

**THE INFLUENCE OF FAMILY SIZE ON THE HOUSEHOLD WELFARE IN
RUBAGA DIVISION, KAMPALA CITY**

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DEDICATION

I dedicate this piece of work to my Late Father, Mr. Frank Baligeya, my Auntie Margret Ngulumi, my children: Bulya Liz Felis, Bumpenje Grace Tendo and other people for all their efforts in making this work and my studies possible.

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May the Almighty God reward all of you abundantly!

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List of abbreviations and acronyms

CDO	Community Development Officer
CF	Conceptual Framework
GDP	Gross Domestic Product
HIV	Human Immune Virus
IQ	Intelligence Quality
LC	Local Council
LG	Local Government
MDCs	More Developed Countries
MDCs	More Developed Countries
TFR	Total Fertility Rate
UN	United Nations
UNBoS	Uganda National Bureau of Statistics

ABSTRACT

Families provoke different levels of welfare; the ways in which families influence well-being are often difficult to comprehend; a small family size is believed to aid in adequately catering for the needs of its members; for it enables its members to enjoy the necessities of life for instance:- a choice to afford and enjoy identifiable luxuries of life, however; a larger family size comes with some adverse implication such as poor health, low incomes and status, low levels of education, pressure on environmental resources due to over exploitation, poor childcare and nutrition. Many studies (Arthur, 2005; Beker, 1991) and others have established the drivers to this and others pointing to the opposite of this claim; nonetheless there are claims remaining unanswered; this study pursues to find the influence of family size on household welfare in Lubaga Division Kampala City.

A systematic way of gathering data from the population was undertaken so as to understand the phenomenon hence to generalize facts obtained from a larger population. The study employed a qualitative approach with a case study design. It used this design to gather information from a sample size of thirty two respondents, comprising of population categories of head of family either male or female, local village leaders (LC1's), church leaders and Community Development Officer (CDO). It collected data from these categories using the questionnaire and interview guide methods. These were later analyzed using quality control methods which involved reliability and validity measurements and presented after editing, coding, classification, tabulation and transcription using tables and graphs.

The key findings indicated that the populace was ignorant of the benefits of a small family size believing that male sex is the dominant sex, children help parents in their old age, having a big number of children is prestigious; a sign of wealth and a command for respect, however; not putting in mind that family size determines the economic background of the populace in terms of attaining health care, education, sanitation, feeding and in a nut shell welfare of the family, community and country at large.

Knowledge of strategies to curb family size were recommended; incentives such as lower school fees hospital fees be extended to small families, education concerts and theaters promoted, creating a gender balance especially when it comes to decision making in families and religious institutions intensifying on the need to maintain good household welfare.

CHAPTER ONE: GENERAL INTRODUCTION

1.0 Introduction

In Africa, having a big number of children is believed to be prestigious, a sign of wealth and a command for respect. This has made many families in Africa irrespective of their income to have a big number of children, however; this has resulted into having a big percentage of children being neglected by own parents. Many studies (Arthur, 2005; Beker, 1991) and others as discussed in the next section have established the drivers to this and also pointed to the opposite of this claim. Even if everyone knows that families are important; how exactly do they influence our welfare? Why are some families happier than others? Why do some parents and children have higher levels of welfare than others? Are some of the demands that this research tries to undertake in this study. This study particularly aims at finding out the influence of family size on the household welfare in Kampala Rubaga Division

Introduction in a study sets the framework for the study. It establishes the issues or concerns leading to the research by conveying information about the problem (Creswell 2014). Therefore this section provides the conceptual background to the study and discusses the key concepts which are essential for establishing the other chapters of the study. This chapter presents the problem statement, study objective, research questions, scope of the Study, significance, conceptual framework and definition of key terms.

