not able to satisfy her husband sexually. After birth it takes time before they can resume their normal sexual life, and during this period, a man may be tempted to commit adultery to satisfy the needs that are not met. However, this varies from couple to couple.

The sickness of one partner is another cause. If one gets bed ridden for a lengthy period, chances are that the other partner may have an affair with an outsider solely for sexual satisfaction. Similarly, a person who often watches pornography may have wild feelings about men or women. This curiosity may end up inciting him/her into an extra marital affair.

Alcoholism diminishes one’s level of reasonableness and self control. This increases his vulnerability to the vice. Alcohol takes away a person’s normal defences against such behaviours. Under the influence of alcohol and drugs, men and women will often behave in ways that would be foreign to their normal conduct.

Financial constraints and poverty in general may compel one to indulge in sex outside marriage as an exchange for employment, promotions, or other related favours. Moral promiscuity and an “I don’t care” attitude in family values contributes adversely to cheating on one’s companion. Peer pressure and the vulgar language of adulterous adventurers during discussions might lure some innocent listeners into an unquenchable curiosity to seek a sexual partner outside marriage. In this technological age, influence by the media cannot be
underestimated. Watching movies and listening to biased radio discussions on general relationships may dupe or prompt one to think that it is common practice to have many sexual partners.

**Positive effects**

There are no positive effects known, though some say it counters boredom.

**Negative effects**

When someone has intercourse outside marriage, it is easier to contract venereal diseases like gonorrhoea, syphilis and even HIV/AIDS. Separation and divorce might come as a result. Gallup, Inc. which is an American based, global performance-management consulting company which is well known for its public opinion polls, reported in 2003 May 5-7 that 17% of marriages are dissolved due to adultery. It occurs because the two partners cannot resolve their marital problems and they become unfaithful to each other despite the vows they made during their marriage consent day. Frequent disagreements between the couples arise, while the love bond decreases and confidence and trust are completely damaged. Some societies punish adulterers by death, heavy fines, or excommunication as a warning to the rest of the people. In others, adulterers are considered an abomination and a curse to the community. Abortion is one of the results of the unwanted baby from an adulterous relationship. This abortion process can even lead to the death of the woman and psychological problems later. Suicide can easily occur after discovering the unworthiness of a supposedly permanent relationship. It is so hurting to discover the insincerity of a trusted partner. The betrayed partner may be depressed and consequently fail to find any sense and purpose in life.

Adultery may lead to murder. When one partner finds out that the other has cheated on him/her, the thing that rings in the mind is revenge. They take the law into their hands and end up committing murder. The killing of suspected wayward lovers is also reported in most cases. Finally, individual dignity and that of the family is at risk. The family is labelled as adulterers and many people would not like to be associated with it.

**Repairing a damaged relationship caused by adultery**

To turn away from adultery, one must stop the affair immediately and deregister all contacts with the other person(s) and focus attention on the partner alone. One should confess his/her mistake and then apologize to the partner. The cheater should also be honest enough to explain to his partner what prompted him to commit adultery so that the situation can be corrected. The forgiving process is at times very demanding, but as long as both are willing to try to rekindle their love and develop passion for one another by forgetting their past, it becomes easier. The society however should set a law that punishes the offender in order to discourage people from interfering with the sacredness of the family institution.

**Moral considerations**

Faithfulness towards the other partner or partners in case of polygamy / polyandry is of paramount importance. Adultery is the ultimate betrayal in marriage and this behaviour endangers the status of the marriage, the other partner as well as the offspring. Couples should try their level best to keep their matrimonial bed holy. Adultery greatly affects marriage by breaking trust and also reduces passion and love for one another. Self respect and the respect of others too is imperative. Self control is crucial irrespective of whether one is near or far from the spouse. Infertility should not be an excuse for betrayal because companionship is a duty towards one another. Finally, it is important to note that an irregular
emotional or physical quest for sexual satisfaction with another person outside the bond of marriage ultimately brings pain and suffering.
RAPE

Definition
Rape is the crime of forcing sexual intercourse upon a person against their will. It is sexual intercourse that is obtained by use of force, coercion, intimidation of any kind, or threats, and it includes penetration in the vagina and the anus of either men or women. It is sexual penetration of one person by another person without the consent of the victim. Women or men may be the victims of rape. Rape is closely related to sexual assault. Some jurisdictions define rape in such a way as to cover only acts involving penile penetration in the vagina, and treat all other types of non-consensual sexual activity as sexual assault. Some jurisdictions also consider rape to include the use of the sexual organs of one or both of the parties, such as copulation and masturbation. The victim does not have to be penetrated to be raped; the perpetrator can use objects or hands to stimulate the genitals, or he can use drugs including alcohol to incapacitate the victim.

In any allegation of rape, the absence of consent for sexual intercourse on the part of the victim is critical. Consent need not be expressed; it may be implied from the context and from the relationship of the parties, so the absence of objection does not of itself constitute consent. Duress in which the victim may be subjected to or threatened by overwhelming force or violence may result in absence of objection to sexual intercourse, and this leads to the presumption of lack of consent. The international criminal tribunal for Rwanda in its landmark 1998 judgment used a definition of rape which did not use the word “consent,” i.e. a physical invasion of a sexual nature committed on a person under circumstances which are coercive.

Introduction
When rape has taken place, the victim should be rushed to hospital instantly, and refrain from taking a shower. Antiretroviral drugs (ARV) should be administered to the victim immediately in order to prevent any infection, and thirdly, the victim should seek guidance and counselling sessions for mental cure if possible.

Since the vast majority of rapes are committed by persons known to the victim, the investigation depends much on the victim’s willingness and ability to report and describe the rape. Biological evidence such as semen, blood, vaginal secretions, saliva, and vaginal epithelial cells may be identified and genetically typed by a crime lab. The information derived from the analysis can often help determine whether sexual contact occurred and also provide information regarding the circumstances of the incident. It has been noted, however, that rape is considered the most under-reported violent crime according to a recent report by the American Medical Association.

Rape culture is a term used within gender studies where rape is common and in which prevalent attitudes, norms practices and media condone, normalize, excuse or tolerate sexual assault. There are jokes that foster disrespect for women and accompanying disregard for their well being which ultimately make their rape and abuse seem “acceptable.” In most cases, the victim is blamed for rape, especially by claiming that she or he “asked for it”.

Types of rape
Statutory rape happens when the victim lacks valid consent or lacks an actual capacity to give consent as in the case of a child, one having a mental impairment or developmental disability. The law would invalidate consent in the case of sexual intercourse with a person below the age at which they can legally consent to such relations. Gang rape is predominantly
committed by young men. Sexually aggressive behaviour among young men has been linked to gang membership and having delinquent peers. Gang rape is often viewed by men as legitimate in that it is seen to discourage or punish perceived immoral behaviour among women such as wearing short and transparent dresses or frequenting bars or brothels. In some countries, women can be punished publicly by a gang, often sanctioned by elders.

Other types of rape are generally categorized by references to the contexts under which they occur, the sex or characteristics of the victim, as well as the sex and characteristics of the perpetrator. Different types therefore include and are not limited to date rape, marital rape, incest rape, child sexual abuse, prison rape and war rape.

**Major types of rapists**

There are three types of rapists i.e. exploitative, compensatory, and sadistic. Exploitative rapists take rape as a spur of the moment event and view the victim purely as an object for sexual gratification. They interpret women’s resistance as a sexual manoeuvre, heightening their arousal. This rapist pays no attention to what the victim says but does not seem to be employing gratuitous violence. Women can divert the man by asking him questions about him, breaking the tension and ultimately derailing the rape.

Compensatory rapists are those who feel acutely inadequate as men and who are obsessed by sexual fantasies. The victim should talk to the rapist if possible and keep conversation ‘real’. Active resistance such as yelling for help or any other nature of resistance can help. Sadistic rapists are perhaps the most dangerous because the assault is premeditated and it involves enacting a compulsive ritualized fantasy and making bizarre sexual demands. Women feign participation and at critical moments adult males make a surprise, attacking genital or facial areas as viciously as possible and fleeing. Resistance may be fatal in this case.

**Causes of rape**

There is no single theory that conclusively explains the cause for rape; however several factors can be proposed, and some may be subject to debate. Wrong attitudes and beliefs that women are objects of sexual satisfaction is a factor here. The belief that their duty is to satisfy men sexually and raise children may contribute to rape. Similarly, any behaviour arising from social conditions that provide opportunities and support for abuse of women may lead to rape.

The dressing mode of women can induce men to rape. Transparent, short and tight clothing adopted by a few could result to incitement. Anger is another cause. It can arise from a desire for revenge after having contracted a venereal disease, AIDS, or even as a result of a failed or betrayed sexual relationship. Alcohol and drug consumption plays a distinctive role in rape as well in all sorts of sexual assault. Alcohol clouds judgment and impairs the ability to interpret cues. Research on the social anthropology of alcohol consumption suggests that connections between sexual violence and drunkenness are socially learnt rather than universal, because rarely are drunkards held accountable for their anti-social behaviour. Pornography may also contribute to this in that it augments the sexual fantasies in one’s mind.

Poor parenting leads to child molestation. Parents are supposed to offer protection to children and accord them a good environment for moral growth. They should try to understand the morality of the people who are within the reach of their children. Lenient legal systems of punishment for rape offenders contribute immensely to this menace. Sometimes, people are unwilling to testify in court about the ordeal. In effect, some rape victims prefer to keep silent.
due to the foreseeable shame. In some countries, the law appears to protect the accused in that men cannot be convicted solely on the testimony of the alleged victim without corroborative evidence. Proof of penetration, proof of the identity of the assailant, and proof that the act occurred without consent is required. This makes it difficult to pursue a case in court, thereby giving the culprits a lee way for their immoral behaviour. In this regard the law should be revised and governments be advised to administer severe punishment to perpetrators of this crime.

Positive effects
Rape has no known positive effect.

Negative effects
Rape is painful and inhuman and a lot of suffering is experienced prior to and after rape. Infection with sexually transmitted diseases including HIV/AIDS is a potential risk. Rape leaves physical marks that can never be erased. Scars are always constant reminders of the inhumane experience. The worst of all are the non visible psychological and health effects which include: Loss of self esteem, depression, anxiety, panic attack, sleeplessness, nightmares, feeling betrayed, a feeling of powerlessness, overall loss of trust in people, traumatic stress, suicidal thoughts and attempts, as well as shame and guilt.

Victims of rape can be severely traumatized by the assault and may be affected by disruption of concentration, sleeping patterns and eating habits. They may have intense and unpredictable emotions when they are dealing with the memories of the event. This may even prevent the victim from revealing the ordeal to friends or family or seeking police or medical assistance. Rape may lead to loss of virginity and dignity in the victim’s life. Rape robs one of their innocence and sanctity. This defilement may result into unwanted pregnancy and consequently, to abortion. Rape leads to the breakdown of healthy sexual relations and may result in separation or divorce especially when the other spouse is unable to put up with the shame or fear of contracting venereal diseases.

Hints on what to do after rape
Do not blame yourself for what has happened to you; it is not your fault. Avoid washing yourself, cleaning the genital area, taking a shower / bathing before you visit a hospital to get examined by a medical doctor. Do not brush your teeth or rinse your mouth before the medical examination at the hospital. Change your clothes including the underwear. Carry the soiled ones with you to the hospital for forensic evidence collection. Avoid destroying or washing your clothing. Wrap them in a newspaper or brown paper and give it to the doctor (do not put them in a plastic bag because the forensic evidence can be easily erased or distorted). Do not urinate or pass stool before medical examination at the hospital. Also, do not cut nails, or comb your hair or apply any make up before medical examination. Avoid tampering with or rearranging the scene where the incident happened for the scene is important for evidence collection. Finally do not fail to report to the police; rape is a crime.

Moral considerations
The crime of sexual violence against the will of the individual affects not only the individual person, but also the family and society at large. Recovery from rape is a complicated process and the society should be enjoined in it, by proposing severe and deterrent measures and punishment to the perpetrators who steal other people’s innocence, pride, and dignity.
“Cooperation” means complicity and consent. If this happens, the victim becomes morally guilty just like the perpetrator. Culpability depends on the degree of protest made though if there is a notable danger to one’s life, patience is advisable. Rape is a crime and must be reported to the police immediately. Deliberate delay or not reporting the incident to the hospital or police amounts to being an accomplice in the act, and therefore, the victim is equally morally guilty of the same vice.

Children should be put under proper care, and they should be well monitored. Extra care and vigilance on family, friends and close relatives should be emphasized because more often than not, the perpetrators of this vice are usually well known to the victims. Good moral standards call for care in the way we dress ourselves, and the circumstances under which we operate in order not to lure others into this vice. It is always good to avoid using dark alleys at night, over drinking, moving around late at night, reading pornographic materials, using drugs and befriending strangers.

Finally, cultural practices and beliefs should not obscure us from preventing the suffering that comes with this horrible abuse. The days when women were viewed as men’s property and objects of sexual satisfaction are long gone. Male chauvinism and patriarchy have no place in the modern world where recognition of human rights for all is paramount.
SEXUAL HARASSMENT

Definition
This is a behaviour that constitutes unwelcome sexual advances, requests for sexual favour and other mild transgressions and annoyances which are sexual in nature. The harasser could be anyone such as teacher, friend, co-worker, professor, lecturer or student. The victim does not have to be the person directly harassed but anyone who finds the behaviour offensive and is affected by it. The harasser and the victim can either be a male or a female. It is not necessary that both belong to the opposite sex. For example, a woman can sexually harass another woman. At times the offender may be unaware that his behaviour is offensive.

Introduction
Sexual harassment interferes with an individual’s welfare, academic or work performance since it creates an intimidating, hostile and offensive environment. Sexual harassment does not always lead to sexual intercourse; however, more often than not, a victim may consent or agree to certain conduct and actively participate in it even though it is offensive and objectionable. The following are some examples of intimidation and unwelcome behaviour that may constitute sexual harassment: making sexual comments, jokes, gestures, or commenting about a person’s body or sex life, looking or staring at a person in a sexual manner, touching, grabbing, pinching, or brushing up against someone in a sexual way, flashing or mooning, spreading rumours about a person’s activities or relationships, blocking passage in a sexually suggestive or offensive way, writing sexual messages, love notes or sexual graffiti, pulling clothes down or off or dressing in transparent clothes, calling a person a sexual name, spying on someone or using camera phones to take pictures of someone while he/she is showering or dressing, demands or requests for dates, unwanted emails, letters, or phone calls and forced kissing.

On June 11, 2013, NewsDay Zimbabwe reported of a survey done among female flower farm workers in Naivasha, Kenya, and indicated that 60% had endured sexual harassment. Women claimed that they had been bullied, touched, received unwanted advances, subjected to inappropriate sexual jokes, or received unsolicited sexual messages. The survey noted that some female workers were discriminated against due to their physical appearance. Although most workers reported that they were uncomfortable with the harassment, they said they felt powerless because employers either considered it normal or did not put in sufficient measures to curb the vice.

Types of sexual harassment
Public harassers express their sexiest attitudes towards colleagues openly without caring about the environmental reaction. Private harassers are very careful and do not want to be known by the society, but once they are alone with the victim, their demeanor changes completely. Predatory harassers get sexual thrills from humiliating others. These harassers may become involved in sexual extortion and may frequently harass just to see how targets respond. Those who do not resist may even become targets of rape.

Strategic harassers are perhaps the most common. They engage in harassing or intimidating behaviour as an ego boost, and to show their superiority over others. Strategic territorial harassers seek to maintain privilege in their jobs or physical locations. For example, a man may harass female employees in a predominantly male occupation, or a place of ethnic antagonism. Power-player harassers insist on sexual favours in exchange for benefits they can offer due to their position or power, for example keeping a job, getting good academic grades and other opportunities.
Mother or father figure harassers will try to create a fatherhood or motherhood type of relationship. The main aim is to get into a relationship in order to satisfy their needs. Gang harassers do it because they think it is funny. It occurs when groups of men or women embarrass others with dirty comments, or unisexual attention. Cervical harassers are careful to build up an image so that people would find it hard to believe that they would do anyone any harm. They will plan their appearance carefully and strike privately.

Groper harassers strike whenever the opportunity presents itself. They start by wondering about the coincidence of the meeting and give it a positive and kind analysis. They like to insist on kisses, hugs and sometimes rubbing the buttocks or a woman’s breast, or even a man’s penis. This can possibly happen in an elevator, when working late at the office or during a departmental party. Confidante harassers approach subordinates, students or friends and start sharing information about their own life experience and difficulties, and by way of inventing stories, they win admiration and sympathy. They will also invite subordinates to share theirs so as to make them feel valued and trusted. Soon the relationship intensifies and it becomes difficult to separate. Intellectual harassers are found in educational settings and they will try to use their knowledge and skills as an avenue to gain access to students for sexual purposes. This is by making students participate in studies or group discussions that reveal details about their sexual experiences, preferences and habits.

Causes of sexual harassment
Cultural beliefs in most cases will tolerate sexual harassment because of their dominating stance against women. Some traditions consider a male to be far more superior to a female. Some men were brought up with beliefs like “real men pinch bottoms,” or “girls were made to hug and kiss.” Such attitudes are often taken to school, social places or even workplaces to the annoyance of the victims. In such traditions, women have been brought up to believe that their higher calling is to please men, that popularity with men equals success, or that “real women look sexy.” This dangerous trend can give the wrong impression, for instance, that women invite sexual advances at work. If women see themselves as dependent on, or of lesser value than men, or are unassertive, they find it difficult to handle harassers or to complain. Wife beating may be categorized alongside those traditional beliefs.

Transparent, short and tight dressing styles among today’s young women may be seductive to many and may accelerate sexual harassment. Substance abuse addicts will often fall in the category of harassers and fail to see the demeaning nature of the act. Sexualized environments, like dance or cinema halls, bars, poorly lit streets and halls, and dark alleys tempt the harasser. Pornographic material, vulgar language and explicit sexual talk create an atmosphere that encourages sexual harassment. Low moral standards and sexual permissiveness in society is another cause of sexual harassment. Low conviction rates indicate that most people are still ignorant of their rights to privacy. Most cases go unreported and those who are reported escape with a small fine, or they are released without the option of a fine because of lack of witnesses.

Positive effects
Experience is the best teacher. One may learn from the experience of sexual harassment and end up avoiding future occurrences, and be an example to others on the dangers of sexual harassment. It makes the government set tough laws in order to protect its citizenry from predators.
**Negative effects**

Sexual harassment has been linked to decreased job satisfaction, and can lead to loss of staff and expertise because of resignations to avoid harassment, or because of resignations or firings of alleged harassers. There is increased conflict that leads to problems of cohesion and less success in meeting organizational goals. Ethical standards, and discipline in the organization, school or society is minimized. The staff loses respect and trust for their senior colleagues who indulge in, or turn a blind eye to sexual harassment. Health care costs can increase because of the health consequences of harassment, not to mention the legal costs if a victim files a lawsuit after complaints are ignored or mishandled.

In educational environments where sexual harassment occurs almost on a daily basis, the impact can be similar to that of the workplace. Increased absenteeism by students to avoid harassment as well as increased student turnover may be experienced. Harassment may lead to conflict amongst students and teachers, decreased productivity and performance, and decreased participation in school activities. Loss of trust in the administration due to indifference to sexual harassment within the school compound is inevitable.

Sexual harassment may end up in unwanted pregnancy which can either lead to abortion, early school dropout, divorce or discontent among family members, or loss of career. Other psychological and health effects on someone who has been sexually harassed may include: Depression, nightmares, panic attack, sleeplessness, feeling betrayed, fear for personal safety, shame, anxiety, lack of concentration, fatigue, eating disorders leading to weight loss or gain, indulging in alcoholism and substance abuse. Suicidal thoughts or attempts may also arise. Finally, if you allow sexual harassment to flourish in your workplace, you will pay a high price in terms of poor employee morale, low productivity and possible lawsuits.

**Remedies to sexual harassment**

It is helpful for the victim to directly inform the harasser that the conduct is unwelcome and must stop. The victim should use any employer complaint mechanism or grievance system available to arrest the situation. Preventing andremedying sexual harassment in schools is essential to ensure non discriminatory, safe environments in which students can learn. If sexual harassment is noted therefore, the victim should report the occurrence to the dean of students or the parent and give clear, relevant evidence so that action is taken immediately. A clear and accessible sexual harassment policy must be created. Various avenues should be opened to discuss the policy and institute proper punishment for sexual harassers.

Avoid insecure and risky environments and all other potentially risky situations of sexual harassment. All possible future victims should start training sessions like taekwondo or karate in order to scare away such offenders, and as a means of protection. Severe punishment for male perpetrators will be useful to the society. The most significant response at the workplace for employers is training workers against sexual violence as well as establishment of welfare committees. Programmes that build self awareness, empathy, and communication skills are important because some victims may not be aware that their human rights are being transgressed.

**Moral considerations**

Individual responsibility should not be underrated at all. If you entertain sexual thoughts and consent to sexual harassment, then you are an accomplice and you are guilty of it. If there is no collusion, then you should warn the perpetrator immediately and report him to the relevant authorities if your warning is not heeded to. The authorities should guarantee confidentiality of the matter until all avenues to solve the crisis are attempted. Avoid at all costs occasions
and places which would tolerate or condone this type of harassment i.e. night walk, unlit night zones, overcrowded cinema halls, bars and sexual talk. Dress in a dignified manner, and avoid inciting others to temptation.