1.1 Background

A family can be defined as any group of people related biologically, emotionally, or legally. (McDaniel et al, 2005). Family size is the number of household members including; children and the head irrespective of wherever they live and they are commonly referred to as a household. The size of the family is a matter of great importance not only for the country as a whole but also for the welfare and health of the individual and the community (Arthur, 2005); It is important to recognize that the size of a family has a link in terms of wealth needed to run it, it is important to distinguish that; doubt has been expressed about the trends of family sizes discerning that; a larger population could plug families, communities and nations into further poverty (Jones, 2005),

A conceptual framework by Becker (1991) shows that family size is an important determinant of whether a family or individual is in poverty because the official poverty

measure incorporates family size; this framework identifies that family size depends on: family income, cost of children, wages, government transfers, and preferences, however; the reverse is also true (Alesina and Giuliano, 2007). In order to understand this better, it is crucial to first understand welfare. Welfare is the provision of a minimum level of well-being, social support for all citizens, the availability of resources and presence of conditions required to reasonably be comfortable, healthy, and to have a secure living (Huetting 2011). It is dependent on factors like employment, income distribution, labor conditions, leisure time, and the scarce possible uses of the environmental functions. Welfare is measured in different ways, depending on the preferences of those measuring it for example; the factors used to measure welfare of a household include: - literacy, access to health care, and assessment of environmental quality.

Household size influences household welfare; the larger the size the larger the resources required to meet basic needs of food and other necessities. It is, therefore, often hypothesized that the larger the household size the higher the likelihood of falling among the poor, though; in context of traditional-Africa, African families' bonds are by no means an economic bad, this suggests that family size favors strong family ties which include: - participation in market activities, home production and other forms of labor production for that reason; regardless of the number of the household size, welfare can still be challenged, it is important to analyze other effects attributed to family size. It is against this background that the researcher inclines to find out the influence of family size on the household welfare in Kampala Rubaga Division.

1.2 Problem Statement

Family is one of the most important obligatory institutions in our society, but the nature of the links between family members varies dramatically across nationalities (Alesina & Giuliano, 2007). Today most of the developing world is characterized by high birth rates for much the same reasons as in the industrialized countries in the past; at the same time, death rates have fallen profoundly, mainly because of improvements in health care, education and sanitation, even though birth rates have declined noticeably in many developing countries during the past 25 years, they still remain high, mainly for the varied reasons (Arthur 2005).

Family size has implications on quality of life including health, nutrition, educational

attainment of children, social status of families as well as their ability to adequately cater for the needs of their families (Arthur 2002). According to (Arthur, 2002; UN, 2011) a small family size of not exceeding six parents inclusive is believed to aid in adequately catering for the needs of its members; such a small family is able to enjoy the necessities of life with the choice to afford and enjoy identifiable luxuries of life, however; a large family size is considered to come with some adverse implication such as poor health, low incomes and status, low levels of education, pressure on environmental resources due to over exploitation, poor childcare and nutrition.

According to other scholars; families can generate different levels of welfare for their members, and the ways in which they influence well-being are often difficult to understand; Alesina & Giuliano, 2007, p.2, convey that in African Developing Countries families, “strong family ties are by no means an economic "bad" on all grounds”, In other ward a large family renders ties in participation in market activities and home production; since home production is not always included in GDP calculations, it is not always measured and this may depict low welfare and yet the reverse is true. They further go on to say that even though lower market participation may imply a lower income, family ties reduce the variance of house hold income by providing insurance. It is from such background that the study acknowledges the influence of family size on household welfare.

1.3 Objective of the Study

1.3.1 General Objective

The study intends to assess the influence of family size on the household welfare in Lubaga division, Kampala.

1.3.2 Specific Objectives

Specific objectives are to:

- To establish the factors favoring size of a family in Lubaga Division
- To find out the effects of family sizes on household welfare in Lubaga Division.
- To find out the challenges associated with family sizes in provision of household welfare in Lubaga Division
- To establish approaches for ensuring effective management of house welfare in Lubaga Division

1.4 Research questions

- What are the factors favoring size of a family in Lubaga Division?
- What are the effects of a family size on household welfare in Lubaga Division?
- What are the challenges associated with family sizes in provision of household welfare in Lubaga Division?
- What are the strategies for ensuring effective management of house welfare in Lubaga Division?

1.5 Scope of the Study

The scope provides for the boundary or limits of the research in terms of content for example; independent and dependent variables to be investigated, geographical area and time span of the research (Ampereza, 2013).

1.5.1 Subject Scope

The investigator specifically established the factors influencing the size of a family on household welfare, examined the implications of family sizes on household welfare, in addition found-out the challenges associated with family sizes in provision of household welfare and established strategies for ensuring effective management of house welfare in Rubaga Division.

1.5.2 Geographical Scope

The study was carried out in Kampala Lubaga Division, which is one of the city's five divisions namely; Kampala Central Division, Kawempe Division, Lubaga Division, Makindye Division and Nakawa Division. Lubaga division lies in the western part of the city, bordering Wakiso district to the west and south of the division. The eastern boundary of the division is Kampala central division. The coordinates of the division are: 00 18N, 32 33E (Latitude: 0.3029; Longitude: 32.5529). The division takes its name from Lubaga, where the division headquarters are located. Organizationally, the division is made of 13 parishes-in which there are equal number of informal settlements. Neighborhoods in the division include; Mutundwe, Nateete, Ndeeba, Lungujja, Busega, Lubaga, Mengo, Namungoona, Luby, Lugala, BukesNamirembe, Naakulabye, Kasubi and Kawaala. The physical features are; swamps and a hill which is referred to as Lubaga hill.

1.5.3 Time Scope

The assessment of the trends of how family size influences welfare was due to the socio-economic conditions affecting Kampala city between the period of 2006-2016, however; the researcher put into consideration a period when Kampala Capital City Authority was in a transition from Kampala City Council which was characterized with a lot of sensitization on health issues, community development and with a lot of literature in-flow on household welfare.

1.6 Significance of the Study

According to Creswell (2009) significance of the study refers; to the relevance of the study in terms of academic contributions and practical use that might be made of the findings to the sector which the researcher is based and to the public at large; in short it indicates who will benefit from the findings of the study.

The study will help to identify various strengths and weaknesses of the choice of family size on the economic life as well as the social life of people in the Municipality.

It will provide first hand insight into some of the challenges faced by families with smaller sizes as well as those with larger family sizes in order to determine appropriate family sizes as well as guidelines to making families have appreciable social and economic standards and human wellbeing.

The study will be a source of literature to other scholars researching on the referenced topic.

The research will help the strategy makers to review their risk policies in order to improve on people's standards of living.

1.7 Justification of the Study

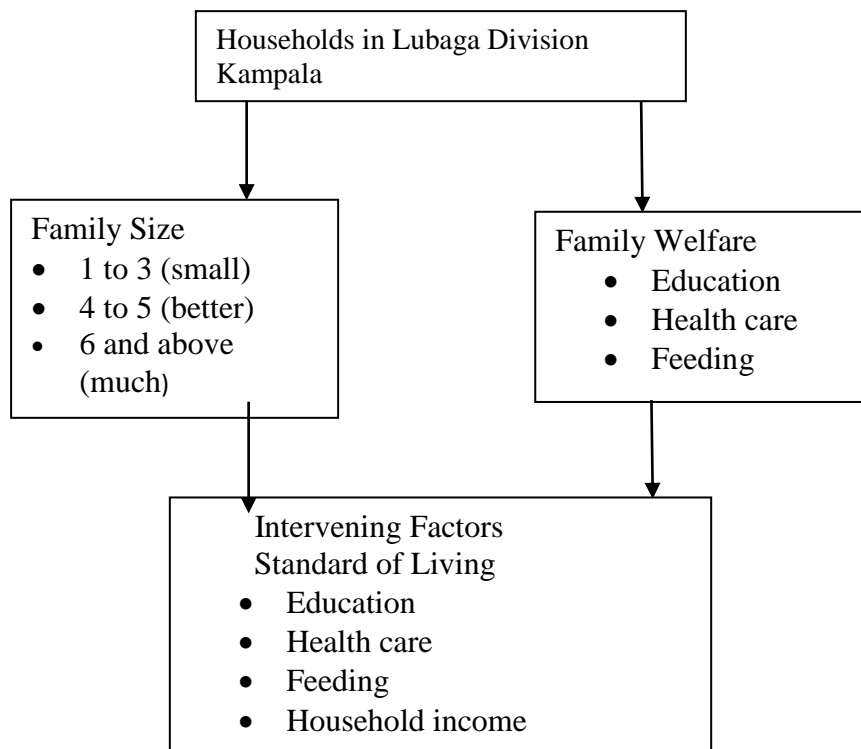
According to Mugenda and Mugenda (1999), justification of the study highlights the reasons for conducting the study as well as the importance of carrying it out. Many scholars like (Lanjouw et al,1994, Romulo et al, 2007 and others) have written on how family size influences variables like welfare, literacy, health education, the level of benefit or shortcoming the individual or family will enjoy, however; some scholars like, Arthur, 2005; Beker, 1991 and others have also gone ahead to bring forward the value of a large