In schools the right attitude to sex should be taught thoroughly, and excuses like “that is just an emerging adolescent sexuality,” or “boys will be boys” should be discouraged. Corporations and institutions should depict ethical maturity by drafting a harassment policy document, which incorporates severe and deterrent measures to curb the menace. Civic education on various human rights is crucial. Parents should also mentor their children and encourage them to talk about anything they have seen or experienced. Institutions should partner with community agencies that provide counseling and support for victims of sexual harassment in all its forms. More gender based violence recovery centers within our hospitals should be set up so that immediate attention can be accorded to the victims.
PROSTITUTION

Definition
In general, prostitution is an act of performing sexual activity in exchange for money. Prostitutes could be men, women or children. A prostitute is therefore that individual, whether a man or a woman, who engages in this act. An economist sees prostitution as a price system that allows the relatively free operation of supply and demand in sex services. A Sociologist sees prostitutes as women/men who lack sexual freedom and have turned to prostitution as a profession where they express themselves freely. Culturally, prostitution is used to refer to sex outside marriage. Other terminologies associated with prostitution are harlotry, whoredom, sex worker, escort, street walker or hooker.

Introduction
Those who offer themselves for sex in return for money, promotion, and other goodies are mostly women. Prostitution in some countries is legal in brothels as long as one meets conditions from the health officials and undergoes monthly HIV/AIDS tests. The authorities are in favour of the programme provided it is licensed, and registered by the police and health department. In Netherlands, both prostitution and advertisements are legalized through the internet, specialized magazines, public bathroom stalls, and other media. Prostitutes usually compete for rich customers because they believe in the principle of “the power of money.” Love comes with money, they say. Prostitutes usually have different ways of attracting their customers; some wear provocative dresses and modify their talking and walking style. It is an old profession which is viewed as a great income generating business by participants.

Prostitution could be physical, psychological or emotional. Those addicted to it are unable to give up. One’s self determination and willingness is needed in order to avoid occasions and acquaintances that can lure one into the habit. The youth are the most affected category since they are more exposed to influencing materials, ignorance, pride and pressure from peers. Interestingly, in most developing countries, the act of prostitution is always attributed to females whereas their male partners go unmentioned. The law tends to be unfair in that it only convicts women as having committed illegal acts, and men are left free. However, we should not forget that men are also offering sex for money.

There have been stories of prostitution in almost every culture, and the legalization of prostitution varies from country to country. Prostitution however is handled differently by different entities through prohibition (where acts are forbidden and severely punished), abolition (long term banning), and finally through regulation (where prostitution is seen as necessary, but the state has to regulate its operation.)

Types of prostitution
There are two types of prostitution. The first is forced or coerced prostitution which is involuntary prostitution where there is the performance of the act in exchange for money on a non-voluntary basis. Usually, the highly targeted groups are women and girls who are unable to meet their basic human needs for themselves. Child prostitution falls under this category. It is a form of commercial sex exploitation with no willed consent in which a child performs the services of prostitution for financial benefits. Mostly, a cartel is behind this, and they end up getting more financial benefit than their manipulated victims. The boss here is referred to as Madame or a pimp in case he is a man.
Non-coerced prostitution involves those who, out of their own consent will venture into this activity of prostitution. Nowadays, prostitutes are coming out in the open to defend their rights. What used to be done by prostitutes and gays in the dark alleys some time back has finally come to light.

**Causes of prostitution**

Poverty is one major cause of prostitution. Women who turn to prostitution have financial constraints in meeting their family needs. Some of them are single mothers who are jobless, though others may be married women who need extra money for their personal upkeep. Some married women claim that their husbands do not provide them with sufficient money for use. Single mothers say that it is a job like any other which provides them with funds for educating their children as well as supporting their family needs. Some poor families sell their children into sex work so as to earn money to sustain the family.

However, there are other ladies who do not have children but they are in this practice. They claim that it is an easy way of getting money without working so hard for it. Some say it is the only job opportunity in the market with no academic requirements, no previous job experience and skills, no age limit, and which needs zero capital to start in order to earn a living and get out of poverty. Unemployment is also a major cause of prostitution, and they see it as one way of earning a living.

Sexual greed resulting from lack of sexual satisfaction from a husband or wife is another cause. This results in getting sexual satisfaction elsewhere and may possibly lead to separation of the spouses, and finally to divorce. Lack of parental love is a cause of prostitution in the sense that children who grow up in families which separated at their tender age lack attachment to their parents during adolescence. They resort to looking for love outside, where they find men who appear to “love” them, but only to turn against them later. Some have been deluded by an apparent committed relationship, which later turns sour.

Peer pressure easily influences those people whose ego is not strong enough against prostitution. They are enticed by their peers into a habit that makes them earn a lot of money within a short time without much labour for it. Others are recruited by their friends into the activity gradually without prior knowledge of the outcome. Drug use has become rampant in our society and it is well connected to prostitution. In most cases, shy men and women take drugs so that they can be out of their wits as they approach strange men and women for paid sex. Some substances give them a high urge and raise their sexual desires.

Research shows that females who had a history of sexual abuse adapt a sense of worthlessness and a feeling that they are social misfits. This makes some of them to turn to prostitution because they feel there is practically nobody who can commit them to marriage. There are no feelings of affection whatsoever. Low self esteem confused self image and inferiority complexes lead one to perceive oneself as ugly. The individual then proceeds to join the company of prostitutes where beauty does not count but availability for sex does.

Long separation from the spouse, as experienced by truck drivers, imprisonment, working far away from home, and military deployment in foreign countries may as well prompt one to get into prostitution. So does the desire for revenge and selfishness, which also plays a part in prostitution. Once somebody has realized that a disease like HIV/AIDS has come to them, spreading the virus becomes a way of ensuring that they do not to die alone. Media and pornography are playing a large role in normalizing prostitution by portraying it as a glamorous way to make money quickly and easily. Pornographic materials, though
expensive, are readily available to the youth, and this spoils their minds and gives them the urge to do what they read, see, and listen to, hence leading them to prostitution. This continuous practice can lead to unquenchable lust for sex.

Poor government policies and corruption appear to tolerate or legalize prostitution. The more states regulate prostitution and derive tax revenue from it, the more actively they become part of the demand for victims. Corruption among government officials and police is required for trafficking and exploitation of large numbers of women and children. In transnational sex trafficking operations, collaboration of officials is needed to obtain travel documents and facilities to exit women from the country. Where prostitution is illegal, the operation of brothels requires the collaboration of officials and police, who must make a choice between ignoring or working with pimps and traffickers.

Finally, some cultural practices that accept early marriages and polygamy may be a cause of prostitution. Women in polygamous marriages get less attention from their men and thus are tempted to indulge in prostitution in order to receive that attention and sexual satisfaction. Some of the young girls who are forced to get married to old men of their grandfathers’ age may not get sexual satisfaction and may end up in prostitution to access younger men.

Positive effects
Prostitution is a foreign exchange earner for the countries that have legalized it. Some also claim that their personal and family needs are met through prostitution.

Negative effects
Prostitution exposes the practitioners to sexually transmitted diseases and HIV/AIDS infections. Some customers pay more for unprotected sex hence increasing the risk of infections. There is no faster or more certain way of transmitting sexual diseases and AIDS than prostitution because prostitutes and their clients have many partners (five to ten clients per day), hence the chances of spreading these diseases are multiplied.

Increase in poverty is observed because more resources are used to treat HIV/AIDS victims. The young energetic men and ladies, who are supposed to support the society to high economic gains, die of infectious diseases and thus leave the elderly and very young children languishing in abject poverty. Prostitutes are seen as immoral and social misfits in society since they conduct their evil activities mostly at night and in secrecy. A woman is traumatized if she is called a whore and the reputation of her family is at stake of being isolated. If the habit is unchecked by the family, innocent young children might be affected.

Prostitution leads to the separation of couples and even to divorce, which in turn affects community stability. Prostitution leads to unwanted pregnancies, abortion, infertility and even death. Prostitution causes emotional and health consequences e.g. severe trauma, extreme stress, depression, anxiety, broken bone concussions, and chronic pelvic pain.

Best way to stop prostitution
Stopping prostitution requires the collaboration of the state, churches, non-governmental organizations and individuals. Confronting the causes of prostitution, including unemployment and eradication of poverty, among others, is important. The state should be strict on government policies over sex trafficking and prostitution. The exploiters including traffickers, pimps, brothel owners, organized crime members and corrupt officials should be arrested and made to face the law. Governments should try and create more employment opportunities and also advice and educate people about their right to a decent living.
Society should be educated over the effects of prostitution and sex trafficking. The media too should focus on educative programmes. Those who are willing to be rehabilitated need to get guidance and counselling. Parents should also take time to teach and educate their children on self respect. Church leaders should organize seminars and rallies to educate the masses on the dangers of prostitution. The individuals must make up wise decisions in times of difficulties rather than running away from the reality and falling into the trap. They should not let their peers to influence them negatively.

**Moral considerations**

The many negative effects readily show that prostitution is an immoral, shameful, and risky business which should be avoided at all costs. Neither man nor woman should be the object of bodily satisfaction. Sex is not an end in itself. How you do it, when, where, with who, and why, matters a lot and adds to or diminishes any guilt feelings. Self respect demands faithfulness to one single partner for life. It is dishonour for anyone to offer his/her body for sex in exchange for money. The dignity of women and quest for equality with men is greatly compromised by female prostitution. The general populace is also advised to look for other constructive ways of passing time other than reading pornographic materials or listening to non profitable provocative media shows. Finally, the government has the moral duty to protect the rights of its citizens especially children and vulnerable women from the industries of sex trafficking and brothels.
ABORTION

Definition
Abortion is the termination of pregnancy by the removal or expulsion of a mammalian embryo or foetus from the uterus, resulting in its death. An abortion can occur spontaneously due to complications during pregnancy, or it can be induced. Abortion as a term most commonly refers to the induced removal of a human embryo, while spontaneous abortion is usually referred to as miscarriage. In the medical fraternity, abortion is defined as the termination of a foetus’ life before the sixth month of pregnancy. The World Health Organization defines unsafe abortion as the procedure of terminating a pregnancy in an environment that does not conform to the minimum standards, or if it is done by unskilled persons.

Introduction
A new report by the African Population and Health Research Centre (APHRC) in conjunction with the Ministry of Health estimated that 465,000 abortions were procured in Kenya, and 22 million worldwide in the year 2012 alone. Virtually, all were clandestine and involved unsafe procedures. Three in five married women are procuring abortions, and about half of all patients seeking medical care after unsafe abortions were under 25 years, with 17% aged between 10 and 19 years. The report further says that in Kenya, out of 100, 000 women, 266 die annually from unsafe abortions. Abortion poses a serious problem to the family health care system, and urgent solutions are needed to save women’s lives.

Types of abortion
Spontaneous abortion, also known as miscarriage, is the expulsion of an embryo or foetus due to accidental trauma or natural causes. Most miscarriages are due to incorrect replication of chromosomes and can be caused by environmental factors. Spontaneous abortions occur when an embryo or foetus is lost due to natural causes before the fifth month of gestation. A pregnancy that ends between five and eight months of gestation is known as a premature birth. When a foetus dies after about 5 months, or during delivery, it is termed as a stillborn. Premature births and stillbirths are generally not considered to be miscarriages although the usage of these terms can sometimes overlap.

Most miscarriages occur very early in pregnancy. Between 10% and 50% of pregnancies end in miscarriage, depending upon the age and health of the pregnant woman. In most cases, they occur so early in the pregnancy that the woman is not even aware that she was pregnant. Late miscarriage is defined as any spontaneous end of pregnancy occurring after three months and before the sixth month. Living birth refers to the birth of a living baby. The risk of spontaneous abortion is greater in those with a known history of several spontaneous abortions or an induced abortion, those with systemic diseases, and those over thirty five years of age. Other causes include infection of the woman or foetus, immune response, or a serious systemic disease. Spontaneous abortion can also be caused by accidental trauma, intentional trauma or stress.

Induced abortion
This is a reasoned, intentional, calculated and conspiratorial act to kill the innocent foetus. The mother and the abortionists supposedly think about it more carefully before carrying it out. A pregnancy can be intentionally aborted in many ways. The method that is selected depends chiefly upon the gestational age of the embryo or foetus, in addition to the legality,
regional availability, and doctor-patient preference for specific procedures. The reasons for procuring induced abortions are typically characterized as either therapeutic or elective.

**Therapeutic abortion**

This is performed in order to save the life of the pregnant woman, preserve the woman's physical or mental health, and terminate pregnancy that would result in a child born with a congenital disorder that would be fatal or associated with significant morbidity. Also, it is used in order to reduce the number of foetuses to lessen health risks associated with multiple pregnancies. Any abortion that is not therapeutic is by definition elective. The legality, prevalence, and cultural views on elective or induced abortion vary substantially around the world. In many parts of the world, there is intense public debate over the ethical and legal aspects of abortion. Susheela Singh of Guttmacher Institute, in a Journal of peer reviewed research on *International perspectives in sexual and reproductive Health* noted that the approximate number of induced abortions performed worldwide in 2003 was 42 million, which declined from nearly 46 million in 1995.

A critical victory in the struggle for legalized abortion in the US came in 1973 when the Supreme Court granted women the right to terminate pregnancies. This ruling, known as Roe v. Wade, was generally applauded by pro-choice groups which believe women have the right to make their own decisions about their bodies and should have access to safe and legal abortion. It was bitterly condemned by those opposed to abortion. For these pro-life groups, abortion is a moral and often a religious issue. Elective abortions in Kenya are illegal. It is only a qualified and licensed doctor or a court of law that are allowed to prescribe elective abortion; otherwise they are termed as criminal.

**Induced or elective abortion**

This kind of abortion can either be done using surgical or medical methods. Surgical methods include: Dilation and curettage, dilation and evacuation, hysterectomy, instillation abortion, intact dilation and evacuation, menstrual extraction and vacuum aspiration. Medical methods use medication to induce abortions and include the use of mifepristone, misoprostol and methotrexate. Dilation and curettage is a type of abortion commonly referred to as D and C, and it was first used in the late 19th century. It is used in the first trimester of pregnancy (one to three months) under heavy sedation or general anaesthesia. It involves dilation or opening of the cervix and surgically removing the contents of the uterus. A curette, a metal rod with a handle on one end and a sharp loop on the other is inserted into the uterus through the dilated cervix. The curette is used to gently scrap the lining of the uterus and remove the tissue in the uterus. The use of sharp curette poses a risk which includes uterine perforation, and infection of the uterus or fallopian tube. If the woman has an untreated sexually transmitted disease, severe intrauterine adhesions might increase complications in future pregnancies, such as ectopic pregnancy, abnormal lamentation and miscarriage.

Dilation and evacuation [D and E] is a surgical type of abortion also referred to as dilation and extraction, and it was first used in the 1970s on a foetus with a gestation of three to six months. Apart from abortion, D and E can be used as a therapeutic procedure after miscarriage to prevent infection. Prior to the dilation, the woman is given general anaesthesia. The second step is to remove the foetus. Forceps are inserted into the uterus through the vagina and used to cut the foetus into pieces which are removed one at a time. Lastly, a vacuum aspiration is used to remove and ensure no foetus tissues remain in the uterus, otherwise this can cause serious infections. It is difficult to perform D and E after 5 months of gestational period due to the toughness of foetal tissues.
Intact D and X (IDX) is a surgical type of abortion which is also known as intact dilation and evacuation (intact D and E). It was first used in 1983 and performed at the gestational age of more than 4 months. It involves the dilation of the cervix and removal of an intact foetus. This procedure may also be used to remove a deceased foetus.

Vacuum aspiration or suction aspiration is a surgical type of abortion first used in the mid 20th century and performed at a gestation age of 21 days to 4 months. It is a method of induced abortion as well as a therapeutic procedure used after miscarriage. It uses aspiration to remove the contents of the uterus through the cervix. Suction is created with either an electric pump (electric vacuum aspiration, EVA) or manual pump (manual vacuum aspiration, MVA). The cervix is opened using instruments called dilators or medically induced dilation with drugs. A sterile cannula is inserted into the uterus and attached via tubing to the pump which creates a gentle vacuum which empties the uterine contents. Possible complications may include excessive blood loss, infection, injury to the cervix or uterus and intrauterine adhesions.

Hysterectomy is a surgical type of abortion performed at the gestational age of 3-6 months. In hysterectomy, the uterus is opened through an abdominal incision and the foetus is removed. It is similar to a caesarean section but it requires a small incision. It is performed under general anaesthesia and is only used in rare situations where less invasive procedures have failed or are medically inadvisable. This method poses the greatest risk of complications out of all abortion procedures.

Instilled abortion is a surgical type of abortion which was first used in 1934, and whose usage declined in the 1970s. It was performed at the gestational age of four to six months. The cervix is dilated, and then a chemical solution consisting of saline, urea or prostaglandin is injected through the abdomen into the amniotic sac. The chemical solution induces uterine contractions which expel the foetus. This method has fallen out of favour due to its association with serious adverse effects and its replacement by procedures which require less time and result in less physical discomfort. Intra-uterine solutions cause certain risks like nausea, vomiting and diarrhoea. It requires hospitalization for 12 to 48 hours. Menstrual abortion is a surgical type of abortion first used in 1971 during the first trimester of pregnancy. If it is, it can lead to severe complications like cramps, bleeding and blood dots, infertility or even deadly espies in the event of a puncture in the uterus.

Medical abortion is used in very early pregnancy. The combination of drugs that are given causes the embryo and products of conception to be passed out through the vagina, just like in a natural miscarriage. Mifepristone was first used in 1988 and was initially made available in France and other countries, but a controversy ensued. It is sold under different trade names such as mifegyne and mifeprex. It terminates pregnancy of up from 1.5 to 2 months. A woman takes a dose of mifepristone and follows it up two days later with a second drug misoprostol which induces contraction. Mifepristone blocks uterine absorption of progesterone thereby causing the uterine lining and any fertilized egg to shed. High doses can cause urine to rapture especially in women who have had a caesarean section. Side effects include nausea, vomiting, diarrhoea, abdominal pain and prolonged vaginal bleeding. Methotrexate stops the embryonic or cells from dividing because methotrexate acts more slowly than mifepristone and is the preferred medication for medical abortion. This drug is used for early medical abortion.
History of induced abortion

The practice of abortion dates back to ancient times. The first recorded evidence of induced abortion is from the Egyptian Embers Papyrus in 1550 B.C. A Chinese record documents the number of royal concubines who had abortion in China between the years 500 and 515 B.C. According to Chinese Folklore, the legendary Emperor Shermong prescribed the use of mercury to induce abortion nearly 5000 years ago. Many of the methods employed in early and primitive cultures were non-surgical and included strenuous labour, climbing, padding, weight lifting, use of irritant leaves, fasting, bloodletting, pouring hot water on the abdomen, and lying on a heated coconut shell. In the 18\textsuperscript{th}-19\textsuperscript{th} century various doctors, clerics and social reformers successfully pushed for an all out ban on abortion. In the 20\textsuperscript{th} century various women rights group, doctors and social reformers successfully repealed abortion bans.

Causes of abortion

Unplanned or unwanted pregnancy is likely to end up aborted. It is done by some school, college and university girls, who do not want to expose themselves to shame or want to continue with their education uninterrupted. Some fear that pregnancy will curtail career progression or school work, or they are faced by fear of rejection by the family or social stigma. Pregnancy from rape or incest would most likely lead to abortion. Forcing a mother to give birth to a child she does not want and cannot provide for is unfair.

Prostitution and adultery may lead to abortion. A woman may be worried of her husband’s discovery of the pregnancy. Poverty among families may lead to this phenomenon especially when parents find it difficult to raise and care for other children at home. Teenage mothers or single mothers who fear the responsibilities of bringing up other children belong to this category. Inadequate information on sexuality, stigma and cultural pressure which hinder contraceptive use among women and girls is sometimes to blame.

Confusion from pro-choice group arguments may influence a few people: They insist that there is an absolute right of women over their bodies, and that nobody should be forced to carry a pregnancy against her will. Birth is seen as the beginning of life, and that until the child is actually born, human life does not exist. They argue that abortion leads to controlled population growth, and if contraceptive use is one way of preventing unwanted pregnancies, then abortion is also an alternative. They also argue that no one should be forced to endure unwanted pregnancy, and that abortion is a human choice. Responsibility for the sexual act may also mean the right to terminate a pregnancy.

Peer or boyfriend’s pressure may tempt one to perform an abortion. Young people tend to avoid responsibility and the girls are left alone to carry the burden. Diseases such as toxemia and uncontrolled bleeding from the placenta, fallopian tube pregnancies, malignant diseases and viral diseases in the early months of pregnancies may produce malformed babies. A doctor’s advice is necessary.

Positive effects

Abortion saves the life of a woman whose pregnancy exposes her to a life threatening situation. It preserves the woman’s physical or mental health when the pregnancy is causing a severe physical or psychological danger. Abortion terminates a pregnancy that would result in a child born with a congenital disorder and other abnormalities that would be fatal or associated with significant morbidity. It also selectively reduces the number of foetuses to lessen health risks associated with multiple pregnancies.
Negative effects

Among the many side effects, we have: Acute haematometria (collection of blood in the uterus), uterine perforation from the procedure, infection (sepsis) that can lead to removal of the uterus (hysterectomy), death due to bleeding, and infertility (inability to conceive), as well as chronic and pelvic (hip) pain. Abortion is murder. It leads to feelings of guilt and could even cause depression. It creates bitterness and shame in the family and clan, as some feel let down by their children or grandchildren who are seen to be rebellious to society’s rules. Consequently, there ensues a blame game, guilt and a feeling of social stigma within oneself and in the family too.