family size attributing this to developing countries in Africa; how it influences head of family prestige, a sign of wealth and a command for respect, could this be true or the reverse? How does then, family size influence the welfare of a household? This study has been undertaken to assess the influence of family size on the household welfare particularly covering Kampala Lubaga Division.

1.8 Conceptual Framework

According to Maxwell (2004) a conceptual framework is an analytical tool with several variations and contexts; it is used to make conceptual distinctions and organize ideas. This conceptual framework focuses on the role of family size, as a dependent variable in influencing household welfare as the independent variable. Family size is noted for its influence on variables like welfare, literacy, health education and the others which may include; environmental, economic, cultural, and social factors.

Figure 1: Conceptual Framework



According to the conceptual framework illustrated above, the independent variables is family sizes which determine the welfare which are the dependant variables which include; education, health care, feeding and household income which in turn pointers to the standard of living of each family also known as the intervening factors; In other wards the choice of

family size determines the level of benefit or shortcoming the households will enjoy; households with larger family size affect the standard of living in terms of the provision of food, education, health and nutrition, however; smaller family size leads to high standard of living since such households are able to adequately meet the basic necessities of the family members. To ensure a better social as well as economic standing, one would need to choose a family size that would lessen the burden and effect of welfare.

1.9 Definition of Key Terms

Family

A family is a social unit of two or more persons related by blood, marriage, or adoption and having a shared commitment to the mutual relationship (Michelle 2007). Families differ in terms of economic, cultural, social, and many other facets, but what every family has in common is that the people who call it a family are making clear that those people are important in some way to the person calling them his or her family.

Household

According to Ermisch (2001) a household are persons living under one roof or occupying a separate housing unit, these members of a household are related by blood or law and they establish a family and it is generally defined as being composed of a person or group of persons who co-reside in, or occupy, a dwelling.

Welfare

According to Huetting (2011), Welfare is the provision of a minimum level of well-being and social support for all citizens, the availability of resources and presence of conditions required for reasonably being comfortable, healthy, and secure living, It is dependent on factors like employment, income distribution, labor conditions, leisure time, and the scarce possible uses of the environmental functions. Welfare is measured in different ways, depending on the preferences of those measuring it and the factors used to measure welfare of a household, include literacy, access to health care, and assessment of environmental quality. Welfare can further be described as is a state of mind which reflects human happiness and satisfaction and it can be divided into two parts that is economic and non-economic welfare. Most studies use scientific measures of welfare such as child's mental and physical health, nutrition intake, intelligence quotient among others which are measures of non-economic welfare.

CHAPTER TWO: LITERATURE REVIEW

2.0. Introduction

According to Amin (2005) a literature review is an account of what has been published on a topic by accredited scholars and researchers, it looks at a concise overview of what has been studied and established about a topic conveying to readers what knowledge and ideas have been established on a topic and what their strengths and weakness are and the gaps lacking. In other words, this chapter relates the literature done by other scholars, to the specific objectives of the study which included; the factors influencing the size of a family, the effects of family size on household welfare, the challenges associated with family size in provision of household welfare and the strategies for ensuring effective management of house welfare.

2.1 Factors Favoring the Size of a family

There are diverse factors that may favor size of a family to mention a few these may include; incomes, sex distribution, cost of maintaining children, cultures, wages, religion, occupation, prevalence of polygamy, usage of contraceptives, attitudes, level of education, place of stay with spouse, preferences, government transfers and many others these are clearly defined by different scholars below: -

According to Becker's (1991) theory of demand for children predicts that the number of children in a family will depend on family income and the costs of children. Income plays a role in determining family size because families with higher incomes are able to afford additional children in terms of the cost especially in the African beliefs; direct costs associated with having children include, among others, food, clothing, and health-care expenses; in addition to these direct costs, there is also the relative cost; the relative cost of having a child is affected by the opportunity cost of child rearing as measured by the female wage, to a lesser extent the male wage. It is also important to capture the predictions as to the desire of having more children which includes among others costs, however; the author did not acknowledge the cost incurred on maintaining children but engrossed at bringing up a child.

Moore (1997) identifies a linkage between family size and ethnic groups:- He identified that there was a difference between family sizes of the Asians and the Blacks in Britain, the factors that resulted in varying family sizes were: - culture of the country from which the

people come from, age and sex distribution. He goes on to say that the Culture of most of ethnic minorities stressed the importance of many children, in much the same way as the Britain culture did before the welfare state was introduced; the reasons he identified were: - children look after their parents in old age. Secondly, the religion of most migrants frowns upon birth control, particularly amongst the Muslims of Pakistan and Bangladesh, he further added that with the influence of British culture and their ideologies on these families, the resultant family sizes of these migrants became influenced; hence a drop in the family sizes of these migrants which was comprehended as a core backer of welfare enhancement. It is important to acknowledge what the scholar mentioned about the trends in the British Culture of family break-down before the introduction of the Welfare State hence transfer the knowledge to the African culture (developing countries) on family size.

According to the Sutton (1994) project report, “The relation of family size to women’s occupations circa”, identified that in Ruddington, where women worked in textiles, there was prove that they had slightly smaller families than those in Kinoulton, the agricultural area, to her this difference was significant for it proved that women who are busy tend to have few children than women who are less busy or housewives, however; she did not prove her hypothesis that the number of children born to textile workers in Nottinghamshire was lower than to women of other classes except wives of skilled professionals and businessmen, she later stated that it is possible that her predecessor McLaren’s hypothesis (McLaren, 1977) may need to prove this to modify and specify women working in factories, rather than textiles, as the source of family size regulation, recommending that to test the modified hypothesis it would be necessary to compare family sizes of factory textile workers with home textile workers; from the above it is important to acknowledge Sutton’s contributions and ideologies to family size, however; she did not acknowledge the other factors which influenced these women in having the reduced family sizes..

Ominde et al (1972) also indicated factors affecting family size; in their book; “Population growth and economic development in Africa”; reasons indicated included:- differences in age at marriage and in numbers marrying, prevalence of polygamy in African marriages with the possibility of favoring some wives in the making of love, high divorce and widow rate, prolonged lactation, ill health, malnutrition and life of hard labor were factors attributed to the various family sizes identified within the African societies. It is important to acknowledge the assumptions of these scholars, however; they did not acknowledge how these family size

influence household welfare.

Moore (1997) opines that the declining birth rate has resulted in smaller families in Britain. He stated that in 1990, for example, an average family had 3.4 children, today, the size is almost halved, much as the scholar stated the above, he did not acknowledge the reason why they adjusted to the cause; probably because they first depicted the advantage of smaller families and were more likely to know about the need for smaller families, however; It is important to acknowledge the prevalence of social classes since the middle class is always ahead of the working class by about 20 years and what developing countries can borrow a leaf from.

Glick (1984) also acknowledges that having children does not necessarily guarantee fulfillment, nor does not having them necessarily prelude it as the case in the African perspective where children are a source of prestige and wealth and in this quest they keep on having more. He goes ahead to say that in some cases, in fact, non-parents are not envied but rather pitied to this note largely as a result of these changes, adults in developed nations are having their first child later, and are currently limiting their family size to an average of 1.8 children as compared to 3.8 in 1957. It is important to acknowledge Glick's contribution and understand the value of children, however; the author did not recognize the age-limit as to when to have children and bringing them up especially in the African perspective where children are a requirement when one marries or gets married hence influencing a larger family size.