Psychological and emotional trauma, emotional pain and inability to sustain an intimate and permanent relationship are obvious results of abortion. Abortion violates the maternal instinct which is an inherent part of personhood. In case the father of the child is involved, the paternal instinct inherent in all men is affected too. Abortion has degraded and undermined children. They are nothing but accessories who are considered precious when convenient and nothing but a parasite when not. It destroys potential life as well as the element of mature responsibility for one’s actions.

Moral considerations

Immanuel Kant, the famous English philosopher asserts that the unborn has inherent worth like any other person and must be treated with the same consideration and respect. Taking the life of the unborn is similar to taking the life of the adult. The morality of abortion depends on the status of the unborn. If the unborn is considered a person, then it has the right to life. Though the foetus cannot live outside the mother’s body and is totally dependent on her, care should be observed for its continued existence. Indeed a child of one or three or even five years of age is absolutely dependent on others’ care for its existence. The unborn is a person and has the right to life. No one should ever agree to a policy that would allow life to be taken away for reasons of personal convenience or happiness.

Abortion is not merely the expelling of the product of conception from the body, but it is the killing of an innocent being. We should therefore remain firm in defending the sanctity of life as well as being healers and protectors of life. Spontaneous abortion may not necessarily be followed by a guilty conscience, but intended or induced abortion may be immoral, especially where the highest good of the life of the innocent foetus was not taken into consideration, or if it was taken for granted. However each case should be handled differently by weighing all the merits and demerits.

Life begins from the moment of conception. Every unborn or innocent foetus must be regarded as a human being with all rights of human persons. Taking responsibility for any sexual encounter between couples means that they should be open to life, and this should be followed by the acceptance of consequences. Being open to life means that procreation is intended and should not be interfered with. Contraceptive procedures can be used effectively if incest and rape cases are reported in time. Women who have undergone the trauma of abortion require a lot of support and counseling. They require love and understanding. The feminist argument advanced by women who claim that they have a right to use their body in any way they want has no moral backing.

Irresponsible sex easily leads to unplanned pregnancies. Advocating for abortion therefore is likely to create a society of immature and irresponsible people who cannot manage their sexual behaviour. In any sexual engagement, a choice must be made because as a moral being, one must be responsible and accountable for each and every bodily encounter. Lastly,
viable alternatives to abortion like adoption and charitable homes for the vulnerable children should be encouraged.
**HIV/AIDS**

**Definition**

Human Immunodeficiency Virus (HIV) is the virus that causes Acquired Immune Deficiency Syndrome (AIDS). The virus is found primarily in the blood, semen and vaginal fluids of an infected person. HIV is spread when one of the body fluids from a HIV positive person gets into the bloodstream of another person who is HIV negative. The word acquired is used because it is a condition one must acquire or get infected with; not something transmitted through genes. The word immune is used since the condition affects the body’s defensive system which fights the germs such as bacteria and viruses. Deficiency implies that it makes the body system deficient and weak. Lastly, the word syndrome is used because someone with AIDS may experience a wide range of different diseases and opportunistic infections. AIDS is the final stage of HIV infection and it occurs when HIV has destroyed vital aspects of the immune system, leaving the body vulnerable to life threatening infections which eventually lead to death.

**Introduction**

The new syndrome was named AIDS by the Centre for Disease Control (CDC) which is based in the United States of America. The causative agent of AIDS was identified in 1982 by Luc Montagnais at the Pasteur Institute and by Robert Gallo at the National Institute of Health. The human immuno-deficiency virus destroys the human immune system, leaving the body defenceless, hence vulnerable to other infections. HIV is a member of a group of viruses called retroviruses, which cause immune deficiency in both animals and humans. Those that affect humans are HIV -1 and HIV -2, the commonest being HIV-2.

When the virus enters the body and gets into the blood stream, it binds itself to specific defence cells known as CD4 lymphocytes and as it enters those cells, it destroys them. When the retrovirus enters the CD4 cell, an enzyme from the virus called reverse transcriptase takes over the cell’s genetic equipment to produce more retroviruses which are released outside the infected cell and goes on to infect other CD4 cells. This process goes over a period of years during which the number of CD4 lymphocytes gradually decreases. Although the body of an infected person struggles to form antibodies against HIV, these antibodies cannot destroy all the viruses because they keep on multiplying, and the body’s defence system is depleted to such a point that it is unable to produce enough antibodies to match the viruses. As the HIV virus multiplies, more immune cells (CD4) are destroyed, interfering with the individual’s immune system. Once the person is infected by many bacteria, viruses and parasites, his or her immune system is no longer able to fight back. These infections are referred to as opportunistic because they take advantage of the opportunity offered by the lowered immunity. A collection of signs and symptoms and other complications arise to form a mega infection which is referred to as AIDS. This occurs when the immune system becomes severely weakened, a process, which might take three to ten years under life threatening conditions.

**Origin of the virus**

AIDS was first recognized as a distinct syndrome in the late 1970s when several young men developed Kaposi’s sarcoma, a rare cancer of the blood vessels. At the same time, several men with homosexual histories appeared who had immune deficiencies, characterized by opportunistic infections, depletion of help cells, and sometime Kaposi’s sarcoma. There is a controversy about the origin of HIV/AIDS. Some scientists have claimed that it originated around 1930 in rural areas of Central Africa, where the virus may have been present for many years in isolated communities. According to this theory (which is contested by African Scientists), the virus spread after war, drought, and famine forced many people from their
rural areas to migrate to cities to find jobs. During this time, the incidence of sexually transmitted infections including HIV originated and accelerated quickly throughout Africa. Others claim that it originated in central Africa where apes which had the HIV virus were eaten by the local people, and as a result, this affected them through the food chain.

AIDS quickly developed into a worldwide epidemic affecting every nation. By 2003 over 40 million adults and 4 million children worldwide were living with HIV infection or AIDS. The World Health Organization (WHO) estimates that from 1981 to the end of 2002, about 20 million people died as a result of AIDS. About 4.5 million of those who died were children under the age of 15. The HIV/AIDS pandemic has changed our world order. In 2008, an estimated 1.9 million people became infected with HIV in sub-Saharan Africa. Women comprise the majority (59%) of those living with HIV/AIDS in the region (Kaiser Foundation, 2008). In Kenya, HIV presence in women of the age range 15 - 49 is 8.7%, while that of men in the same age is 4.6%; almost 2 to 1 (Kenya Demographic, and Health Survey, 2003). Generally however, the HIV prevalence among women in Kenya is 7.7%, compared with 4% among men (Kenya Aids Indicator Survey, 2008). Everyday about 7,000 youth become infected, translating to about 5 per minute. Worldwide, the youth in the age bracket between 15-24 years of age account for about 30% of all persons living with HIV/AIDS.

**Stages of HIV/AIDS**

Stage 1 of HIV/AIDS infection is referred to as the period of acute infection (Acute sero conversion syndrome) when the virus establishes itself in the body. Some researchers use the term Acute HIV infection to describe the period of time between when a person is first infected with HIV and when antibodies against the virus are produced by the body. Usually it takes 6-12 weeks. Stage 2 is called the latent or asymptomatic period (asymptomatic HIV infection). After acute HIV infection, the infection remains latent (in the body) usually for a period of up 10 years. Throughout this period, the person stays infected and infectious but is unlikely to be aware of his / her status unless he/she has been tested for HIV. There are no symptoms which suggest HIV infection during this period. The third and final stage is the period of symptomatic HIV Disease. At this stage, the HIV virus has begun to affect the immune system and individuals develop a variety of indications of ill health.

**Initial disease symptoms**

The initial disease that follows the asymptomatic phase falls into three major classes. An infected individual however may have symptoms from more than one of these classes. The wasting syndrome is where there is unexplained loss in body weight i.e. about 10% of the total body weight. Secondly, the lymphadenopathy syndrome is an acute symptom of HIV infection which consists of lymph gland enlargement. The lymph gland in the head, neck, the armpits and the groin are usually swollen although not painful. In general, signs and symptoms of people with HIV infection include persistent swollen glands, lumps, rashes, sore throat, joint and muscle pain, growths on or under the skin or on the mucous membranes of the eyes, mouth, anus, or nasal passages, persistent yeast infections especially in the vagina, fever and drenching night sweat, dry cough and shortness of breath, persistent diarrhoea, easy bruising and unexplained bleeding, memory loss, loss of balance, tremors or seizures, changes in vision, hearing, taste or smell, difficulty in swallowing, changes in mood, and persistent or recurrent pain in the body.

Finally, there are neurological deficiencies. HIV infection can spread to the brain and either damage the brain directly or lead to the damage of other agents. In addition, other parts of the nervous system can be damaged and cause different neurological symptoms. Neurological
symptoms include dementia. When the brain itself is damaged, difficulty in reasoning and performing mental tasks is notable. About 90% of patients dying of AIDS develop a neuropsychological disorder known as AIDS dementia complex which results from direct infection of the central nervous system by the retrovirus. AIDS dementia is characterized by progressive cognitive, motor and behaviour dysfunction that typically ends in coma and death. There is also spinal cord damage (myclopathy) which results in bodily weakness. In addition, there is the peripheral nerve damage (neuropathy) which causes burning or sting sensations usually in hands and feet.

**Modes of transmission**

**Sexual transmission:** HIV infection is primarily a sexually transmitted infection (STI) because it is mainly transmitted through sexual contact and exposure to infected body fluids e.g. semen and vaginal or cervical secretions. Heterosexuality, which is normally referred to as vaginal intercourse, is an efficient means of virus transmission especially where there is unprotected sexual penetration. Homosexuals’ anal intercourse is an efficient means of transmission due to the presence of both potentially infected semen and small amounts of blood. Oral genital contact carries some risks of transmission, although less than anal or vaginal intercourse. The risk of HIV transmission during oral sex increases if a person has poor oral hygiene, or an oral sore. The presence of tensions or blisters from other sexually transmitted diseases in the genital, anal or oral areas makes it easier for the virus to be passed to another person. Any trauma, tear or irritation of tissue, such as might occur through rough or unwanted intercourse can easily lead to infection.

**Mother to Child transmission:** This is also called vertical transmission which occurs during pregnancy, childbirth or breastfeeding. The risk of a HIV infected mother infecting her infant exists principally either in the uterus or during delivery. About 25-30% of infants born to untreated HIV infected mothers are also infected with the virus. Risks also exist in infected breast milk. Breast milk contains HIV, and while small amounts of breast milk do not pose a significant threat of infection to adults, it is a viable means of transmission to infants.

**Blood transfusion/organ transplantation:** Transmission through blood occurs when a person is transfused with unscreened blood from an infected donor. Organ transplants such as kidneys, cornea, heart etc are potential risks and individuals whose previous behaviour put them at risk of acquiring HIV infection are advised not to donate organs. However, the risk will not disappear completely as the donor may have only recently become infected.

**Direct contact with infected blood:** HIV infection is transmitted by sharing blood contaminated needles, syringes and infected paraphernalia with an already infected person. Needles used to inject drugs including heroin, cocaine and embolic steroids are adversely contaminated by the blood of the user. Care should be taken when indulging in manicure and pedicure, and the sharing of sharp objects such as needles, razors, and skin piercing equipment. Traditional circumcision and other surgical operations pose a risk. Hygienic male circumcision has been supported in many quarters as a way of reducing HIV viral acquisition.

Generally, it is important to note that the following are not associated with HIV transmission: casual contact such as shaking hands, sharing food or eating utensils, social contact such as sharing the same room or transportation facility, and bites by arthropods or insects.
Causes of the spread of HIV/AIDS

HIV spreads easily because most people who have the virus do not know that they are infected. Other contributory factors include stigma about AIDS, silence about sex in our communities, alcohol and substance abuse, delay in seeking STI treatment, especially genital ulcer disease, and prevalence of sexual violence. Others include wife sharing, widow ‘cleansing’, widow inheritance, and the peculiar belief by men that sex with virgins or young girls can “clear” them of the virus. Large numbers of commercial sex workers, large proportions of the adult population with multiple sexual partners and little or no use of contraceptives due to low levels of literacy all add to the problem.

Positive effects

Many people have changed their pervasive and immoral lives after witnessing the devastating effects of this scourge, which is a kind of terminal disease.

Negative effects

As a result of many deaths related to HIV/AIDS, economies are affected. Labour supply reduces and the government income through the tax revenues falls sharply. Labour becomes more expensive and profits fall considerably. HIV/AIDS limits the ability of communities to attract industries that depend on low labour and makes investment in business less desirable. Households reduce expenditure on basic necessities so that they can take care of the infected people. The disease deprives the agricultural sector of farmers, resulting in food insecurity. AIDS weakens economic activity by squeezing production, adding costs, diverting productive resources and depleting skills. The vast majority of people living with HIV/AIDS are in the prime of their working lives, between the production age of 15 and 49, and their mortality and sickness lessens productivity.

Many families will dissolve as the parents die and children are sent to the relatives for care and upbringing. The disease strips families of their assets and income and further impoverishes the already poor. Children are forced to abandon their education because there is no money to cater for their school fees. As women lose their husbands due to HIV/AIDS, they may be forced to get involved in sexual promiscuity in order to access resources to bring up children. The effects on education are many. A decline in school enrolment is one of the visible effects. Children may absent themselves from school to provide care to their parents or family members. Many are unable to afford school fees and related expenses. Infected teachers may take long periods of time off work and affect pupils’ performance due to uncompleted syllabuses. A teacher’s attitude has a lot of impact on the acceptance, rejection or stigmatization of an AIDS orphan in the classroom.

HIV diagnosis can elicit many negative emotions. Emotions may manifest in different ways for different people, but anger is very common. Feelings of frustration, loss of control and being upset about having a disease that has such a social stigma attached to it can come about. Many might feel that life is unfair and ask ‘why me?’ Such anger can easily lead to depression.

Fatigue and tiredness can come from the physical effects of the disease and its medication. This can bring about change on how an individual socializes, performs at his work station and interacts with family members and friends. Fatigue can be physical, psychological or both. Grief, feelings of hopelessness, and withdrawal can be overwhelming. A person infected with HIV may feel guilty about how he might have put himself and others at risk. Some people might feel as if it is a punishment for bad behaviour in the past. They may feel guilty about
depending on others for survival. Finally, fear will be a common phenomenon. Fear of the unknown, fear of rejection and fear of being out of control is bound to come. There is uncertainty about one’s health, medication and the experience one might have in the future. Fear of death and the worry about being able to meet one’s obligations and care of children affects the victims.

Management of HIV/AIDS
There is no known cure for AIDS as yet, and the best available strategy is to concentrate on preventions. The main aim of management is to reduce the suffering caused by HIV infection itself and by the opportunistic diseases. The impact of AIDS in Kenya and the world will be very severe if HIV infection continues at the current high late. Prevention of heterosexual HIV transmission:- Since the major mode of transmission is through heterosexual, homosexual and oral contact, interventions must include the promotion of abstinence from sex by the youth, and faithfulness among fiancées and married couples. Abstinence and faithfulness can be promoted through a combination of mass media, counselling and educational programmes. Faithfulness entails reduction in the number of sexual partners and remaining with one partner. Where people are involved in a long term relationship, both should abstain from any sexual activity with strangers. This is the only sure way of preventing HIV infection.

Promotion of voluntary counselling and testing (VCT) should be encouraged for those who wish to know their HIV status so that they can have a role both in preventing HIV infection, and for those already affected to have an entry point to proper care. Promoting the use and availability of condoms through mass media is important, and so is counselling and educational programmes. There is need to increase the availability of both male and female condoms through an expanded public distribution network.

Promoting the control of other sexually transmitted diseases (STDs) is crucial e.g. syphilis, gonorrhoea and cancroids. Encouraging delayed sexual activity among the adolescents and youth, and promotion of successful programmes among young people would equip them with knowledge, skill and attitudes that will keep them safe from infection before they become sexually active. Children should be protected from those maniacs who wrongly believe that sexual intercourse with children instantly cures them from the ailment. Prevention of mother-to-child transmission can be effected through a comprehensive antenatal care and nutrition programme during pregnancy, including counselling and testing, antiretroviral therapy, and reducing chances of transmission during childbirth and from breastfeeding.

Sterilization of sharp objects such as razors and needles before use is important, as well as minimizing drug toxicity. Removing alcohol and other drugs from sexual activity is another crucial component of safer sex. The use of alcohol and mood interfering drugs may lower inhibitions and affect judgment, making one more likely to engage in unsafe sex. People who inject themselves with drugs should avoid sharing syringes, or anything that might have blood on it. Any injected drug, legal or illegal can be associated with HIV transmission. It is important to note that boiling needles and syringes does not necessarily destroy the HIV virus.

Young people should participate in HIV education programmes. The cornerstone of all efforts to prevent the continued spread of HIV is education in schools, homes, communities and through the media. In the absence of a vaccine against the virus or a cure for the disease, behaviour change is the only defense against HIV. These programmes will give one a chance to practice skills in communication with potential sex partners and negotiate for safe sex.
Education will help to engage people in role playing and building self confidence, and to learn about the usage of condoms. Studies show that education programmes in which students learn from their peers and then try out what they have learned through role playing are more likely to result in real behaviour change.

Early diagnosis of HIV infection is important in order to minimize the impact of the disease medically, psychologically and socially. Drugs now exist that can substantially slow the progress of the virus, fight opportunistic infections and prolong life especially if HIV infection is diagnosed early. The most commonly used blood test for HIV is the HIV antibodies test. This test consists of an initial screening called an Elisa test, and a more specific confirmation test called the western blot. These tests determine whether a person has antibodies of HIV circulating in the blood stream, a sign that the virus is present in the body. If a person is diagnosed as HIV positive, the next step is to determine the current severity of the disease in order to plan appropriate treatment. The status of the immune system can be determined by taking CD4 T- cell measurements every few months. Keeping track of viral load changes will help physicians to evaluate the effects of treatment and can also help predict the likelihood of a long-term survival strategy for the patient.

**Moral considerations**

HIV/AIDS is a type of infection that borders on morality and immorality in the eyes of many people. Others have come out to say that the virus is a Godsend punishment meant to wipe immorality away from the cosmos. The best advice is that people should be vigilant when it comes to sexual activities. We have to distinguish between safe activities i.e. those that eliminate risk, and risk reducing activities i.e. those that decrease risk though without eliminating it. Abstinence amongst the youth and faithfulness among couples eliminates any risk of getting the infection, while contraceptive usage decreases the risk, though it does not eliminate it.

It is no use bluffing off the existence of HIV/AIDS and saying it is a bad omen, since it is a reality. All said and done, one should take responsibility over one’s actions and learn to live positively by accepting his or her condition. Terminal as it might be, one can still find sense and enjoyment in life for life is the greatest gift that one can boast of. Fiancées and the general public should visit the VCT centres so as to know their status. It should however be voluntary, and the consequences of knowing one’s status must be explained beforehand in order to minimize suicidal attempts after testing.

The empowerment of women and girls is important in order to increase their access to improved economic and social resources. The society has a duty towards its members and should educate all towards good morality. Parents, teachers, and religious and political leaders should engage in public health education programmes and educate members of the society about HIV/AIDS, how it is transmitted, and its prevention. This will bring about behaviour change among the citizens.

HIV/AIDS is a human problem, and it is not limited to any one group of people; so we as a society must learn to live with it and love people who are already infected. The traumatized should seek counselling from competent agencies. The inadequacy of the capacity of trained and skilled personnel at community level has resulted in limited programmes for various targeted groups, and the government should do everything possible to better the situation. Special attention should be directed to all informal settlements such as the internally displaced persons (IDPs), refugee camps, ghettos and slums where sexual violence,
paedophilia and loose sexual morals are likely to escalate. Finally, it is advisable that one uses his/her conscience in the administration of contraceptives.

All the above mentioned preventive measures should be taken seriously by those who are not yet infected. Those who are already infected should seek advice from medical experts and trust in God and hope for a longer life. The attitude of it won’t happen to me, is not only pervasive among high school, college and university students, but also among adults and the old. This stands to be a major stumbling block in HIV/AIDS prevention.
EARLY / CHILD MARRIAGES

Definition
Early marriage is a common practice in most parts of the world especially in sub-Saharan Africa and India. It involves the early choice of, and marrying off of a small girl, mostly teenagers, to their respective husbands. For this reason, early marriages are also referred to as child marriages. Early marriages have inflicted dangerous and devastating effects on young girls who are compelled to tie the knot. It is a marital contract between underage girls who have not completed formal education, and adult men, who could belong to their fathers’ or grandfathers’ age. This is a type of marriage carried out by a young girl of less than 18 years of age, intentionally or otherwise, before her physical, physiological and psychological maturity and preparedness to shoulder the responsibilities of marriage and child bearing.

Introduction
Early school dropout may not necessarily lead to early or child marriages. In a recent study done in one of the districts in the country, it was discovered that twenty girls between 9 years and 14 years are forcefully married every year and consequently eight cows given for dowry. The Children Act of 2001 has continued to be ignored, and the practice has continued to thrive mostly among the pastoralist communities. A local daily newspaper surprised many when it asserted that a 6 year old girl was married off to polygamist of 55 years old as a fourth wife (Daily Nation, June 23rd 2013). Throughout the world, the issue of early forced marriages of children is considered to be a violation of basic human rights. It has been estimated that forty nine countries have significant child bride problems. Early marriages represent the most prevalent form of sexual abuse and exploitation of girls. Girls not brides , a global partnership of more than 700 society organizations committed to ending child marriage observed that 36% of women aged 20-24 were married or were in a union before they reached 18 years, and an estimated fourteen million adolescents between 15-18 years give birth each year. In Niger, 77% of 20-24 years old women were married before the age of 18 years. In Bangladesh, this rate was 65%..this partnership noted that India has the highest number of child brides in the world.

Young girls are forced to marry men they have never met before, or men who are much older than them, hence they are denied their rights of choice. Once married, they are responsible for cooking for their husbands, taking care of the house, and giving birth to children while they are still children themselves. Some are forced to drop out of school without enough education to realize their potentials and opportunities for acquiring critical life skills. Apart from basic human rights injustices such as loss of freedom, inability to gain education and health problems, young girls are denied childhood and forced to be adults before they are even adolescents. Most of these girls become widows at a young age and must cope often with domestic violence and sexual abuse, and all this is endured in silence.

Causes of early marriages
Children brought up in poor families find it difficult to live with their families for a long time. Some may choose to reduce the burden to their parents by starting up their own families since there are no resources to support them for education and at times, finding food is also difficult. This lures them to follow a man who might be promising to make life easier in any way.

Pregnancy is another cause. Young people are lured by curiosity and peer pressure to indulge in irresponsible sexual behaviour. At a very tender age the young girls conceive, and boys
become fathers. Due to pressure from parents, these young teenagers opt to marry and struggle to make ends meet. Parental negligence also leads many children into early marriage. Children grow up unaware of the dangers and problems of life since their parents rarely take time to advice them accordingly and therefore end up starting up families without prior knowledge of the significance of the task ahead. Rarely do these types of families succeed since both parents have very little experience of life.

In some communities, the traditional cultures that encourage early marriage still prevail. Parents are the ones who decide when the girls will marry, and who they will marry. This influences the young girls to abandon themselves to the whims of their parents. Culture argues that it is easier for a child bride to adapt to her husband’s house and therefore there are better chances for a happy marriage. It is felt that in early marriage, the girl child is protected from evils such as rape, casual sex and the like. Since chastity is valued in culture, early marriage seems to be a motivating factor. This cultural aspect of the community makes it impossible for the girls to break free from marrying early.

Peer influence also plays a role. At their young age, the youth have friends that they relate with as age mates. Once their age mates get married, the rest may feel that they also should get married, thus several young people at their tender ages get involved in early marriages. The fear of losing a partner in a relationship may drive one into early marriage. A partner may threaten to abandon the other if they do not get married at a particular time. Intimidation by the fiancée, and the fear of losing him or her, and the uncertainty of the future, compels the two to end up marrying at a tender age.

Finally, early marriage is caused by gender bias and lack of education. In most communities, women and girls are viewed as objects and not persons of great worth, and educating them is seen as a waste of both time and resources. Due to this gender inequality, some girls never get a chance to go to school, and if they do, it is only for a very short period of time. As a result, those young girls are still in the dark regarding their freedom as human persons, and they often succumb to early marriage.

Positive effects
The early marriages and therefore early “sending off” to the in-law’s house is read as a benefit because it is easier for the child-bride to adapt to their husband’s house and therefore have better chances of a happy marriage. It is also felt that when a girl is married off early, she would be protected from evils such as rape, casual sex and the like. In Asiatic countries and Africa where chastity is valued above all else, the need to preserve a girl’s purity before marriage is a great motivating factor for early marriage.

Parents may consent to child marriage out of economic considerations. Marriage may be seen as a way to provide male guardianship for their daughter, protect them from sexual assault, avoid pregnancy outside marriage, extend their child bearing years, or ensure obedience to their husbands’ household. Lastly, the parents of the girls who marry early normally receive fewer dowries than when they marry at an older age. In areas where poverty is rampant, this is a matter of survival.

Defenders of early marriage argue that marrying off young girls to older men brings prestige and social acceptance to the family, and also brings financial reward in form of dowry. Since a girl’s social status is usually very low compared to that of males, they are never looked upon as important human beings. Most of them will be willing to get married to older rich
men with high ranks in the social strata, such as chiefs, in order to give them not only prestige and social acceptance, but also respect in the society.

**Negative effects**

In early marriages, some Asian and African Communities subject the girl to marital rape as early as thirteen years old. Since the girl is too young and too uneducated to even know her rights, or what is good for her, she is in no position to make decisions about her life in such things like spacing her babies, food, rest or sexual preference. In most cases she submits herself to whatever her husband and her in-laws decide without any resistance, thus making her early marriage something she has to put up with. It so happens that by the time the girl reaches her twenties, she is already spent and looks forty years of age due to multiple pregnancies, household work and inadequate nutrition which take toll on her. The denial of education to girls limits their opportunities later in life, as well as their bargaining power. The girl is left with no skills, opportunities for employment and self realization.

Health problems experienced by child wives include premature pregnancies, which cause higher rates of maternal and infant mortality. The power imbalance means that young brides are unable to negotiate the contraceptive use, or to put up any protest when their husbands engage in extra-marital sexual relations. Early marriage brings about psychological and reproductive problems for young women, especially those whose reproductive tracts are not fully formed.

Abuse is common in child marriages. In extreme cases, children who refuse to marry or who choose marriage partners against their parents’ wishes are often punished or even killed by their families in the so called “honour killing.” Cross regional evidence shows that when young married females seek fertility regulation services in conservative, high fertility societies, they encounter substantial resistance. Child marriage is a violation of human rights which compromises the development of girls and often results in early pregnancy and social isolation. These young girls face onerous domestic burdens, constrained decision making and reduced life choices. It denies them personal development; hence maturity levels become an issue since a little girl is expected to play the role of a mother. This stresses her up because she is barely an adult herself. Girl children are at a high risk of fistulas. This is an anal and vaginal rapture that occurs during sexual intercourse. Due to these raptures, they risk being infected with sexually transmitted diseases and chronic anaemia.

**Deterrence for early marriages**

The government and civil society institutions should develop and implement systems to prevent and discourage this practice by building a protective environment for children. Child marriages are closely associated with poverty, and so the government should be committed to poverty reduction strategies which are likely to lead to the decrease in child marriages. It needs to establish a legal age of marriage for girls as well as boys and ensure its implementation through legislation and enforcement. Promoting birth and marriage registration will help enforce these laws, attitudes, customs and practices. Though marriage is regarded as a private subject in many cultures, some campaigns should help the traditional communities to radically change some beliefs and behaviours which may be contrary to the constitutional provisions and programmes of national development.

Education is key to helping end the practice of forced early marriages. Education is important for both parents and children since it broadens their horizons and will help convince the parents about the benefits of having their children educated. As the saying goes, when you
educate a woman, you educate a nation. Women should be given a chance to achieve educational goals without discrimination. Equality and access to education is the gateway to freedom from exploitation and discrimination. Children’s life skills and empowerment are crucial particularly for girls in areas which are associated with prejudices linked to child marriages. Married children are generally isolated or removed from their immediate families, taken out of school and denied interaction with their peers and communities. This amounts to denial of the human rights of the victims.

Moral considerations
The fact that the elite in some communities approve of the practice in some areas does not mean that it is morally right. Child marriages are despicable and totally against the human rights laws that protect the girl child. It is inhumane to force young girls to marry men they have never met before or who are much older than them. It is a denial of their right of choice. Unequal partnerships and lack of opportunities for decision making in marriage or even in any relationship is demeaning, unjustifiable and uncalled for. It renders the man in such a relationship heartless and lacking in conscience. Parental surveillance should be increased. Parents should be educated to respect and protect the rights of their little ones to the full, and be clearly advised not to exchange the innocence of the young girls with dowry, money or other tokens. Education for all children should be compulsory, and it should be seen to be followed to the letter. Young girls should be given a chance to achieve educational goals and technical skills in order to be more secure as well as attain moral preparedness for their future responsibilities.
POLYGAMY

Definition
Polygamy is the practice of having more than one marriage partner. In social biology, polygamy is used in a broad sense to mean any form of multiple mating, while in social anthropology, polygamy is the practice of marriage to more than one spouse simultaneously.

Introduction
The family is the most basic of all social institutions. Although the exact form of marriage and family varies by society, families universally provide society not only with a regular input of new members but also as a fundamental agent of socialization. The family is the primary place where society’s age and sex roles are learned and reinforced, and it is the only sure venue of conserving the unity and stability of the society.

Types of Polygamy
Polygyny (polygamy??) is the situation where one man marries more than one wife. In the past, polygyny (polygamy??) seemed to offer the husband increased prestige, economic stability and sexual companionship especially in cultures where pregnancy and lactation dictated abstinence.
Polyandry is the practice where a woman marries more than one man at the same time. It is known as wife sharing. Fraternal polyandry is a form of polyandry which is practised among some nomadic people. It also exists in parts of China where two or more brothers share the same wife. She has equal sexual access to all of them. This is believed to be more likely in societies with scarce environmental resources as it is believed to limit population growth and enhance child survival. A woman can have only a limited number of children in her lifetime, no matter how many husbands she has.

Group marriage is a form of marriage where more than one man and more than one woman form a single family link and all members of the marriage share parental responsibility for any children arising from the marriage. It is a combination of both polygamy and polyandry. Another form of group marriage is when the deceased or departing spouse is replaced by one or more persons so that the family property does not disperse. This is called wife or husband inheritance. Polygamy (polygamy??) refers to an intimate, romantic relationship that involves more than two people with the full knowledge and consent of all partners involved. Bigamy is the act of entering into marriage with another person while still being legally married to another. It is a crime according to the Contract and Marriage Act (Year?), and a person is obliged not to marry again as long as the first marriage continues. Trigamy is a relationship in which someone has three spouses at the same time. Finally, serial monogamy is described as the lifestyle of a person who has repeatedly married and divorced multiple parties.

History of polygamy
Polygamy is considered normal in many parts of Africa. Many African societies saw children as a form of wealth and a gift from God. Many wives and children were a power symbol in the eyes of the society. African societies saw polygamy as part of empire building. Polygamy is still practised in a traditional sense in The Middle East as well as in most African countries today.

Causes of polygamy
In primitive societies, men were mostly busy in hunting and fighting and it was not possible to allow some women to remain unmarried because the rate of mortality was sensationally
high. In the olden days, polygamy was common, and it was believed that the more wives a man had, the more prestigious he was. However, this is highly rejected in the modern days.

Polygamy has continued to thrive as a result of the high-handedness and the domination of men over women, and it is the outcome of the patriarchal system. Man has dominated woman for long; he has ruled over her, and has stipulated laws and customs to his own benefit. Man’s lust for indulgence in sensual pleasure is another cause for polygamy. Man has always had the urge for sexual pleasure and this leads him to marry several wives.

Other causes are geographical in nature. In his book, Montesquieu and the philosophy of Nature, Mark H. Waddicor, quotes him to say that climatic conditions were the main causes of polygamy. They believed that the climate of the East is such that this custom (polygamy) is inevitable there. In the Eastern countries, puberty and old age in females commences earlier, and therefore, a man requires a second and a third wife. They affirmed that one wife cannot satisfy the sexual needs of a man.

Economic causes of polygamy were prevalent in the ancient times, where several wives and a large number of children were regarded as an economic asset. This is so because man extracted work from his wife and children and treated them like slaves, and sometimes he would get money from them. Polygamy was also common among the classes which lived with dignity, the elite and those who had money, such as the kings, chiefs, diviners and merchants. They married many wives because they had vast resources and they were in need of utilizing them. They, however, did not overexploit their wives and children.

Other causes may include barrenness. If a man marries a woman who is barren, he will look for another one who can give him children while he is still married to the other wife. Some people argue that variety is the spice of romance and that lack of sexual satisfaction will make someone to end up marrying another woman or man for more satisfaction. Pregnancy out of wedlock is another cause. If a man impregnates a girl out of wedlock he might be forced by circumstances to marry her even if he had a wife, thus leading to polygamy. Similarly, if a woman gives birth to daughters only, her husband might end up marrying another woman in striving to get sons.

Positive effects

The fact that there is a possibility that a husband can remarry without divorce extends practical security to a woman. Even though the woman loses her looks, she is guaranteed to have her husband’s love and security. Many wives and children reflect the status of the man. Polygamy removes the pressure from a husband to commit adultery, and it also removes damaging deceit from a marriage. This means that when a man is married to many wives, he will not be interested in committing adultery or cheating on the wives since he is getting all he wants from them.

Polygamy gives a woman a chance to have close female friends (co-wives) as well as a husband at the same time. This is however applicable when the wives are in good terms, i.e. if they have mutual understanding where they accept and respect each other. It provides economic potential for adults. When a woman is unemployed, she does not need to worry because she will get married to a certain man and from there she will get some income. This is advantageous to the woman. Many wives help each other in household chores and difficulties, and there is equal distribution of labour. Social security is guaranteed in a homestead where there are many boys. Traditionally, young men were called upon to fight enemies because of their agility and patriotism towards their society.
Negative effects
The fact that different wives from different social, spiritual, and cultural backgrounds are married to the same husband is likely to bring jealousy and rejection between the wives because each one of them is eager to show her superiority over the others. Polygamy does not allow the man adequate time with each of the wives. There is little or no privacy at all since there are so many people around. Role confusion is also observed in a polygamous marriage. Most of the spouses do not know what to do at a particular time. Hence you find that confusion is most common unless the spouses agree and allocate roles among themselves. There is shortage of basic amenities and children might end up getting limited education, being under-fed, not being well clothed, and having poor health. Lack of sexual satisfaction is experienced. It is difficult for a husband of three or four women to satisfy them sexually. Because of this, sexually transmitted diseases including HIV/AIDS may possibly spread due to the unfaithfulness.

Moral considerations
Polygamy should be discouraged at all costs because it all revolves around treating other people as means to an end, and not an end in them. This amounts to manipulation. Using other people for your own good is immoral. Polygamy for example enhances male domination, control and chauvinism and hence defeats the concept of equity in marriage. A man and woman complement one another perfectly according to the divine principle, where one man is meant for one woman. Love is not like a potato which can be divided into five portions or be divided into smaller units. Wife or husband inheritance, and having multiple lovers add to the risk of contracting incurable diseases like AIDS, due to the challenges of unfaithfulness. If women are going to win the battle for equality with men, polygamy will be a big hindrance, because in effect, how can three or four women be equated with one man?
MIXED MARRIAGES

Definition
Marriage is the sexual relationship between a man and a woman who have made a legal agreement to live together permanently. The purpose of marriage is companionship, procreation and the upbringing of children. The two become husband and wife, which is the basis of family life. Mixed marriage in Latin means *matrimonia mixta*. Mixed marriages refer to intermarriages between persons of different religions, race, ethnic group, social class, country, cultures, and continents. Other words for mixed marriage are cultural marriage and intermarriage. Culture is the whole complex of customs, values, norms, behaviour patterns, belief systems, art, language, dress etc as experienced by man as a member of society.

Introduction
A mixed marriage results in a situation where people from different places of origin and with different cultures meet, fall for each other and finally marry. The couple may come from different family backgrounds, for instance rich and poor, or even white and black. Here, their status is ignored because they already love one another. A mixed marriage is based on loving one another and getting married despite where a person comes from.

Causes of mixed marriages
Mixed marriages have become prevalent on account of urbanization and rapid strides in communication technology. The movement from villages to towns and cities causes people to interact across cultural backgrounds and ethnic groups. The common experience of being in a foreign country leads people to love each other and finally to marriage. When young people studying in a foreign country experience similar challenges or successes of adaptation to the foreign culture, they will hardly realize that they belong to different tribes; they may possibly end up marrying.

When a stranger from one country visits or lives in another country for purposes of education, work, or as a refugee, chances are that he/she might be attracted to a person from the host country and consequently end up intermarrying. International traders and business travellers are used to living within many different cultures and a person might marry someone who has shared experiences of living within different cultures, or areas (arid or semi-arid) regardless of citizenship. Religious and missionary outreach groups especially evangelicals and internationals are intercultural. Most marry persons of the same faith, though from different ethnic or racial backgrounds.

Positive effects
The biggest advantage of intermarriage between different cultures is the introduction of new ways of thinking and looking at things. This new culture brings a lot of development to the community. This leads to interactions of new things especially fashions of dress, arts, language and symbols. It increases peace, security and harmony among people. Intermarriages create good relationships between families, communities and countries. A country where people do not strictly interact either in this form of marriage or any other way may harbour a lot of hatred, tribalism, and even tribal wars. It is difficult to fight against a community where your sons and daughters are married or where your sister or brother is residing.

Intermarriage leads to understanding among people of different religions, ethnic and cultural backgrounds. It is a possible solution to ethnic animosity. Through this tremendous learning experience, one gets to know more about different views on things like religion, race and
culture, which makes one to be able to respect people for who they are. Mixed marriages are an indicator of the openness of any society. It shows the degree to which people from different social groups intermingle and tolerate one another. Intermarriage also provides opportunities for gaining economic and social status when one marries an individual of a higher social status than oneself. People who marry foreigners also acquire new citizenship.

**Negative effects**
Divorce may result from suspicion and negativity arising from the new found relationship. The situation is complicated further if the in-laws, relatives and mutual friends do not support the marriage. Open discrimination when living in a culturally or racially prejudiced society is sometimes experienced. Children suffer even more as they are not accepted by either culture and they are constantly reminded of this reality. Some are treated cruelly and even attacked physically by in-laws, neighbours and even strangers. In some instances, one is considered an outcast who is not loyal to the original cultural outfit. Conflicts can arise if something is forbidden in one culture or religion and not the other thus adding strain to relationships. There is a big temptation to marry for convenience, and this is purely egoistic because one wants to use the other as a conduit for personal success, for example in the acquisition of citizenship. Mixed marriages may sometimes end up eroding cultures which otherwise would be useful to the community as a whole. Some new cultures which are introduced could be bad for the society and may cause more harm than good, for instance when people interact, a person may have diseases which are inherited from the family of origin and these could be passed to the newly acquired family.

**Moral considerations**
There is nothing wrong with mixed marriages, provided one is prudently aware of what awaits him or her on the other side. If a Christian is to marry a Hindu for example, one should know what that entails in advance. All forms of disagreement among cultures must be studied carefully and eventually resolved. The parties involved should seek for proper advice from friends, villagers and elders, etc, before committing themselves to a lifelong relationship with a stranger. They should try to understand their partners at length and have a certain conscience over the whole issue. They should not be carried away by emotions, because this may lead to regret in future. Lastly, love should be the basis of all genuine marriage commitments.
DIVORCE

Definition
Divorce is complete separation or pulling apart of a lawfully married couple and it marks the end or death of the sexual relationship of legally wed couples. There is no easy way to face that death except to allow the divorcees a period of mourning. Divorce is also called total separation because it starts with a formal or non formal agreement by a husband and wife to live apart. The time of separation can be equated with a period when one is on a sick or hospital bed recuperating. Two things are bound to happen: you can either succumb to the injuries or survive and live to tell the story. Figuratively therefore, divorce is experienced when a former legal relationship between husband and wife succumbs to injury and officially dies, and it is declared so by a court of law.

Introduction
Temporary separation between husband and wife is more common than divorce. This may be caused by a misunderstanding between the two, between the wife and the relatives of the husband, between relatives, between co-wives, or other kinds of tensions in the family. During such a time they cooperate with one another minimally, use contraceptives during sexual encounters or have no mutual sexual encounters at all, tolerate one another and simply co-exist in the same house. There are a number of reasons why they may wish to stay together in the same house. First, they may do it for the sake of the children. Secondly, they may fear “losing face” in the neighbourhood or among relatives. Thirdly, the husband / wife status in their occupations may be at stake. Lastly, they may fear their religion if it outrightly denounces any form of divorce. The process of most divorce battles entails emotional divorce, physical divorce, and finally legal divorce. Husband and wife may have been divorced emotionally for a number of years before anything further occurs. Divorce rates are higher in European and American countries where individual freedom is given a higher notch, than in Asian or African ones, where families and social opinions assume an irrevocably high status.

Causes of divorce
There are many different and complex causes and reasons for divorce, each of them specific to that particular couple’s marital relationship, their individual experiences and personal problems. None of them may seem common to the people going through a divorce, but many of the reasons recur enough to warrant the term. The following are some reasons why people divorce:

Divorce may result from lack of commitment to marriage rights, duties as well as privileges. Mature couples are required to know of this expectation. Lack of communication between spouses is one of the leading causes of divorce. A marriage is on the rocks when the lines of communication fail. You cannot have an effective relationship if both of you do not discuss your feelings, and if you do not talk about your mutual or personal issues. Likes and dislikes continue in marriage life, and it is good to talk about them in order to avoid guess work when you are just next to one another. Divorce eventually happens because people rarely discuss their expectations of marriage in detail prior to their wedding, and when they are less willing to work at their marriages afterwards.

Infidelity is another cause of divorce. Unfaithfulness by one or both marriage partners through adultery is a betrayal of trust. It is a broken promise which leads to a broken heart and consequently to a broken home. The likelihood of adultery during marriage has increased because of the changing attitudes about sex before marriage in the West. Since the attitudes
are being adopted more and more in Africa through the influence of western media and technology, divorce rates are also rising in Africa in both rural and urban areas. Faithfulness however should be safeguarded.

Immaturity is another main cause. People who get married between twenty three to twenty seven years of age are more likely to stay together than people who get married in their teens. Teen marriages are mostly emotional, and based on infatuation, and are not based on long term perspectives. The Hollywood myth is another main cause of divorce. It is based on the artificial and often unrealistic picture of love and life as depicted by motion picture films and videos. Another common cause of divorce is selfishness. Marriage life is practically a donation of the self to the other partner. It is a give and take situation. It calls for a reasonable companionship and basic understanding that both of you are human beings, subject to anger, impatience and the like.