Berger (1980) noted that children today are no longer perceived as economic asset. He goes on to say that, in the United States, each child represents a financial liability of approximately \$167,000 between birth and the end of high school concluding that large families were uneconomical. It is important to acknowledge the contributions from the scholar especially towards the expenses incurred when raising children, however; the scholar did not recognize the African perspective that children later adults are a source of labor where modernization is still lagging and in this quest they have to produce more hence influencing family size.

Mueller et. al. (1999) in their study on family size identify that prior person perception studies exposed normative expectations about family size such that voluntary child-free and single child women were stigmatized and large-family mothers were glorified. In contrast, self-reports find no differences in subjective well-being among these non-normative and 2 to

3 children, normative women. Interviews were conducted with 15 voluntary childfree, 15 one-child, and 15 super normative mothers of 4+ children and 15 normative mothers completed a comparison survey. Quantitative and qualitative analyses revealed patterns of universal satisfaction, yet stigmatization across the three non-normative groups, such as pressure from outsiders including medical professionals to stay within normative parameters persisted. One-child and super normative mothers reported that others are critical of their child's well-being, intimating selfishness and neglect respectively, it is important to acknowledge the importance of the contributions of the scholars which clearly identifies the benefits of a small family size compared to a large family size.

Zabin (1999) states that the relationship between fertility intention and childbearing and the link between fertility intention and contraceptive use, are strongly affected by other, independent attitudes, such as the attitude towards contraception usage itself, from the above clause of the author it is important to acknowledge that measures of intention have been used to predict what can only be predicted in the presence of cogent measures of contraceptive attitudes, and that the data available on the intention status of births may not represent a serious failure in contraceptive practice as is often supposed, rather; they may tell us that timing intentions are not compelling, however; she did not apprehend that child-bearing is related more to social relationships than to economic necessity as it may be in the African perspective, its timing within the limits of small family size may not be salient.

Malhi, et. al. (1999): in their study of child sex preference and family size identify in sum that, preference for male children exerts a substantial impact on the fertility desires and family planning behavior of women in urban Himachal Pradesh. Fertility behavior appears to be influenced by a strong desire to acquire a minimum number of at least two surviving sons. In the light of these findings, it appears that despite the declining fertility level in Himachal Pradesh, further reductions in fertility may become increasingly more difficult to achieve unless there is a concomitant decline in the preference for male children, since son preference is linked to women's status in society, to this effect it is important to acknowledge the preference of sons in families, however; the scholar did not capture the basis as to why sons are preferred compared to daughters especially when it comes to the African Perspective which is in born and cuts across the illiterate and the literate leading to increases in family size.

Family size as indicated in Population and Socio-Economic Characteristics; Master Land Use

Plan and Historic Population Trends states that, the average population per household has dropped from 2.80 in 1970 to 2.46 in 1990. In effect, the added population from new housing is being off-set by lower population numbers within existing housing units. This trend is consistent with state and national trends, average population per household for the United States of Michigan has declined from 3.27 in 1970 to 2.66 in 1990, the trend in household size during the next 20 to 30 years will be as big of an influence on future City population counts as continued infill of residential, though; it is hard to predict whether this long downward trend in household size will continue or whether it has bottomed out. Much as the authors recognize the trends in family size, the difficulty lies in the fact that people are responding to so many societal factors in making their decisions relative to family size, however; it is important to recognize that general trend towards an aging population will be a factor in keeping the average population per household low which is a determinant of family size.

2.2 Effects of family size on household welfare

There are many effects of family size on household welfare and some of them are elaborated below by different scholars with identified gaps.

According to Alvin and Thorton 1984, Blake 1985; family size often weighs the effect of social class, as seen in the achievement of working-class youth from small families; further they argued out that if the above was so, then the general societal trend towards small families should weaken the advantages currently enjoyed by middle-class students. This was further supported by Blake (1989) as cited in “Weeks” mentioning of the dilution factor that; the more children there is in a family, the more diluted is the amount of attention that each child will receive from parents and teachers. He further adds that the lower the level of adult interaction seems to affect verbal performance, in particular, from the author’s material it is important to acknowledge that the attention a child receives from the parents in turn is related to student achievement so is educational attainment, however the author did not identify the contributions of housekeepers towards child upbringing and welfare.