Other causes of divorce include abandonment, physical abuse, drug and substance abuse, alcohol addition, inability to manage or resolve conflict, personality differences, difference in personal and career goals, financial problems, different expectations about household tasks, different expectations about having or rearing children, interferences from parents or in-laws, intellectual incompatibility, sexual incompatibility, falling out of love, religious beliefs, cultural and lifestyle differences, mental instability or illness, criminal behaviour and incarceration for crime.

Positive effects
Ideally, no one would like to be divorced since this carries with it a sense of failure; however, there are times when divorce can be liberating and the start of a new and better life. It can be a kind of redemption especially when threats of injury or death affects are evident.

Negative effects
The first beneficiaries of your marriage are the children, and they are therefore the first losers in case of fallout between the parents. Divorce hurts children greatly, and they may end up having several difficulties, including depression, delinquency, low school performance, demotivation, and other social and psychological related problems. Divorce is not just a short-term crisis to children; it is a long term threat to their academic performance, their ability to commit themselves to a sincere relationship because of fear of failure, and lastly their mental health. Parents who divorce often have children whose marriages also end up in divorce.

The face value of divorce is the deep rooted failure which at times is accompanied by guilt. It exerts a greater emotional and physical toll than almost any other type of stress, including widowhood. Most people would rather die than be rejected by their own people for whatever reason. One is likely to be overstressed to the level of becoming a mental case, or to die from cardiovascular disease, cancer, pneumonia, and cirrhosis of the liver. Divorcees are also more prone to dying from accidents, homicides and suicides. Divorce hurts more than people can imagine or wish. Chances are that words may not adequately describe the deep scarring pain that comes from the fear of a failed relationship. People take this scar to the grave.

Divorce lowers living standards. This is because it results in two households where there was one household before, and this translates to lower standards of life after the divorce as compared to the past. Divorcees will most likely need to watch their budget like never before. For those to whom money is not a bother, the former relationship however continues to haunt them whether they like it or not, since a consummated love is always difficult to forget.
Divorce changes personal relationships. The spouse, as well as their relatives and friends will love the divorcee more, or hate them more as the case may be. You will acquire new friends who are also your sympathizers, or even those who are divorced like you. It is given that some people you have considered friends for years may now view you as bad or evil. Divorcees will tend to spend less time with married friends and more time with other single people and divorced colleagues.

Divorce also leads to single-parent families. Whether it is by design or default, the breadwinner is the single parent. Responsibility over the needs of the offspring is adjudicated by the courts of law. A divorced person lives a bitter life. It is bitterly painful, when a marriage partner has promised to love his or her spouse and to be faithful to that person for life only to do the opposite. There is the danger of branding all men or women as brutes, and creating an inner hatred for them.

**Moral considerations**

Love should be the basis for marriage. Apart from that, we are advised to take well informed choices before entering into a marriage contract. You should know your partner’s likes and dislikes. Clear all doubts first from your fiancée and make sure you have a certain conscience before you go ahead with marriage. One year is enough to know your future spouse fairly well for a lifetime partnership.

It is important to note that during the time of separation, initiatives of reconciliation and willingness to forgive should be stressed. Perhaps one should be reminded of the vows made publicly to the other partner i.e. to try to live the challenges of marriage for better or for worse, for riches or for poor, in sickness and in health, until death. The invocation of God’s help is also important. Marriage is not a bed of roses; hence one should know that a lifelong and stable marriage is based on an ongoing conscious commitment, faithfulness and self-sacrifice, and not on emotions which change from day to day.

A marriage begins to shake when accusations and counter accusations tend to find their way in. This is a test of whether your relationship was initially based on love or come- we- stay spirit irrespective of whether it was done in church or traditionally. If love was the basis of your relationship, then you will be able to understand that your success is your friend’s success, and that your failure is your friend’s failure. If your union was just coincidental, then cosmetics and pretence becomes the order of the day; it is like a house built on sand, and the tempest will be too strong for that marriage. However, if you seek to discuss your views reasonably, without emotions, you will come to a compromise.

A wedding is an event, but a marriage is an achievement. Privacy is a very important medicine in marriage. Its absence can damage the beauty of a relationship. You should face huddles together and talk about the failures, dangers or successes of your relationship. Do not go to every Tom, Dick and Harry for counselling or gossiping about your marriage difficulties, because they might aggravate them instead. Marriage is like your homestead, people should come for a visit as guests and leave. Issues can only be solved by the two of you. Divorce should be sought as a last resort. In most cases, divorce is not the answer. However, if the marriage is irredeemable, and one of the spouses is exposed to serious danger or grave risk to life, then divorce remains the only option.
Section 2

ALCOHOLISM

Definition
Alcohol is a bitter or relatively sweet brew which is fermented, and which has intended intoxication effects. When people take too much alcohol and become addicted to it, they become alcoholic.

Introduction
Alcoholics have an uncontrollable need for intoxication, and if this need is frustrated, they will develop acute withdrawal symptoms, like those of narcotic addicts, including uncontrollable trembling, nausea, rapid heartbeat, and heavy perspiration. Heavy drinking among men and women is most common from nineteen to fifty years of age. Teenage and preteen age drinking is widespread, and in effect, alcohol is said to be the most widely misused substance among young people. In general, older people are less likely than younger people to drink irresponsibly even if they were drinkers in their youth.

Stages of alcoholic dependence
An alcoholic goes through a number of stages, beginning with the pre-alcoholic phase, in which the individual drinks to quench thirst, for anxiety, or drinks on social occasions. Next is the prodromal phase, when one experiences the first memory blackout. He/she often hides while drinking or drinks alone, and avoids discussion concerning drinking habits. There is also a sense of guilt about one’s drinking behaviour. This culminates into the crucial phase of drinking, in which one loses control over drinking. Once the person starts drinking, it leads to full drunkenness. There is loss of self esteem, loss of appetite, loss of friends, family misunderstandings, and impaired job performance. The chronic stage is the final phase, and this is perhaps the most critical level where there is frequent and often constant drinking with no control, which leads to impairment in thinking. There is indifference to social standards, and the alcoholic person partners with other heavy drinkers, and often admits defeat easily.

Causes leading to alcoholism
Peer pressure and influence is a condition where an individual blindly follows whatever is done by his closest friends without much reflection on the individual consequences. Birds of the same feather flock together, so though one might not be an alcoholic, one’s company may induce them into copying the habits assumed by their friends. One enters into a trap without knowledge in order to appease colleagues. Peer pressure is most common in schools, universities and places of work.

Another cause of alcoholism is panic disorders or stress. Panic arises from an abrupt change of environment or situation that is perceived to be a challenge to a person’s equilibrium. There are many types of stress, ranging from lack of adequate finances, terminal diseases, and lack of love from family members or the community at large. Panic can lead to desperation and an upsurge in alcoholism basically in order to suppress the facts or the arising problems. Worse still, the accumulation of stress can lead to high blood pressure and other related ailments.

Alcoholism has also been linked to commercial advertisements. Some advertising campaigns make the use of alcoholic substances appealing and socially acceptable. Additional commercial promotions for beer make it easier for beginners to fall prey to heavy drinking. Idleness and adverse social conditions like poverty, unemployment, and discrimination also
contribute to high rates of alcoholism, and so does poor upbringing and parental negligence which ignites the use of intoxicating substances including alcohol. Individuals who suffer parental loss either through death, separation, divorce or abandonment are prone to alcohol abuse too. Closer supervision over children however makes them fear to indulge in destructive tendencies.

**Positive effects**

Moderated alcohol usage leads to increased socialization in society. Cultural marriage rites are mostly accompanied by drinks which have low levels of intoxication. Alcohol is used by elders and other adults in order to ratify the covenant between the two wedding parties. Wine helps in digestion after meals and if taken moderately, it can be helpful to the body.

**Negative effects**

Excessive use of alcohol contributes to many different social problems. Fatalities through dangerous driving are common with alcoholics. The law outlaws driving while drunk, but this is often ignored by many drivers. Sources from national transport and safety authority in early 2014 indicated that every year, almost 2000 people are killed on Kenyan roads, with human error being the main cause of accidents. The highest possibility of human error in all these fatalities is definitely alcohol related according to Dr Duncan Kibogong, who at the time was deputy director safety strategies and county committees. He was quoted in the *Nation Newsplex* (a report of deaths and serious injuries from road clashes 2005- May 2014) purporting that drinking by a driver, a passenger, or a pedestrian is a factor in about 40% of all traffic fatalities.

Theft and suicide are social problems which are sometimes associated with alcohol use. Just like other drugs, the need to obtain the substance may lead to theft or other property crimes, and sometimes to violent crimes like armed robbery. The guilt associated with these crimes sometimes leads to suicide. Alcoholism has many negative side effects on the family. Disagreements often arise between the couples which end up in fighting, unexpected violence, separation and ultimately in divorce. There is poor family planning and inefficient upbringing of children among families that indulge much in alcohol. Homelessness also results especially when an addict wants to separate himself from his people or senses that he is a social misfit. Alcoholics lack social affiliation and have a strong need to escape from the realities of social life. Such an escape is provided by chronic drinking.

The health of alcohol dependent people is always at risk. Medical doctors often advice alcoholics about the adverse effects of their behaviour. On average, alcoholics can expect to live ten to twelve years less than non-alcoholics. The reason for this shortened lifespan is that alcohol contains a high number of calories and no vital nutrients, thus generally, it causes reduced appetite for food and suffering from vitamin deficiencies. If used over a long period in large amounts, alcohol destroys the liver and lungs, and it also contributes to heart ailments.

Alcohol is a depressant which is commonly called booze in the streets. It is a central nervous system depressant, and at low doses, it can produce feelings of relaxation and reduced anxiety. High doses result in slurred speech, vomiting and blackouts. Rapid intake of large amounts of alcohol can result in a coma or death. Its chronic use results in liver damage, high blood pressure and a weakened heart. In addition, alcohol dependency and abuse are major factors in marital separation and divorce. Driving under the influence of alcohol and other drugs reduces the ability to judge distances and speed, and it also affects concentration and increases the tendency to take risks.
Job losses associated with alcoholism are on the increase. This results from careless lateness and absenteeism from work, low moral standards at working places and general non-performance. This finally leads to interdictions, court cases, as well as suspension and expulsion from working premises. This is a big blow to the individual and to all his financial dependants. Alcoholism also leads to criminality, rape, sexual harassment, prostitution, murder, and the spread of HIV and AIDS. A significant percentage of male sex offenders are chronic alcoholics, or they were drinking at the time of the offense. It has also been pointed out that alcohol causes people to behave in unaccustomed and unintended ways. Besides, alcoholism affects the reproductive system, leading to altered genital function, decreased libido, as well as diminished sperm count. Alcoholism affects one’s memory too, and often leads to loss of valuables, money, and personal property in general.

**Remedies for alcoholism**

Alcoholism signifies absolute dependence on alcohol and leads to complete lack of self control. To desist from this addiction, a strong personal resolution to say ‘no’ to alcoholism is the best way. Avoiding the company of heavy drinking peers could also be helpful. Freedom to postpone or decline encounters should be asserted and respected. Rehabilitation is another option. Alcoholism is increasingly viewed as an illness with a variety of physiological and psychological components; therefore, it is possible to rehabilitate individuals to help them handle disturbing emotions and anxieties. Removing them from their normal environments and taking them to a completely different drug free zone for a time, and seriously counseling them on the ills and dangers of alcoholism might produce positive results.

Alcoholics Anonymous (AA) is one among many impressive groups which try to help alcohol dependent individuals. Alcoholics here acquire a living experience through fellowship with others like themselves, some of whom have already mastered their problems while others are in the process of doing so. Their self esteem is rebuilt, and they are reassured of their basic worth as human beings. The organizations insist that drinkers face up to their shortcomings and the realities of life, and where possible, make amends with people they have hurt in the past.

The domestic method is one which refers the alcoholic’s challenges back to his family. Alcoholism is not just about drinking; it is a serious family disease and a social problem that needs to be looked into critically. The drinker receives help while remaining in his or her family, and generally, he responds better than the one who is institutionalized. The family here makes an effort to improve its self-image and enhances the drinker’s sense of security.

**Moral considerations**

Alcohol does not take away one’s personal responsibility over the acts that are committed, but it lessens one’s culpability. The moderation of drinking alcohol is important for sobriety because a drunken society does not yield much fruit. Alcohol should not be taken as an end in itself, and one can live without it. Perhaps the best way is to abstain from it and seek other forms of the much needed socialization. If in your view alcohol endangers your health and your future, it is time to stop it.
DRUG ABUSE

Definition
The word drug refers to any substance other than food and water which when taken into the living organism, alters the way the organism functions. It is a chemical substance that affects the central nervous system and is used recreationally for perceived desirable effects on personality, perception or behaviour. Drug abuse is the compulsive, excessive and self damaging repeated use of the substance for purposes other than its intended use. This is harmful to the individual.

Introduction
Drug abuse has become one of the most dangerous and major problems facing our society today. The level of drug abuse in our society can be termed as disastrous and pathetic since all are affected by it. Drugs can either be taken orally, injected into our bodies, sniffed or inhaled. Drug abuse involves one or more of the following: recurrent drug use resulting in a failure to fulfil major responsibilities at work, school or home; recurrent drug use in situations in which it is physically hazardous, such as before driving a car; and continued drug use despite persistent social or interpersonal problems caused or exacerbated by the effects of the drug.

Addiction is a habitual and uncontrollable behaviour, usually involving a drug. Addictive behaviours are habits that have got out of control, with resulting negative impacts on a person’s health. Most drugs associated with addiction are called psychoactive drugs and they cause intoxication. The characteristics of addictive behaviour include reinforcement – when some aspects of behaviour produce pleasurable physical and emotional states or release negative ones. Compulsion or craving is when one develops a strong need to engage in the behaviour. Loss of self control refers to the situation where the individual loses capacity over his behaviour and cannot block the impulse to engage in it. Escalation happens when the substance is required by the user to produce its desired side effects. Finally, dependence is a cluster of cognitive, behavioural and physiological symptoms that occur in an individual, after suffering significant substance related problems leading to impairment or distress.

Type of drugs
There are several types of drugs which include soft, hard, herbal, medically prescribed and over the counter drugs. Soft drugs include stimulants and volatile drugs. Stimulants speed up the activities of the nervous and muscle system. Under their influence, the heart beat accelerates, blood pressure rises, blood vessels contract, the eye pupils dilate, and all this results in gastric and adrenal secretions. Small doses may make people feel more awake and alert, less fatigued or bored. The most common examples of stimulants are tobacco, caffeine (found in coffee and tea), carbonated drinks like Coca Cola and other beverages, and miraa (khat.)

Tobacco is usually taken in the form of cigarettes or snuff. It can also be chewed. Tobacco contains substances that are harmful to the body, such as nicotine, carbon monoxide and tar. Khat / miraa is a wild-growing shrub and its stalks and leaves are chewed to induce excitement. The juice in miraa causes temporary excitement in the user. Volatile drugs make the consumer to be intoxicated and dizzy, and to have distorted speech. The best known in this category are used as solvents such as petroleum products, paint thinners and drug cleaning fluid. Their fumes are sniffed to get the desired effects. An example is glue sniffing which is a common sight among street people in most urban and rural areas. Alcoholic
beverages belong to this category. They range from the traditional local brews and wine to the distilled alcoholic drinks.

Hard drugs are also referred to as narcotic drugs. They are hallucinogens because when taken, they produce dreams and illusions. They also distort visual, hearing and touch perception. The most common ones are cocaine, morphine, bhang, and heroin. Cocaine is a narcotic drug derived from coco leaves. Cocaine powder is white in colour. It is inhaled (sniffed), injected or smoked. Other street names for cocaine are crack, coke, blow, snow, toot or candy. Cocaine is a stimulant; it stimulates the central nervous system resulting in high levels of alertness, a ‘rush’ of self-confidence and a sense of euphoria. Coke is very expensive and highly addictive. Morphine is derived from cocaine and can be used medically to suppress pain. A Surgeon uses morphine as a local anaesthetic. Its consequences are like those of cocaine.

Bhang comes from a plant called Indian hemp and it is orally smoked or ingested. It is a herb which has many street names such as marijuana, cannabis sativa, pot, reefer, dope, joint, Mary, Jane, weed, grass, Kent, ngwelu and hammer. It is a hallucinogen which creates absence of euphoria and relaxation. Bhang use lowers blood glucose level, and increases appetite. All parts of this plant are addictive.

Heroin is a depressant that is normally injected into the body, but it can also be burnt and sniffed. Its street names include horse, smack, slag and brown sugar. It is a highly addictive narcotic drug which looks like white crystallized powder. It is injected through the veins into a person’s body. It causes loss of appetite for food, loss of weight, heart and liver diseases. The short-term effects of heroine include a ‘rush’ accompanied by a warm flushing of the skin. It also causes clouded mental functioning and a brief suppression of pain and nausea.

Herbal drugs are derived from plants. They are not regulated by law, and they include aromatics such as aloe vera and stimulants like tea. Over the counter drugs (O.T.C) are the drugs that are not prescribed by physicians or doctors but are legally sold in drug shops, chemists and general shops for self medication. Examples of such drugs include pain killers such as panadols, Mara Moja, de wormers, multivitamins drugs and a variety of cough syrups. Prescribed drugs on the other hand are those that require a written description from a qualified doctor explaining how they are to be used. Examples of these are tranquilizers, family planning pills and sleeping pills.

Lastly, we have narcotic lipoids which are laboratory made drugs that relieve pain, cause drowsiness and induce euphoria. They include opium, methadone, mandrax, codeine, meperidine and fentanyl. They reduce anxiety and produce lethargy, apathy and inability to concentrate. Users become less active, less responsive to frustration, hunger and sexual stimulation.

**Causes of drug abuse**

People misuse drugs in order to cope with frustrating situations in life, for example when one is unable to realize the dreams of a successful life, and when living appears meaningless. Financial stress may lead to drug abuse especially when there is inability to provide for the family. These frustrations may eventually lead people to become peddlers, pushers and users of drugs in an attempt to get money.

Idleness is another cause. When people have too much time for themselves, and have nothing constructive to do, they tend to experiment with drugs in order to get excited. Although some
people use drugs because they have a desire to alter their mood or behaviour, some are motivated by the desire to escape boredom, anxiety, depression, feelings of worthlessness or other psychological problems. They use drugs as a way of coping with the difficulties they experience in life.

Extravagance and too much money given to young people without regulating its use is another cause of drug abuse. Similarly, if parents and other respected members of the society are abusers of drugs, they become a catalyst of abuse for the younger members in the society because there are no role models. Peer pressure which sidelines individuals who are not doing the same common things may make young people to feel tempted and eventually succumb to the whims of the majority. The non-conformists are considered primitive and out of touch with reality. Most innocent young men and women end up abusing drugs in the struggle to win back their old friends or in search of acceptance by their friends.

Some parents are unavailable for their children, because they are either too busy or indifferent. Such children feel neglected and unloved, and they may indulge in drug use in order to get their parents’ attention. We are all a product of our parents. If our parents have addiction struggles, chances are that children will also be more susceptible to addiction. Western culture has negatively influenced African traditional values. It has promoted individualism to the extent of some people lacking concern for the needs of others. Individuals therefore may feel that they have a right to indulge in drugs because this makes them feel elevated and high.

The curiosity of the young and the urge to establish what is in the drugs might prompt them to engage in drug abuse. Young people, especially from middle class backgrounds are drawn to drugs by the allure of excitement and intoxication. They may be curious and rebellious. Finally, drugs may be used to relieve pain, or as sedation in hospitals during surgery or other medical interventions.

Positive effects
Some drugs relieve pain and help in anaesthesia during bodily medical interventions or other surgical procedures.

Negative effects
Tobacco contains nicotine which is both a stimulant and a sedative. The use of tobacco accounts for one-third of all cancers including those of the mouth, stomach, pancreas, cervix, kidney and bladder. Tobacco causes lung cancer which is a leading killer of men and women today. It causes chronic bronchitis and aggravates asthma, stroke and vascular diseases. Cigarette smoking during pregnancy is associated with small foetal growth, an increased chance of spontaneous abortion, pre-natal deaths, increased still births and low birth weight. It may also contribute to development of mental problems during early childhood.

Bhang causes aggressive behaviour. It may cause illusion and accelerate the function of the heart. Chronic use of marijuana may result in some adverse effects on the lungs, brain and the reproductive system. It also impairs attention and memory. Marijuana slows reaction time; hence many road accidents are caused by people who are high on pot. It also causes a sense of paranoia. Cocaine or ‘coke crash’ is characterized by depressive irritability, paranoia, anxiety and an intense craving for more. The drug leads to dependence, addiction, mental problems, and even death. Other side effects include confusion, vomiting, convulsion, circulatory collapse and rapid pulse. Pregnant women using crack risk miscarriage, premature births, severe haemorrhage and still births.
Needle sharing contributes to the spread of HIV and other infectious diseases. For instance, this happens in ‘flashing blood’ where a heroine user will draw blood from himself to inject into a friend’s bloodstream with the aim of transferring some of the heroine. Heroine use damages the lining of the heart and causes liver and kidney problems as well as arthritis. Other negative effects may include nausea, heart failure, and constipation, damage to the central nervous system, paranoia, impaired perception, depression and damage to the kidneys, bone marrow and the respiratory system.

Families that have some of their members abusing drugs go through hard moments. Such people lack a sense of responsibility, and it is even worse when the head of the family is the victim. Other family members are not well taken care of. Even the drug abusers do not take care of themselves. Family rows which eventually lead to separation and divorce become common. Ultimately, their children suffer adversely and lack proper upbringing.

People have lost their jobs because of underperformance and numerous social related conflicts with their workmates brought about by drug abuse. If the drug user holds an important position in the organization, there will be the threat of underperformance and possible collapse. Drug abuse slows down economic development because it increases unemployment and lowers economic productivity. Leaders who abuse drugs tend to mislead their subjects, underperform in their duties and even become dictatorial.

Drug abuse has contributed to crimes such as murder especially when the drug barons see the danger of being caught in their illegal trade. Advocates of decriminalization argue that drug prohibition makes drug dealing a lucrative business, leading to much of the associated criminal activity. Drug trafficking is a business of the rich and the powerful, and it would require great effort to break the network.

Unwanted pregnancies, young marriages, rape, incest, prostitution and other social ills in the society emanate from this uncontrollable dependency on drug abuse. Similarly, academic levels have gone down after the infiltration of drug peddlers into schools, colleges and universities. Some of the signs portrayed by the affected students include decrease in quality of school work without a valid reason, personality change in terms of unexpected behaviour, little attention in class or lecture halls, irritability, antisocial tendencies, money borrowing syndrome, loss of items, theft or conman ship and an acute weight loss. Other possible signs are redness of the eyes, loss of appetite, memory loss, and notable lack of motivation. In most cases, strikes in learning institutions which lead to senseless misconduct and wanton destruction of property are organized and carried out by students who in some way are associated with drugs. Drugs reduce life expectancy. Since so many young people die of diseases related to drug use, there is concern that a population pyramid shift may leave too few people of working age to support the country’s senior citizens.

Moral considerations
Apart from the prescribed drugs, those found legally over the counter, and herbal drugs given by certified personnel, other usage of the drugs is open to abuse, addiction and dependence, and more often than not, the abuse reduces individuals to zombies. There is less accountability, reasonableness of one’s actions and ultimately, the victim becomes a moral wreck. The individual continues to live in a world of fantasy where morality is not the first priority. Intoxication affects the conscience and sobriety of the human mind, and this should be discouraged at all cost. Drowsiness and other after effects reduce voluntariness and reasonableness and the victims end up acting as sub-humans.
It is important to acknowledge that drug taking does not take your problems away; rather it escalates them. Prevention programmes should be devised to equip people with the skills and knowledge of how to resist the pressure of drug involvement. Boredom should be avoided and good relationships established. Actual parental and teacher monitoring of children is crucial in order to create an environment free of drug abuse. Drugs have been intercepted at airports and roadblocks, yet this has not deterred the drug barons from their lucrative trade. Governments therefore must put in place stringent rules, fines and charges against anyone caught in the drug business. Religious, governmental, and non-governmental organizations should hold regular seminars to educate people on the dangers and risks of a drugged individual, community and race. Counselling and rehabilitation should also be offered to those affected.
CRIMINALITY AND RADICALIZATION AMONG THE YOUTH

Definition
Crime is an action or an instance that is deemed injurious to the welfare of the public. It is an illegal act or activity that involves breaking of the law. Criminality is the quality or state of being a public offender. Youth on the other hand is an elastic concept. It means different things at different times, and in different places. It is the category of people who are not yet adults and are generally within fifteen to twenty five years. Youths are described often in a very approximate manner as teenagers, adolescents or juveniles. In appearance they look young, depict freshness, vigour, motivation and have a high enthusiasm for performance.

Crime among the youth basically refers to the commission of illegal activities among adolescents, and it is often referred to as juvenile delinquency. It is true that teenage is a period when social control is weak. It has been suggested that weak social control, coupled with the search for excitement, can lead to a drift into delinquency. A definition by a renowned sociologist, Walter Miller states that a youth gang is a self forming association of peers, bound together by mutual interests, with identifiable leadership, well developed lines of authority and other organizational features, who act in concert to achieve specific purposes which generally include the conduct of illegal activity and control over a particular territory, facility or type of enterprise.

Introduction
A recent research carried out by the National Crime Research Centre on organized criminal gangs in Kenya, (Saturday Nation, 31st August 2013, p....) revealed the existence of forty six organized criminal gangs involved in murder, extortion, kidnapping, and violent robberies among others. Some have been recruited as politicians’ bodyguards, others offer protection and intimidate opponents, mobilize people to attend political rallies, impose illegal levies on businesses or private property, are hired for campaigns and revenge, and are involved in illegal detention, execution, and attacking mourners at night. They are also used to threaten people with eviction, provide water and electricity illegally. They also settle disputes and are involved in cattle rustling, ethnic cleansing, pick pocketing, drug and human trafficking as well as theft.

Other complex crimes such as terrorism, piracy, cybercrime, corruption, money laundering, sexual and gender based violence were found to be common social concerns globally, and they are said to be perpetrated by the youth. Hereditary, physical and psychological traits are today generally ruled out as independent causes of crime. Instead, psychological states are believed to determine an individual’s reaction to potent environment influences. Some criminologists assert that certain offenders are born into environments such as extreme poverty or discrimination against minority groups.

Psychiatry on the other hand generally considers crime to result from emotional disorders often stemming from childhood experience. Though the activities of young people are both visible and more closely policed than those of other age groups, it is undeniable that a significant proportion of crime is committed by young people. Relationships between age and crime have been the subject of considerable criminological analysis and probably, the most important single fact about crime is that it is mostly committed by teenagers and young adults. That involvement in crime diminishes with age is a view that is widely accepted in criminology. It is important for sociologists to understand that the aspect of youth crime is dynamic and varies among different communities or societies. No two gangs are exactly alike. Gender wise, there is a marked difference between crime rates among males and
females. Male rates are five times higher than female ones. In some areas, local vigilante groups have taken the law into their hands. An example of this is a group in Kisii County in Kenya, chinkororo which is accused of lynching the elderly people after accusing them of being involved in witchcraft.

**Types of crime**

White collar crimes refer to illegal acts carried out by respectable members of the community. Individualized motivated white collar crimes are non-violent and are carried out by the youth of relatively high social status who attempt to gain money, property or personal benefit through deceit. The general public is victimized by these activities and the law offenders sometimes go unpunished. Corporate crime is unique in that offenders are large organizations; corporations rather than individuals. This results from deliberate decisions made by corporate personnel to increase resources or profits. These crimes include multinational bribery, price fixing, game fixing, sale of unsafe and expired products, and polluting of the environment. The punishment for corporate crimes is generally limited to fines because you cannot attach individual blame, and it is impossible to imprison a corporation.

Organized crime exists mainly for the purpose of conducting illegal activity. This includes the importation and distribution of illegal drugs, prostitution, gambling, piracy, cattle rustling and poaching. Organized criminals gain control by using threats and promises. Political crime is the abuse of government or political office through political influence. Such activities include bribery and are directed towards personal gain. These activities range from wire tapping, opening mail and other forms of illegal spying.

Victimless crime refers to illegal acts whose participants are consenting young adults. In other words, these are crimes in which the only victims are the offenders. Examples of this crime include drunkenness and prostitution. Violent crimes are committed by the use of force. Criminal law divides murder and non negligent manslaughter into four categories. First degree murder is when the offender plans to kill. It also includes felony cases such as rape, robbery, causing a person’s death, and setting houses on fire. Arson means any willful burning or attempt to burn with or without intent to destroy a dwelling house, motor vehicle or personal property. Second degree murder is when the offender intends to do serious bodily harm short of killing the victim but the victim dies. Voluntary manslaughter is killing committed out of intense emotion such as anger or fear. The last degree is involuntary manslaughter which refers to killings committed because offenders have acted recklessly e.g. where a parent shakes a crying child and accidentally kills it. Reckless conduct which results in death falls under this category, for instance road accidents or medical negligence. Property crime refers to burglary or unlawful entry into a structure to commit a felony or theft. It may involve limited force and includes pick pocketing, shoplifting, purse snatching and mugging.

**Causes of crime**

Drugs and alcohol abuse are clearly linked to the young. The use of illicit drugs is rare in early teenage years, but increases sharply in mid teens and is generally shown to peak in the late teens or early twenties. The rate of drug use such as cannabis and heroine is significantly higher among young serious and persistent offenders than they are in the general population. The expansion of illegal drug markets increases the solidarity of existing gangs.

Other causes include peer pressure which makes young people to commit crime at this age mainly due to influence and self-identification. Poverty also leads to crime. The lowest social class or working class areas report crime and delinquency eight times more than middle class
areas, meaning that poverty is a great contributor to youth criminality. Lower class people respond violently to trivial remarks and insults. This is related to unemployment, where adolescents have an increasing need for money. Part time jobs or parental allowances may not satisfy them. For some adolescents, crime provides money. In such a situation, crime reduces when one moves to adulthood and gets full time employment and more financial resources.

Sometimes crime is caused by the desire for retaliation. Racial, class, educational or spiritual victimization of ethnic minorities often leads to protest and unimaginable delinquent activities. Young people fear that everybody looks down upon them and so they express their frustrations in delinquent behaviour. Inadequate education is another serious cause of crime. Career criminality is more common among those with low education and bleak job prospects, a characteristic most common among urban undergraduates. An educated person will most probably think twice before making any commitment to a crime.

Crime is also linked to overcrowding. The migration of youth to towns has led to strenuous living, and it is difficult to identify individuals in case a crime is committed. Crime ratios tend to be higher than those in rural areas, and this may be attributed to differences in social control and cohesion. Many of the urban poor live in slums and squatter settlements with overcrowded unhealthy housing and lack of basic services which lead to robbery and other crimes. Crime is also an illustration of poor parenting. Various commitments and minimal surveillance over children contributes to their failure to uphold the values of society. People who are deprived of motherly affection in infancy are likely to become criminals later. Lack of family support may lead to high rates of criminality among the youth.

Some personality traits lead to criminal behaviour. Two types of personalities come to the fore as a child develops. An introvert is quiet and reserved; he keeps his feelings under control, seldom behaves aggressively and does not lose his temper quickly. An extrovert is fun-loving and outward going, but tends to be aggressive and loses his temper quickly. His feelings are not kept under tight control and he is not always reliable. It is thus easier for an extrovert to fall into criminality than an introvert. The theory of classicists stresses that the causes of crime lie within the individual offender, rather than in his external environment. Here, offenders are motivated by rational self interest and self free will. They weigh the pros and cons before committing a crime and when the pros outweigh the cons, they execute their actions.

Stress is another cause of juvenile delinquency. Some young people believe that there are institutionalized paths to success in society, and that they are far from them. They believe that those already institutionalized to success will not be affected by their menace. These are gangs who accept socially approved goals, but not necessarily through socially approved means. As noted earlier, the youth can also be manipulated by politicians to get involved in illegal gangs to oppress their political opponents and achieve political superiority. Politicians finance gangs and make them grow in number within certain regions.

Crime has also been attributed to weak policing services. Poor police surveillance and the failure of the police to offer round the clock watchfulness in overcrowded areas increases criminal tendencies among the young people. Finally, the availability of guns leads to new admissions into criminality. Young people who access guns easily become the most dangerous in terrorizing people.
Positive effects
Material incentives increase and the gang has the likelihood of making money. Also, gangs provide personal and business protection. Neighbourhood patriotic gangs provide an opportunity to demonstrate a form of local patriotism and dedication to protecting the neighbourhood and resolving disputes. Gangs have the following traits: organization, territoriality, cohesiveness and purpose.

Negative effects
Life, property and money as well as peace are lost while insecurity prevails. The gang members risk death. In a shootout with the police, both parties may end up suffering fatalities. Most of the gangs are killed through mob justice. Life imprisonment and other types of severe punishments may be given by the courts as a deterrent measure against criminality.

Remedies to youth criminality
The rehabilitation of wrong doers and adoption of new skills and attitudes are crucial. Parents should offer guidance and good care to their children. Family intervention and training ought to enhance the morality of the youth and prevent them from dropping out of school. Young people too should be educated on how to overcome pressure from their peers. Employment and training assistance for the youth is needed in order to enable them to establish an economic base and meaningful sources of income. The development of urban policies directed at solving the problems that create gangs ought to be stepped up.

Another way is the establishment of youth outreach programmes to provide multicultural training on how to avoid crimes as well as the establishment of community centres to rehabilitate youth who are addicted to crime and drugs. This may include the creation of interesting recreational activities that would keep the youth busy, such as Karate, Judo, drama, football, table tennis, and volleyball among others. The government should ensure that economic aid for people who cannot find work or who find work but still cannot lift themselves out of poverty are given in order to create self employment. The government must take measures to expand community policing and increase gun control efforts.

Moral considerations
Young people should know that their actions should embody personal responsibility. Wrongdoers should be made to face individual consequences in terms of the full force of the law. The young should avoid idleness at all cost and seek self employment opportunities wherever possible. Maturity is called for when indulging in group activities and peer influence itself should not be a reason to involve oneself in criminal episodes.

The family is the primary source of socialization and it plays an important role in the prevention of criminology among the underage by trying to teach them how to live harmoniously with other people in the society. Parents therefore should spend more time with their children. The government and other relevant organizations, particularly youth organizations, should consider forming information campaigns and mounting educational training programmes in order to sensitize the youth on the socially detrimental effects of violence in the family, community and society, so that they can protect themselves and others against violent crime.
STREET CHILDREN AND FAMILIES

Definition
This term is used in reference to a growing group of homeless people who have made urban streets their daily abode. They spend their days and nights on the streets, retiring to makeshift shelters, open verandas and alleys during the night. This group is not to be confused with the urban poor who dwell mainly in slums. They are distinct in the sense that, in these families, adults and children all live and depend on the streets with no other place to call home. These families are mostly well organized such that even when there is no biological relationship, children and adults form social units and groups depicting a normal family with the head of the unit providing protection and sometimes food while the rest bring a share of their daily pickings from various activities to the head. Street groups have their leaders and territories in that different families and groups will control and operate in certain designated areas.

Introduction
One of the social challenges facing our country today is that of street children and families. The street children and families menace is a problem of self creation and an immediate solution should be found in order to restore the integrity of the human person. No one feels comfortable to see helpless, loitering, begging and snuff-inhaling boys and girls during the day, and watchmen and smugglers along the verandas at night. It is crucial to study the root causes of this disturbing issue and seek a remedy so that these people may be able to live an honourable and dignified life like the rest of the society.

The future of the street children and families lies in our hands and if we do not find a solution now, we will only have ourselves to blame when the situation gets out of hand. Their plight disturbs because their continued presence means that security, individual responsibility, family values and the sanity of the society remains in jeopardy. The country should help these people to re-integrate themselves in the society, find their rightful place in it, and contribute towards its development. In the summer print of 2000, reports from World Vision (a non-governmental organization working with the vulnerable groups) placed the figures of street children and families at above five hundred thousand country-wide. In 2004, this group of children was estimated at 1.8 million, and today it stands at 2.4 million world wide according to Kailash Satyarthi the Chairperson of the Human Rights Council on the rights of the child.

Causes leading children and families to streets
Families on the streets result from historical land injustices and conflicts. Eviction of citizens from legally occupied land displaces many from their homes. Faced with starvation and nowhere to turn, they move to towns. Families are either broken or deserted leaving children to fend for themselves, hence the movement into the streets. Other causes are environmental: drought and crop failure is a common occurrence in some parts of the country due to unfavourable weather. Lack of alternative farming methods such as irrigation leaves many desperate and vulnerable. Floods have also been known to cause the same kind of suffering. Where there is no intervention, many will become destitute and resort to the easier option of begging in the streets.

Political instability is also a contributory factor. In multi-ethnic set ups, occasional flare ups lead to ethnic tensions that end up in clashes and displacement of people from their homes. Not all are able to restart their lives in the aftermath, while many orphans are left homeless when their parents are killed in such animosities. Even when their homes are still near, the
trauma and the experiences they lived through may disorient them and make them to run away to the streets.

Slow industrial growth leading to lack of employment opportunities, coupled with the high cost of living leaves many households in a state of high level dependency. When their benefactors cannot continue assisting, some will be pushed to the urban centres and end up as street people. Poor land use where farming activities do not raise enough harvest for the family leads to extreme poverty and pushes people into the streets. In addition, some communities within our country are reluctant to practice family planning, and as a result, families bring forth more children than they can comfortably support. This results in high levels of poverty, which unfortunately creates vulnerable groups that end up in the trading centres to beg for food.

One of the most disturbing causes of street families is related to the commercial interests of the rich. The Kenyan Standard Newspaper of March 12, 2014, highlighted a recent case in our courts on the misuse of street children by unscrupulous criminals to con unsuspecting members of the public. In the cited case, a couple was using children with deformities to solicit cash from sympathizers. When these children come of age they may possibly break away and depend entirely on begging, hence creating a serious problem. Ultimately, the single most common cause of migration to the streets is the lack of social support for vulnerable groups. With the effects of HIV/AIDS and the other social economic calamities, orphans and vulnerable children (OVCs) often move to the street in order to run away from name calling and stigma.

Positive effects
The streets provide relief to their livelihood as they survive on alms, odd jobs, begging and even illegal activities such as crime and extortion. The streets provide a sense of belonging, safety, family and sometimes even love. Coupling and other sexual associations are inevitable and the problem is aggravated by the resulting new offspring. Some of the children and adults are on the streets in a bid to escape abusive relationships that would probably have led to their death or maiming. They may be alive today simply because that was the only option. Many of them are difficult to rehabilitate as they no longer trust anyone due to the trauma of their experiences. Through their capacity to forage through refuse and waste, they play an important role in recycling waste in major urban centres.

Negative effects
Overcrowding in the streets exposes children to sexual harassment and abuse early in life, and many of them end up in prostitution. Teenage pregnancy and abortion is rampant too, as well as a sense of hopelessness and dependency. This attitude of hopelessness is responsible for school dropout even when education may be free or subsidized. Those who drop out of school will most likely end up in the streets.

Insecurity is an immediate concern when we talk of the street children and families. This is because they are known to engage in petty crime and are sometimes in collusion with criminals in serious crimes. The fact that many children drop out of school implies that they will have few chances of employment, and this is likely to breed insecurity in the future. Their associations give forth more children born into the streets, and this only aggravates the situation. They make it difficult for civil authorities to attain a high level of cleanliness within towns and lastly, their personal hygiene is poor, and they risk contracting and spreading communicable diseases.
Remedies

Rescue centres could be started with the aim of sheltering the groups and eventually rehabilitating them into society. Direct entry into formal schools may prove difficult because of lack of acceptance by the regular students, and the challenge of discipline, hence vocational training may be a good option. The extension of support systems to vulnerable families by the government, non-governmental organizations and the local communities could be a welcome move. Children departments should be strengthened in order to offer protection and rescue to mothers and children in abusive families. An example of such a programme is that of orphans and vulnerable children support under the Ministry of Gender. It is funded by the Government of Kenya, United Nations Institute of Child Education Fund, (UNICEF) and World Bank(WB). It aims at strengthening the capacity of poor households through direct cash transfers to support families which take care of orphans and vulnerable children.

Free Primary Education, with all its shortcomings, is another attempt at rescuing the millions of street children. The introduction of school feeding programmes in poor areas is important. Strict imposition of the rule of law which underscores compulsory education for all is important. In line with this fact, the employment of minors, and sending of boys and girls to the grazing fields should be discouraged. Strict adherence to this law and stiff penalties for the offenders (parents, relatives and care givers) will see many children resuming school.

Moral considerations

Street children and families have their family backgrounds. The government should enforce a rule that encourages them to go back to their communities and original homes. The government can help them to trace their places of origin. Parents should take personal moral responsibility and bring forth kids whom they can nurture, feed and educate. The existence of street children and families is a pointer to the breakdown of social systems that support the vulnerable in society. Their presence in our streets is a cry for help from our social systems to put in place programmes to rehabilitate them into normal living conditions. This is a communal moral responsibility.
EARLY SCHOOL DROPOUT

Definition
This is a situation where a student fails to complete a programme successfully as stipulated by the curriculum of studies envisaged.

Introduction
Completing school is one of the most critical development tasks facing adolescents in the third world countries today. Estimates indicate that nearly one in three students do not complete secondary school. Completing school remains one of the most critical development tasks facing adolescents.

Causes of early school dropout
The first and major cause of students’ dropping out of school is lack of tuition fees perhaps due to poverty. Although various governments strive to provide free education, many parents still cater for the cost of books, school uniform, and school development. Low income parents cannot provide certain needs or materials which are required by the student. The student may feel uncomfortable and end up quitting school to avoid burdening his/her family further.

Child labour is rampant nowadays, and most of the parents have no choice but to send children out to beg or work as housemaids or casual labourers in order to make ends meet. Although part time jobs are good because they keep the student occupied to some extent, they have made some students to quit school. All part time jobs give at least a reasonable payment to the student, who may end up missing some classes in order to earn more. When this behaviour continues, the student may choose not to go to school ever again.

Most traditional cultures discriminate against the girl and consign her to the kitchen and to such duties as cleaning and taking care of the home. This is a major cause of girl child school dropout due to the early marriages. Female genital mutilation fuels this aspect, because after circumcision, one is considered mature and ready for marriage. When a girl gets circumcised, she becomes a woman and stops going to school.

Political insecurity resulting from cattle rustling and ethnic clashes displace citizens from their original homes, and they end up at internally displaced persons’ camps. Children have difficulty accessing education due to overcrowding in schools or the fear inflicted by the clashes that killed either their parents or guardians. Most are traumatised and even if they go to school, their concentration level is very low because the environment itself is not conducive.