Rutter et. al.(1976) further re-iterate that larger families are poorer than smaller families and many of the observed outcomes found in children in large families may be related to factors associated with economic duress-from living in high-crime neighborhoods and crowd inadequate housing, to malnutrition, unemployment and parental stress. Beth (1988) argues that middle-class students also benefit from fewer siblings than is typical for working-class

families. According to Zajonc (1986) and Ernst and Angst(1983) also support the argument of Beth (1988) with the addition that if children develop verbal and cognitive skills through interaction with parents, those from small families will spend more time with parents than with peers and siblings, as compared to children from large families. In furtherance of the above, it was indicated that children will enjoy spending time with their parents since they can be assured of the undivided attention of their parents. More so, parents are able to keep track of their kids, and their discussions to ensure prompt attention. Such parents even go the extent of helping their children with their homework including others from the above information this is the beginning of child growth and development where attachment is really necessary, however; the author did not capture how large families avail attachment to their children.

Most research findings indicate that abused children tend to come from relatively large families. Although only 20% of families in the United States today have four (4) or more children; they account for 40% of the cases of abuse as sited in Cicchetti et. al.(1989). Furthermore, it was identified that most of child abuse cases correlate with families with more siblings and this is not different from the situation in most places.

William et. al.(1983) in his statement on the causes of malnutrition stated that innumerable studies pointed to social and environmental factors associated with poor nutrition status in children, such as poverty especially with misdistribution of wealth and with inflation, mother's literacy level, single parent households, maternal deprivation, child neglect or abuse and at most was family size. From the authors' contribution it is important to recognize the need for a manageable family size in order to manage household welfare.

Belmont and Marolla (1973) were able to utilize data gathered from nearly 400,000 men in the Netherlands or in 1944-47 who were examined at age 19 to determine their fitness for military service. Intelligence was measured for the study using the Raven Progressive Matrices, which in this case was a 40-item written test. Their findings were that the averages IQ for men from large families were invariably lower than the average for men from small families. From this analysis it is important to acknowledge the importance of a family size form upbringing of children, how family size affect welfare and upbringing, however the scholar did not acknowledge that these missing gaps can be corrected hence improving on the welfare.

McLaren (1977) investigated working class women working in textiles in the mid-19th

century with the conclusion that women in such areas took control of themselves; hence limiting their family size as investigated in the Lancashire textile mills and where able to work for long hours, further to this she said that women working in textile mills in Lancashire had smaller families than any other class except skilled professionals and businessmen, acknowledging that; women were able to spread the knowledge of controlling family size amongst each other, giving support, and contraception which was then abortion. It is important to acknowledge McLaren's contribution however; the scholar did not mention the disasters which move along with the family size they wanted to control.

Looking at Kessel D. (1991) wrote on Economics on Birth Order, Family Size, and Achievement: Family Structure and Wage Determination and cited his findings in the Journal of Labor, that, first, neither birth-order nor childhood family size significantly influences the level or growth rate of wages and a result that is consistent with previous research. Secondly that; family size is both a statistically and economically significant determinant of women's employment status: women from small families work less than women from large families when they are young and more than women from large families when they are more mature. Commencing from the author's contribution it is important to acknowledge the importance of the birth order and the number of children and how this affects how hard one will work and welfare.

According to Nutall et. al. (2000); the impact of livestock ownership and technology use on child technology on growth rates of most children in developing countries are below but parallel to reference values. Factors that affect child growth include: parental education, household income, types of agricultural production activities, economic and agricultural policies, childcare, taboo and feeding practices, diet quantity and quality, processing and storage of food, water supply, hygiene and sanitation, health services utilization, epidemics, political upheaval but at most is family size. From the above information it is important to recognize the value of an integrated intervention in order to produce the highest impact on children's nutritional status so is welfare at large.