Teacher-student relationships are important in a child’s life. Some teachers are abusive either physically, verbally or psychologically, and this affects the child so much that there is no motivation to continue with education anymore. Verbal abuse is rampant in schools, and it is mostly directed at the slow learners. The teacher sometimes becomes impatient and uses a word or phrase that is offensive to the child. This leads to desperation and finally departure from school. Physical abuse occurs in a sexual form, or in the form of beatings that students undergo in schools. Sexual intercourse or other forms of sexual harassment are serious crimes which require disciplinary measures against the teacher concerned. It is tantamount to breaching the trust bestowed upon the teacher by the student. Most of them trust these teachers and look upon them as role models. Harassment therefore makes them very distrustful, and their esteem becomes so low that they will not trust men in future.
Bullying between students themselves is very common in schools. Ridiculing other learners for whatever reason causes permanent psychological damage. A student who is bullied does not concentrate in class, and therefore drops in performance. He lacks motivation and consequently gives up on going to school. Usually, a pattern of delinquent behaviour followed by a litany of misdeeds on the side of the student, together with excessive school absence is a strong predictor of later school dropout. This is because students who absent themselves from school are unlikely to recall what they have read in books.

Drug abusers have also contributed to school dropouts. Students who take drugs are usually careless and ignorant. Drug substances damage the brain of the student, resulting in low concentration in class. Students who have low self esteem may quit school earlier than those with high self esteem. Self esteem is the sense of value or worth that people attach to themselves. They consider themselves to be non-performers and men and women of no consequence. Sometimes, the early bodily maturation of adolescents also contributes to school dropout. They have a higher incidence of emotional disturbance, including depression. They are more likely to be involved in violations of school rules because they consider themselves untouchable.

Students who cannot handle teacher’s brutality quit school in order to escape tension and also find a peaceful environment away from school. Finally, students who play adult roles early experience difficulty in concentrating on their class work, and this may result in poor performance. Their parents instruct them to cook, wash and look after the younger kids, thereby leaving no time for homework and personal study.

Positive effects
Children help the parents in providing care and love to their younger siblings.

Negative effects
Early school dropout increases the levels of illiteracy, disease and ignorance in society. It also leads to increase in crime, unemployment and lack of bargaining power. Dropouts are also more likely to show a variety of problematic behaviours, including delinquency, criminal activities and substance abuse among others.

Moral considerations
Parents should uphold their responsibility of not only siring children, but also providing them with the basic necessities of shelter, food, water, moral and educational upbringing. Responsible family planning methods should be devised so that couples are able to plan their children. It is immoral for a teacher to betray the trust given to him by the child. Such abuses should be stopped and stern measures applied by the authorities concerned to stop the vice. Students should retrace their self esteem with the hope that they can improve and excel. They should avoid substance abuse at all costs. Facts are bare that female genital mutilation affects the concentration of students in class. An alternative initiation method is necessary to replace the cut, and civic education should be implemented carefully among the people.

Governments should guarantee free basic education to all, and enough security should be provided in order to avoid having schools in make shift tents and displacement camps. The government should strive to provide quality education through the employment of more trained teachers and the building of more schools. Needy students should be assisted to access quality education through scholarships, bursaries, and Constituency Development Funds. Teachers and parents should always be on the lookout for signs of bullying because it
can crash the poor child’s esteem, instil fear, and finally lead to school dropout. The government should step up measures against child labour which is responsible for luring many pupils out of school because of cheap monetary benefits.
FEMALE GENITAL MUTILATION (FGM)

Definition
Female genital mutilation (FGM) is the removal of part of the sexual organ of a woman through cutting. FGM is a part of the initiation ritual for girls in many parts of Africa. The procedure is carried out on girls of eight to fifteen years of age, and it takes a maximum number of forty days to heal. It can be done by midwives or doctors in hospital. Female genital mutilation has been classified into various categories according to how it is done. Clitoridectomy involves total removal of the clitoris and to some extent the removal of the adjacent labia minora. Excision involves partial removal of the clitoris and labia minora but not the labia majora. Infibulation is the narrowing of the vaginal opening by creating a seal through cutting the inner part of the outer labia but without removal of the clitoris. Sunna circumcision consists of the removal of the prepuce or the tip of the clitoris. Generalized female circumcision involves all the other procedures performed on the female genitalia e.g. piercing, incising, and scraping the genital area. Of all these methods, the most commonly used is clitoridectomy.

Introduction
Female genital mutilation is used in most African societies as a rite of passage by which the child presumably transits to become an adult. One of the main purposes of initiation is to educate young people into the secrets of sex, reproduction, marriage and family life. It is often a kind of preparation for marriage and adulthood in which the whole community participates. Since it is closely connected with a person’s sense of identity with her extended family and clan, the initiation process is also full of religious and traditional meaning. Refusing to participate in initiation would be a great problem for a young person because acceptance by the community is all important in African initiation rituals which vary from one tribe to another. Expressing fear during the cut or avoiding the cut altogether results in being dubbed a social misfit. Sometimes marks and tattoos are made on the body to signify that the individual is part of her clan or tribe. Traditional female genital mutilation is almost always done under conditions which are not medically safe.

Causes of female genital mutilation
The commonly given reason for female circumcision is that it ensures the wife’s faithfulness to her husband in marriage by reducing her sexual desire. It is believed that if she is circumcised, she will not commit adultery with other men after her marriage. Actually, it is believed that female circumcision controls sexual immorality in that whoever undergoes this particular ritual becomes rational in sexual activities and would stick to her husband. Female circumcision is considered a necessary step which takes the girl from childhood to adulthood or maturity in the eyes of the adults of her clan. As such the all important issue of acceptance by clan members as an adult is the reason why this practice continues.

Female circumcision is seen to be important because crucial instruction and training is given prior to and following the actual circumcision ceremony. The instruction includes teaching about responsibility in marriage, childbirth, sex and also family life. Tribal values, customs and beliefs, including respect for the elderly are also emphasized. The shedding of blood during circumcision is often intended to unite girls through a covenant with the ancestors of the clan. Traditionally, there was no covenant made without blood shedding. There was the view that when a person undergoes this kind of ritual, she will adhere to the cultural norms in accordance with the laid down procedures e.g. being a good and responsible wife, mother and woman among others.
In some cultures today, families and communities consider it as a necessary part of raising a girl properly and a way to prepare her for marriage. It is also considered by some cultures as the only way of keeping the girl’s virginity and marital fidelity intact. They associate this with cultural ideas of femininity and modesty which assert that girls become more clean and beautiful after the removal of their body parts that are considered unclean. In some cases, female genital mutilation is being practised by new groups when they move into areas where the local populations practise it, i.e. with the concept of intermarriages people tend to do this in order to keep the traditional laws of their new society intact. Finally, some people practise female genital mutilation because of social pressure but not out of their own wish. This involves pressure by parents, family members and immediate neighbours. Copying traditions of other neighbour groups may be of great influence also.

**Positive effects**
In some societies, the practice is believed to make a woman cleaner and more beautiful. However, this is debatable and lacks scientific basis.

**Negative effects**
One of the biggest and most gruesome consequences of female genital mutilation is death. Death occurs due to excessive bleeding. Severe infections after the cut may lead to illness and finally death. Victims lose sexual sensation and arousal because the ‘sensor’ (clitoris) has been severed. It generally interferes with the health and normal female genital tissues and natural function of girls and women. Female genital mutilation makes it difficult for full realization of excitement and sexual fulfilment; this renders the woman an object or instrument of pleasure for her husband only, and the bearer of his children rather than a marriage partner.

The tools that are used are not sterilized, and this, together with the limited observation of hygiene may lead to contraction of diseases like HIV/AIDS and consequently death. The cut also leads to severe shock and a sense of guilt which may lead to trauma and depression. Open sores in the genital region and major injuries to genital tissues may bring about cases of tetanus and urinary tract infection. Some infibulations are delicate and may almost certainly lead to possible future surgeries especially during childbirth. It can lead to nerve damage, severe bleeding and pelvic injury. It adds to other risks and additional pain during childbirth.

**Moral considerations**
If underage girls have to undergo the cut, it is doubtful whether their volition and maturity is considered or only taken for granted. If transition to adulthood is only in the mind of adults, the whole exercise becomes a farce since it is not a deliberate choice for the initiates. This practice has ceased to be a rite of passage nowadays, because it is being carried out on minors who are as young as thirteen years. Consequently, it violates a person’s right to health, physical integrity and a good life.

In our African tradition, female circumcision was done on mature girls who were of a ripe age and strong. On the contrary, the present underage girls in primary schools may not get the meaning of it. Since times have changed significantly, an alternative form of initiation should be devised. Sex education at this stage is very crucial to eliminate this mode of cultural transition from childhood to adulthood. The present rite is making our societies to lag behind because young girls are considering themselves ready for marriage. As a result, many are dropping out of school and opting for marriage at a tender age. It is immoral when youngsters are married off and denied the chance to advance themselves by way of education. Educated
women have greater choices in life, and better bargaining opportunities. Recently, some organizations have opened protection camps to educate young ladies who are at risk of these rites, and according to them, the society is beginning to slowly change and accept them as people and not vessels.
EMERGING FEMINISM

Definition
Feminism is the belief that women and men have the same rights and opportunities. In today’s society, women are being given so many advantages over men to aid them in their well being. Though this view of emerging feminism is not common in some countries or societies, it is taking root in America, Europe and some African countries.

Introduction
Emerging Feminism was born of the women’s movement which was derived from the concrete experiences, reality and possibilities of women’s lives through their advocacy for the right to be treated equally with men. Its aim is to liberate women from the ruthless cultures and beliefs that make them to subordinate themselves to men. Feminism is the belief that women should have the same economic, social and political rights as men. Feminist activists have campaigned for women’s legal rights which include the right to contracts, property rights, voting rights, bodily integrity and autonomy rights, abortion rights and reproductive rights (access to contraception and quality prenatal care), as well as protection from domestic violence, sexual harassment and rape, and workplace rights including maternity leave and equal pay. The feminists’ objective includes the elimination of oppression and discrimination on the basis of sex, race, age, class, religion, ethnicity and sexual orientation as well as other barriers to human liberation inherent in the structure of our society. This type of emerging feminism, though helpful to women, is however making men to feel left out and discriminated against.

Historical trends
For centuries, women’s rights as citizens and as human beings were denied. Some of the examples are the right to earn a substantive living commensurate with effort, and the freedom to determine whether to bear children or not. The denial of these and other freedoms constitutes concrete instances of oppression. In primitive times, women were marginalized and passive victims, but the women of today are well educated, modern, liberated and empowered. Despite this oppression, women possess persistent strength, spirit and optimism about the possibilities of change. Many of the qualities developed by women in the face of denial are precious and unique because they help them to advocate for their rights and work towards their liberation from male domination. Although faced by many challenges and resistance, women have made great strides in their lives in order to uphold their dignity as human beings and acquire a sense of independence in society.

Challenges of emerging feminism
In many cultures and customs, women have been confined to house work and subordination to men for a long time. The artefacts of history, the symbols of religion, significance and activities of power are mostly biased against women. Women are secretly consulted yet major and final decisions are made by men, and to make matters worse, property and land is inherited by males in the family. It is a taboo to enter into a meaningful argument with men. Some cultures advised the woman to stay at home for domestic work and the husband to be the breadwinner in a situation where both had the same kind of career training. Now, these cultural practices are slowly changing with the emerging feminism. For instance, females are increasingly becoming breadwinners, decision making nowadays also involves women, while land and property is now accessible to females through inheritance.
Secondly, education was deemed dangerous for women in the past, contributing to discontent and rebellion against natural roles as “wives” and helpmates in society. It was believed that too much learning would drain away the energies women needed to procreate. Mathematics and science were particularly dangerous because it was believed that they might rob men of a meek and gentle wife. Such views barred women from the possibility of contributing to the intellectual and scientific world that was only reserved for men, who were in control of the academic disciplines, the universities, the learned societies, the press and the research institutions.

Nowadays though, women are in diverse areas of the work force, pursuing advanced education and moving into different professions. For instance, in academic circles, women have proved that they can outdo the men folk. Women are increasingly venturing into careers which were traditionally reserved for men, for instance civil and mechanical engineering, medicine, architecture and law. The government is doing its best to provide educational opportunities for girls in schools and universities. This further encourages women to advance their education by becoming professors, doctors, judges and pilots. Most women are investing in the advancement of their academic life.

In terms of employment opportunity, we have moved from a past where women had fewer chances to be employed. The first priority in the job market was conventionally given to men. Military service was a male preserve. At times, even if a woman was accidentally employed, she would be given less pay than her male counterparts who were doing the same job. Nowadays however, due to the influence of the emerging feminism, women are venturing into almost every profession that was formerly dominated by men. For instance, many women are now mechanical engineers, civil engineers, medical practitioners, lawyers and drivers within the public service sector. They are earning better salaries that make them to be autonomous and to live dignified lives.

Due to the increased fair competition in the job market, men are now working in fields where women have traditionally dominated e.g. nursing, secretarial work, teaching and in the beauty industry. Women issues were rarely broadcast or highlighted unless they were negative, for instance if they touched on prostitution or where women were portrayed as objects and not subjects. Nowadays, women have developed a positive self image and self esteem. The advertising industry is dominated mostly by women, and this helps them to achieve self confidence, and self appreciation too.

Politically, men believed that leadership was only meant for them and not for women. During elections the most preferred candidates were male because of the negative attitude that society had regarding the role of women in leadership. Even in the villages, elders and decision makers were all men. However, nowadays women have come out in large numbers to vie for various seats including those of chiefs, civic positions, parliamentary posts and even the presidency. A good number of women are ministers, assistant ministers, and members of parliament, senior judges, vice-chancellors, and permanent secretaries, and they hold senior positions within the armed forces as compared to the past. Women have shown great potentiality in leadership roles, and some have out-done men in the social, educational and political arena.

In terms of the economy, the labour market is increasingly friendly to women though men still make more money. Low paid jobs are growing quickly and women are more ready to accept them than men, who still see themselves as family breadwinners. Women can give birth to children, nurture them, take care of the families and at the same time participate in
community work and hence improve the country’s economy. There are numerous explanations for female success in growing businesses. For instance, women tend to be well educated, to stay longer in the office than men, persevere more, and are apparently more loving than men while at work. Many females are holding administrative and executive positions in various government departments compared to the past where they were confined to the kitchen, thus making a major contribution to the economic growth of the country.

Positive effects
Emerging feminism is beneficial in that it changes women’s sense of themselves, self image, and sense of worth. It changes women’s aspiration based on an increased sense of self confidence and self love. Women create for themselves new options in their own personal goals as well as in their commitment and contribution to society. Women empowerment is tantamount to empowering everyone in the nation since women take vital roles in shaping human life from birth. Therefore, every barrier should be overcome by all and women in particular in support of the emerging feminism initiatives which are geared towards total liberation for women This can give all people, women and men, a renewed sense of human worth, which will restore human qualities of love, beauty, kindness, justice and equality. Some programmes being introduced for development only target women. These include development funds from the government and non-governmental organizations, loans from banks and financial outlets, as well as the reservation of gubernatorial, civic and parliamentary seats for women representatives.

Negative effects
Emerging feminism tends to highly favour women at the expense of men. Though women need to be assisted, it is only fair that men also share the proceeds. In spite of the great strides, there is much resistance from the men because of cultural barriers and beliefs.

Moral considerations
The empowerment of women and equality between women and men are prerequisites for achieving political, social, economic, cultural and environmental success in the society. Special measures must therefore be taken to ensure that all females have the same opportunities in social cultural, political and economic leadership. This encourages women and men to work together for the benefit of society. Just as the boy child should not be forgotten as we seek to empower the girl child, so too are we morally bound to seek the place of the woman in the society without any discrimination on the basis of gender. Lastly, the emerging feminist movement should be take into consideration that highlighting abortion and prostitution rights robs the movement of its value, integrity, honour and dignity, because it is illogical to advocate for a right that gives you the freedom to kill.
DRESSING CODE

Definition
Webster’s Third New International Dictionary, Vol.1 on p. 689 defines dressing code as “a set of rules about what clothing may and may not be worn at school, office, restaurant, etc.” This means that different circumstances demand different kinds of wear: from casual wear, cocktail attire, festive or even formal attire. It is important to note here, however that there is no universal or international dressing code. It all narrows down to individual cultures assuming their likes and dislikes; meaning that what is proper dressing according to one person may be relatively different when it comes to another individual. Nowadays, dressing has become a nagging issue in the society with some modes of dressing being prohibited in various designated areas. The mode of dressing has become quite controversial, and it has significant moral consequences at the same time.

Introduction
Cases in which people have been accused of dressing in a provocative or suggestive manner have been reported by the media on several occasions. An individual is the sole proprietor of his/her mode of dressing. Yet dressing choices could either be repulsive or appreciated in the society. Clothing is an aspect of human physical appearance and like all other aspects of human physical appearance, it has social significance. This social significance has occasioned the emergence of dress codes over the years. Dressing reveals much about someone, and getting dressed each day helps us tell others who we are without speaking to them. Your dressing matches your thought, character and intentions. Clothes are ideally what we are since people recall you by what you wear; or rather, “You are what you dress or how you dress.” Today’s generation refers to dressing codes as fashion, which may depict the person’s social class, income, occupation, ethnicity, religious affiliation, attitude, marital status, and sexual behaviour.

Dressing is not limited to clothing only; it also includes the treatment of the body and skin, as well as the accessories carried on one’s body or attire such as a handbag for women, berets or large hats, rungus, bangles, turbans and hijabs, bracelets, ties, necklaces and finger rings among others. Bodily marks such as tattoos and piercings also constitute the concept of dressing.

Types of dressing code
Certain professions require specific modes of dress. For instance, doctors, secretaries, managers, lecturers, lawyers, politicians, industrial workers, farmers and electricians may dress in ways that are dictated by their work. In some professions, people are required to be presentable and to dress formally. Disciplined professions such as the military, pilots, fire fighters, and nurses etc, wear uniform. Members of religious orders may also wear uniform known as habits. At times, within a certain profession e.g. the senior officers or kitchen chefs.

Some countries have laws that govern dressing, for instance, in parliament. Likewise, in some restaurants or theatres, casual dressing is not allowed. Sports shoes and slippers are likewise not encouraged in some official or reverential functions. Mechanical wear includes the attire worn by car mechanics, drivers, machine operators, watchmen, and fire fighters. Entertainment wear includes drama costumes, sportswear, swimming gear, and wedding clothes. The most common forms of dressing among the youth are: mini-skirts, tight clothes, trousers (hipsters), fancy hair styles, a variety of shoes, tattoos, ear and finger rings, bangles, T-shirts and vests. Many young people dress in order to be attractive to the opposite sex, to
look pretty, to be praised, for prestige and also for recognition by certain groups such as the Rastafarians who have dreadlocks and follow a cultic religious movement. The media comes out as a major influence on what the youth wear, and they are in most cases eager to emulate role models and celebrities, both locally and internationally.

Peer group influence is also a factor in the youth’s mode of dressing. They try to copy others in order to look alike, and this poses a major competition among them on matters of fashion and style. Most boys get tattoos, wear baggy trousers, and have different hair styles. Girls acquire the latest clothing fashions and hair styles as well as different perfumes and shoes. Young people’s dressing is sometimes suggestive, transparent and provocative at the same time. The society however expects the youth to be dressed reasonably.

The elderly dress formally and are not influenced by any external forces. Although the world is evolving and getting more modernized, the elderly retain their culture and principles in terms of dressing. Personality and dignity is safeguarded among the elderly in what they choose to dress in. They remain within their limits and at this stage there is no competition in fashion and styles of dressing. Men mostly wear suits, shirts, and decent shoes while the hair is either shaved or trimmed to a reasonable size. Women try to catch up with the latest fashions but do not strain much like the youth. They are modest and dress elegantly. They wear skirt suits, trouser suits, blouses, decent shoes, wigs, a little make up, and some may polish their nails.

Cultural wear gives identity to particular communities. The Maasai for example are known for their red colour preference, braids, necklaces and bracelets for women. Men are identified with the sword and the rungu. Cultural wear is greatly appreciated during traditional dances. It is a difficult task to discern national attire which is representative of the different tastes of different communities. The kitenge is however appreciated by many as an African outfit.

Other classifications of dressing code divide the nature of clothing into formal, semi formal, and casual. Casual wear entered corporate culture with companies and institutions setting aside Friday as a ‘dress-down Friday’ or ‘casual Friday’ when workers can wear informal clothes. Workers who do not directly interact with clients could be allowed to dress informally while others may be required to be formal. It could be defined as dressing professionally and looking relaxed, yet neat and pulled together.

In summary, clothing could send various messages to observers, for instance, masculinity for trousers, ties, belts, rough or heavy fabric, and outdoor clothing, and femininity for skirts, low necklaces, defined waists, and delicate fabric. Sexual maturity could be indicated by light clothing, transparent or shiny fabric, and high heels, while dominance could be shown by uniforms, oversized clothes, dark colours, leather, metal buttons, and large hats. Extreme clothing and hairstyles, tattoos, piercing and unusual shoes or no shoes at all point to rebellion, whereas uniforms, suits, and the carrying of tools and trade accessories point to certain occupations. Some clothes may indicate place of origin, health status or even age.

Positive effects
Clothing helps people to look neat, keep the body warm, and make a positive impression to the community. People of high rank reserve special items of clothing or decoration for themselves as symbols of their identity and status. Dressing identifies religious groups with ease. A Sikh may display his religious affiliation by wearing a turban and other traditional clothes The Akorino Church require both men and women to wear white turbans. Muslim
women wear sartorial *hijabs, hijas burque, chador* and *abayen* for head and body covering in order to proclaim their status as respectable women. The dressing code also helps in identification of married couples.

**Negative effects**
The good virtues of dressing have been greatly interfered with by the media. There are also influences that have to do with gender, ethnic groups, social class, and education, as well as peer groups. Most people are not sure about the kind of dressing that is suitable for them. Traditionally, people were brought up to dress properly to show confidence, humility, self respect and dignity. Today the mode of dressing has changed to the extent that even parents will not hesitate to buy their children low-cut jeans, miniskirts and spaghetti strapped tops that will clearly expose their body parts in shameful ways. Immodestly dressed women have found themselves at the crossroads of rape and sexual harassment from members of the opposite sex.

Identity confusion is expressed when boys dress like women, for instance the wearing of earrings, plaiting the hair, putting chemicals in the hair, wearing weaves and carrying purses. Clothing may convey certain messages even when it is not intended. Misinterpretation will definitely follow if the receiver’s codes of interpretation differ from the sender’s code of communication. Some occasions may specify that tattoos should be covered. Fetish clubs often require patrons to dress in fetish clothing. Jeans and denim clothes are unwelcome in such instances.

**Moral considerations**
As much as dressing is an art, it is immoral to provoke the feelings of other people. Care should be taken in order to avoid embarrassment to self and to others. It is important to bear in mind that dignity and identity is very well expressed through one’s mode of dressing. Society can judge one harshly if much extremism in dress code is displayed. Peer influence does not render one’s conscience insensitive or irresponsible. The media and church organizations should be at the forefront in educating the youth and the general public about the repercussions of some dressing habits.
SOCIAL STRATIFICATION AND CLASS STRUGGLE

Definition
Social stratification refers to divisions or classes in society. A class can be defined as a grouping of individuals who are equal in role and status as well as similar political and economic interests based upon three main criteria: Occupational structure which refers to an individual’s position at work, the authority structure which refers to one as a senior or subordinate, and finally, property structure that defines the ownership of the property that produces profit. Each class tries to identify itself with its actual means of livelihood or survival. It therefore builds a colony of its own in its quarters and warns strangers against interference.

In essence, social stratification is concerned with group properties, social structures and social forces. It can therefore be defined as inequality that has been institutionalized in a layered hierarchy resulting in a system of social relationships which determine who owns what and why. In some quarters, it may seem to bring unity and opportunities for engagement, but in other areas, it ends up creating tension and insecurity. The ever widening gap between the rich and the poor is responsible for this problem.

Introduction
More than ever before, our societies face the problem of competition, which leads to class conflict. Class division plays a decisive role in human progress, and its membership is defined by one's relationship to the means of production. In a bid to understand human beings and human societies, the vital component of social stratification needs to be considered. A system of social stratification helps shape how people live, acquire opportunities for better lives, improve people's mental health, and advance life expectancy. Social inequality which leads to the formation of social classes is accompanied by social class struggle which then tears the society apart.

Economic inequality refers to the disparities in the most important resources that help people obtain the basic necessities and simple luxuries of life e.g. income and wealth. The two are conjugated and it is imperative that we recognize the part they play in the process of conflict over the distribution of resources in the society. Members of society have time and again struggled to climb the ladder to the higher classes in order to become economically empowered. Within a stratified system, classes emerge at a distinct point in the evolution of human society.

Types of strata in society
Guided by the three criteria of class stratification, a typical listing of class divisions has emerged primarily in terms of occupational and economic division. A capitalist class signifies families that enjoy property ownership and supreme authority. They are the old established families which own major corporations and investments. The corporate class refers to people with high authority and power in major corporations, though they might not have any extensive ownership in these corporations. The middle class refers to those with relatively little property though they occupy high and middle level positions in the corporate world. The working class signifies people who have little or no property, middle to low positions in occupation and little or no authority. The lower class signifies those individuals with no property who are often unemployed and have no authority. They are referred to as the poor.
According to Angus Bancroft and Sioned Rogers in their book *Introduction to Sociology* Karl Marx summarizes the above strata into two major classes that include the vast majority of the population, the proletariat, or the have Nots, against the bourgeoisie, the rich who are termed as the haves. The proletariats, who are labourers or workers, include anyone who earns his livelihood by selling his labour power and being paid a wage or salary for his or her labour time. They have no choice but to work for money for survival. The workers would like to be paid for every minute they work under the capitalist’s authority and would like to avoid unnecessary and unpaid effort. They would also prefer higher wages and benefits such as health insurance, defined benefit pensions, as well as a safe and healthy working environment.

The bourgeoisie or capitalists on the other hand include anyone who gets his income not from labour as much as from the surplus value he or she appropriates from the workers who create wealth. This surplus value is higher to the extent that workers spend time at work beyond what they are paid for and to the extent that they exert effort beyond the cost of their labour time. The income of the capitalists, therefore, is based mostly on their exploitation of the workers.

Each of the two main classes has its own interests. This in turn leads to conflict between individual members of different classes. According to Karl Marx, an uprising would lead to a socialistic society in which the proletariat would control the state in what he calls ‘the dictatorship of the proletariat.’ Even after an uprising, the two classes would struggle, but eventually the struggle would recede and the classes would dissolve. Karl Marx dreams of a classless society.

**Causes of stratification and inequality**

Within society, capitalism is the major source of class struggle and economic inequality. In the capitalist societies that are based on industrial production, we find two classes- the bourgeoisie- the owners of the means of production or capital, and the proletariat, known as the working class. Here we find that there is the exploitation of one class by another. According to Marx Weber’s labour theory of value, the magnitude of value of any article is the amount of labour socially necessary for its production. Here, the exploitative value of capitalism is found in the fact that the capitalists pay workers too little in comparison with what they actually produce. The surplus value i.e. the difference between the value created by the workers and the cost of maintaining him becomes the profit of the capitalists. Therefore, all the other classes under the capitalist class continue to live in pathetic conditions as they work hard to maintain the capitalist. The class which is the ruling material force of society is at the same time its ruling intellectual force.

We can see the working class exploiting the lower class through labour unions that are seen making some material gains for the workers but with the aim of maintaining the long term capitalist interests. This is best exemplified in George Orwell’s famous novel, *Animal Farm*, in which it is stated that “all animals are equal, but some are more equal than others.” This dynamic operates through economic planning and control conditions e.g. inflation, which could lead to crisis, and also through welfare spending to control and appease the poor and the unemployed during hard times.

The existence of classes and inequalities is also determined by the level of education of individuals. For instance, education does not on average help workers attain a higher income, but more education does bring income for the managerial class. This is best seen in the occupational structure whereby people are ranked in terms of skill level and tend to receive
greater rewards with higher skills. This aspect locks out the lower class and the working class from getting better incomes that could at least enable them to obtain better education like the capitalists and the corporate classes. They cannot even access facilities that provide good education, thus their labour is exploited due to a handicapped educational background. According to the study of Robinson and Kelley (1979) on the influence of education on the occupational level, it was concluded that “to attain a capitalist class position, it is best to be born of capitalist parents; to attain a high occupational level, it is best to be born of parents with high education and high occupational position.”

The rise of bureaucratic dominance and government influence by particular classes contributes to the disparities between classes and the economic inequalities. For instance, the upper class is seen as the governing class through its various means of influence over the economy and political system, and this is because this class possesses an extensive stock ownership in major corporations that determine the state of the economy of a particular region. This class has influence over the government through direct participation in politics, political campaign contributions, selection of government leaders, and activities of lobby organizations. In a capitalist system, organization is established to shape the development of government policies. Through the involvement of the upper class in government, the government reciprocates by safeguarding the economy through maintaining the interests of the upper class while exploiting the other classes.

The labour market is another major cause of economic inequality since it determines wages for the market. The market is supposed to be free from brokers, and governed only by the law of supply and demand. In this view, inequality is caused by the differences in the supply and demand for different types of work. A job where there are many willing workers (high supply) but only a small number of positions (low demand) will result in a low wage for that job. This is because competition between workers drives down the wage. An example of this would be low skill jobs such as road sweeping or customer service. The persistence of unemployment in market economies and the fact that these jobs require very little skill results in high supply of willing workers. Competition amongst workers tends to drive down the wage since if a worker demands a higher wage, the employer can simply hire another employee at the same low wage. A job where there are few willing workers (low supply) but a large demand for the skills will result in high wages for that job. This is because competition between employers will drive up the wage. An example of this would be high skill jobs such as engineers, professional athletes, or capable CEOs. Competition amongst employers tends to drive up wages since if any employer offers a low wage, the worker can simply quit and easily find a new job at a higher wage.

Education leads to a high demand for workers and creates high wages for those with it. As a result, those who are unable to afford education, or choose not to pursue education, generally receive much lower wages. This has resulted in an increase in wages for those with education, but it has not increased the wages of those without it, thus leading to greater inequality. Gaps around gender, race, and culture within a society contribute to economic inequality. The idea of the gender gap tries to explain differences in income between the genders. Culture and religion plays a role in creating inequality by either encouraging or discouraging wealth acquiring behaviour, and by providing a basis for non discrimination. Individuals in society often have different levels of risk aversion. When equally able individuals undertake risky activities with the potential of large payoffs, such as starting new businesses, some ventures succeed and some fail. The presence of both successful and
unsuccessful ventures in a society results in economic inequality even if all individuals are identical.

Simon Kuznet, an American economist and statistician argues in his book *Economic Growth of Nations* that development patterns give rise to levels of economic inequality. Kuznet saw a curve-like relationship between levels of income and inequality, now known as Kuznet’s curve. According to him, countries with low levels of development have relatively equal distributions of wealth. As a country develops, it acquires more capital, which makes the owners of this capital to have more wealth and income, thereby introducing inequality. Eventually, through various possible redistribution mechanisms such as social welfare programmes, more developed countries move back to lower levels of inequality. Kuznet demonstrated this relationship using cross sectional data.

Wealth condensation is a theoretical process by which, under certain conditions, newly created wealth concentrates in the possession of already wealthy individuals or entities. According to this process, those who already hold wealth have the means to invest in new sources of creating wealth, or to otherwise leverage the accumulation of wealth; such are the beneficiaries of the new wealth. Over time, wealth condensation can significantly contribute to the persistence of inequality within society. Related to wealth condensation are the effects of intergenerational inequality. The rich tend to provide their offspring with better education, increasing their chances of achieving a high income. Furthermore, the wealthy often leave their offspring with hefty inheritance, jumpstarting the process of wealth condensation for the next generation.

**Positive effects**

Class struggle enhances the unity of community members, which in turn dispels the fear of one another, increases trust and enables them to boldly fight any kind of injustice meted against them. In this view, compression rate (difference between the highest and lowly paid) is considerably lowered. Measures of social capital suggest greater community acceptance and involvement, and homicide rates are consistently lower.

**Negative effects**

Class struggle leads to intolerance and lack of support for civil liberties in the working class, while the lower class way of life produces individuals with a rigid and intolerant approach to politics, hence the level of poverty increases. There is crime, poor living conditions, lack of participation in community work, corruption, and embezzlement of funds in corporations to maintain good living standards by the working class and the lower class. A typical example of political inequality pertains to government tax policies. All the government functions must be paid for by someone but the biggest question is, who pays? The question of progressive taxation comes in handy whereby those most able to pay would pay more in taxes, but the contrary always occurs. In some circumstances, some of the capitalists are even scraped off the list of tax payment hence thriving on fat bank accounts whereas the working and lower class are heavily taxed to maintain the government programmes.

Finally, in addition to the inequalities outlined, it should be evident that no material good, condition or service which people come to value can be equally distributed by a stratified system. Class struggle is akin to poor economic growth. This is because all these companies or factories end up closing when workers hold demonstrations to protest against their low salary and ill working conditions. Poor health and a high mortality rate are strongly associated with high income inequality. Utility, economic welfare and distributive efficiency is surely affected by economic inequality. That is to say, inequality reduces the sum total of
personal utility because of the decreasing marginal utility of wealth. Economic growth is also affected due to incentive traps, erosion of social cohesion, social conflicts, and the uncertainty of property rights.

In order to reduce economic inequality, mass education on citizens’ basic human rights is crucial. Education is important in order to increase the supply of skilled labour and decrease the wage of unskilled labour and enterprises. Progressive taxation where the rich are taxed more than the poor is advisable, and again, minimum wage legislation is required in order to raise the income of the poorest working group.

**Moral considerations**

It is the moral responsibility of governments to realize that the root cause of violence has more to do with class struggle than anything else. Economic inequality tends to manifest itself ethnically and regionally, with some ethnic groups benefiting more from the national ‘cake.’ This is so because of the immoral bureaucratic systems. The country has a moral responsibility to uphold justice in courts, and the constitution should be followed to the letter. This way, the poor should find equality. Delayed justice is justice denied, and with no justice, there is no peace. Economic justice can be achieved by the government by ensuring fair and just distribution of resources in the country. Continuous overhaul of the governing constitutions can contribute significantly in improving the economic situation in the country. All should be sensitized to pay taxes for the good of the nation.

The church should play its part by educating and training members on their rights. The church can do this effectively because it does and should stand on neutral ground economically, socially, spiritually and politically. Human beings should be treated with dignity, and they should not be used as vehicles for self enrichment. Humans should not be manipulated for selfish gain, and finally, leisure is a right for all workers and not just a privilege. Day offs and leave days for employees should be upheld.
CORRUPTION

Definition
Corruption is the abuse or misuse of public office for private gain, and the use of official position, rank or status by an office bearer for his own personal benefit. It is an act done with intent to give some advantage inconsistent with official duty and the rights of others.

Introduction
Corruption has been blamed for many ills in developing countries, and it has been cited as the reason for underdevelopment. Sometimes corruption scandals have sparked public outrage and forced out governments. In other instances, politicians who have been involved in corrupt deals have been discredited and forced out of office, yet quite often, corruption has fought back and won and the whistle blowers have been forced to surrender. It is a common phenomenon in that it occurs in both developed and developing countries, among the rich and poor, in the private and public sector, within government and nongovernmental organizations, and within secular and religious bodies alike.

Types of corruption
Bribery is a form of corruption in which there is inducement to abet crime or lawlessness through monetary or property gain. Nepotism is favouritism granted or bestowed to relatives or close friends, without regard to their merit. This is due to clanism, ethnicity, racism, cronyism or religious affiliations. Finally, fraud is monetary conman ship and impropriety. It is embezzlement and extortion. The appropriation of public assets and property for private use also amounts to fraud.

Causes of corruption
Inequality and situations where salaries and wages are very low compared to the prevailing standard of living are some of the economic causes of corruption. In a bid to supplement their low salaries, employees are tempted to indulge in corrupt deals. Corruption normally thrives in societies where religious, traditional, ethical and moral standards are weak, and where punishment is lenient. It is prevalent where there are other forms of institutional inefficiency, such as political instability and bureaucratic red tape. Weak legislative and judicial systems, historical and cultural traditions, low levels of economic development, weak political institutions, and poor government policies are favourable conditions for corruption.

The corrupt risk being caught and punished, but all this depends on the effectiveness of the country’s legal system and the prevailing expectations and practices that govern how the laws are enforced. The church has a role to play in monitoring and denouncing abuses by state officials. In other traditions such as Islam where religion and state hierarchies are closely intertwined, such a role may be absent. A free press, strong civic society and active public interest groups have a mission to expose abuses and lead to closer monitoring. Exposure may also be more likely to happen in many economically developed countries. Besides its apparent impact on democracy, economic development increases through the spread of education, literacy, and depersonalized relationships, each of which raises the chance that an abuse will be noticed and challenged.

State intervention in the economy in form of restrictions, regulation, taxation, or state commercial activity has also been shown to be a cause of corruption as it can be used to give one advantage over rivals in the market. The restrictions and government interventions lead to the presence of excessive profits for some businesses. Since abnormal profits can be made in such businesses, officials who allocate the rights to these businesses are likely to be offered
bribes. In a world of competition, multinational companies have been known to engage in bribery to enhance monopoly in their businesses.

Ethnically divided societies have been shown to be more corrupt than those that are not. Lack of civil service work ethics and absence of public accountability and responsibility will foster corruption. Even if work ethics are available, these may be flouted at will for personal gain, leading to ethnic and cultural minorities perceiving themselves as being disadvantaged, and thus resorting to corruption to secure services from the public service. Tresman (2000) demonstrated a strong correlation between economic development and perceived corruption. Poverty itself might cause corruption in the sense that the poor may not devote sufficient resources to setting up and enforcing an effective legal framework to fight corruption, or because people in need of services are more likely to abandon their moral principles if they are poor. Society’s indifference to corruption, as well as tolerance and inaction towards it has been cited as one of the causes of corruption. In the end, corruption exists because there is both supply and demand.

Positive effects
A possible advantage of corruption is that one will spend less time getting things done by bribing one’s way through.

Negative effects
Other than prosecution, corrupt officials could lose their jobs. The cost of losing the job depends upon the benefits provided by that job e.g. the level of salaries in public office and the length of time for which an honest official could expect to enjoy them. Besides losing their jobs, corrupt officials often face social stigma if they are exposed. Where cultures glorify wealth, the social stigma may be lower and therefore encourage corruption.

Corruption also has social costs. In any society, there are laws and regulations to serve social objectives and to protect the public interest, such as building codes, environmental controls, traffic laws and prudential banking regulations among others. Violating these laws for individual economic gain through corrupt means can cause serious social harm. There have been numerous cases where soil erosion, resulting from illegal logging, has led to entire villages being washed downhill during flooding, or being buried in mud slides, and taking a heavy toll on lives. Violating building codes through the connivance of corrupt officials and building contractors has resulted in the collapse of buildings and resulted in deaths. Overloaded ferries and passenger ships have sunk in seas and rivers. Paying bribes to operate unroadworthy and poorly maintained public vehicles has led to accidents on the highways. Obscure trading practices and financial scams that can result from poorly supervised financial systems have serious economic and social consequences. People have lost their life savings and fortunes in financial scams.

Corruption also gives rise to the underground economy by encouraging counterfeit and pirated wares which are prone to tax evasion. Though underground economic activities exist almost in all countries, they lead to economic losses. There are those that are illegal such as trade in drugs, or smuggling. The second consists of those activities that are legal but are not officially recorded, so as to evade taxes. Corruption gives rise to both these types of activities and contributes directly to the rise of the underground economy. When a large portion of the economy goes underground, official macroeconomic data, which mostly covers only the formal sector, becomes unreliable in assessing economic performance, or providing a basis for policy making and analysis. Under these circumstances, proper economic accounting and macroeconomic management becomes difficult. In the absence of reliable data, transparent
policies, and proper macroeconomic management, there is not much hope for economic development, modernization, or the emergence of a properly functioning market economy.

Poor income distribution is a direct result of corrupt systems, where the privileged and the well-connected enjoy abnormal or monopoly profits that give them large benefits. As such, there is a tendency for wealth to be concentrated in the hands of a tiny minority of the population. Income distribution therefore becomes highly uneven. In addition, the burden of corruption falls more heavily on the poor as they cannot afford to pay the required bribes to send their children to a decent school, to obtain proper health care, or to have adequate access to government provided services such as domestic water supply, electricity, sanitation and community waste disposal facilities.

Corruption leads to distorted consumption patterns. This is closely associated with an unequal income distribution and concentration of wealth in the hands of a few, thereby creating a distorted consumption pattern aimed at meeting the lifestyle of the new and extremely rich urban few. This involves importations of a large variety of luxury goods such as cars, lavish home furnishings, state-of-the-art consumer durables and electronic products, fashion clothing, exotic perfumes and expensive foodstuffs. The result of this is that the country ends up spending foreign exchange to cater for the amenities of a small segment of the population.

Corruption adversely affects both domestic and foreign investment. If bribes are given before any investment takes place, corrupt officials may demand cuts from the firm’s earnings by contributing to all sorts of charities and worthy causes that are unrelated to their line of work when the enterprise is finally established. These forms of tax on enterprises raise the initial costs of investment and the competitiveness of their products, and it can significantly reduce the incentive to invest.

Corruption could also have undesirable consequences on both the revenue and expenditure sides of the government budget. Paying bribes to reduce taxes, fees, dues, custom duty and public utility charges result in serious losses of revenue for the government. Fraud, embezzlement and misappropriation of public funds add to these losses. Corruption adversely affects the composition of government expenditure. This is because large benefits can be realized from corrupt deals on expenditure items that are expensive, and whose costs are not readily apparent. Corrupt regimes therefore tend to devote a large share of their national budget expenditures on acquiring sophisticated military hardware or on large projects, and less on education, infrastructure, health, and other priority needs that would contribute towards overcoming critical bottlenecks in the economy and help ease the hardships that most ordinary people face in their daily lives.

**Moral considerations**

Sincerity and honesty are two necessary virtues in any society. Action should be taken to strengthen accountability in public institutions. Government mechanisms should crack down on all corrupt elements without fear or favour. Integrity should be enhanced within the lives of a people. This means that shortcuts should be discouraged, and transparency encouraged from the lowly to the mighty. Satisfaction with whatever little one has is important and this contentment will shield people from any greed.

A clean and capable judiciary is essential in the fight against corruption. Judicial independence, integrity and accountability must be enhanced to improve the credibility of justice systems in poor countries. Judicial proceedings should be free of political influence,
and judges should subject themselves to disciplinary procedures and a code of judicial conduct to help ensure that justice is served. Governments must introduce anti-money laundering measures to eradicate safe havens for stolen assets. Leading banking institutions should implement procedures for identification, freezing and repatriation of the proceeds of corruption. Open tendering processes and short listing are paramount for any credible transparency and integrity.

Wealthy countries must regulate their financial centres more by criminalizing the bribery of foreign public officials. The boards of multinational companies must implement effective anti-bribery codes, and ensure that they are adhered to by subsidiaries and foreign offices. The poorest countries who suffer most under the yoke of corruption should improve transparency in financial management, from revenue collection to expenditure, as well as strengthen oversight committees and put an end to the impunity of corrupt officials.
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