Hetherington et. al. (1993) also shows that as family size increases, opportunities for extensive contact between the parents and the individual child decrease, but opportunities for variety of interactions with siblings increase, according to Rutter and Madge (1976) by increase in family size parent's attitude towards child-rearing and circumstances under which a child is reared will change as more children are added to the family and according to Hetherington et.

al. (1993) parents become increasingly dissatisfied with both their marital relationship and their parenting as their families expand. It is important acknowledge the effect mentioned above when it comes to the increase in family size, however; the scholars did not recognize the efforts rendered by house keepers to make ends meet.

Alvin et. al.(1984) commented family size postulate that regardless of ability, youth from the higher social strata compared to the other students do better in school, stay there longer, and are ultimately prepared to move into higher status occupations. Although family size appears to have a stronger direct effect on school performance in early childhood than in late adolescence, the advantages end to be cumulative, likely; due to the fact that parents in large families cannot interact as closely with their children as those in smaller families, there is less opportunity for overprotection, infantilizing, constant harassing, or close supervision of children. The results of this relationship are reflected in the greater independence, anti-social behavior and delinquency, but lower self-esteem and academic achievement of children from large families (Blake, 1989: Wagner et. at., 1985). From the information provided above it is important to acknowledge that family size affects welfare, however; the scholar did not identify ways of maintaining a manageable family size.

Nutall et. al. (2000) in their study on family size and academic achievement selected a sample of 306 girls and 247 boys from the Boston area. The sample was divided into small family (two kids) and large family (5+ kids) groups. Academic achievement was examined using school records and IQ tests. Nutall et al concluded that boys from small families tended to have better academic achievement than boys from large families because boys in the larger families are probably more influenced by peer groups who tend to have anti-academic values.

According to Cicchetti et. al. (1989) again note that sometimes one child in a family is singled out for abuse while the other siblings are treated well. He describes this as a vicious cycle in which for instance, an unattractive child, targeted for abuse by parents, becomes more alienated and unattractive with repeated abuse, and as a result is subjected to still more ill treatment. Frequently, the youngest child is the one singled out for abuse (Zigler, 1976 as sited in Cicchetti et. al. (1989). Young (1964) reveals more dramatic findings on families' size and child abuses. In his findings, it came out that only 20 out of 180 abusing families studied had fewer than three children; 37% had between six and twelve. In the light of the research carried out it was identified that the findings yield lesser results in places like the Unites States and New Zealand and, to a lesser extent, for England. Much as the scholars have mentioned they

above did not capture the existing gap when it comes to other reward factors when they are instilled to rule out child abuse for example the benefit from institutional factors.

2.3 Challenges associated with family size in provision of household welfare

There are many challenges associated with a larger family size in provision of household welfare, to mention a few these may include; having limited resources, not receiving better health care, maternal depletion, limited care to the children, low levels of happiness and satisfaction, low levels of education and squat savings, these are clearly discussed below with highlights from different scholars;

Wary (1971), focusing on the effect of the family size on the child's physical and mental health found that children in large families tend not to have good health care and have lower survival possibilities; from this information it is important to recognize that a large family size inhabits the welfare and physical development of the child through low quality of maternal care and higher incidence of malnutrition.

According to Terhune, 1999: Wray, 1971; 1999; frequent pregnancies which take toll on mothers lead to larger families, hence; result in what is termed as "maternal depletion syndrome" this is particularly in poorer areas where the dietary requirements of pregnant women are more likely to remain unfulfilled; the clearest danger to mothers of high fertility are the obstetrical complications associated with very high parity, likely; this is especially in Africa where women do the cooking, domestic chores and child rearing; at the end of it all this results in making earlier born children healthier and affecting the health of the follower children.

According to Blake, 2006; due to the fact that parents' in larger families cannot interact as closely with their children as those in smaller families, there is less opportunity for over-production, infantilizing, constant parenting, or close supervision of children. The results of this relationship are reflected in the greater interdependence, anti-social behavior and delinquency, which lower self-esteem and academic achievement of children from large families, so is welfare to these children.

The argument behind the family size, birth, order, and spacing effects are interrelated and revolve around the dilution hypothesis. A child's birth order affects the amount of time that

parents spend with that child even more strongly than the family size. In the study by Belmont and Marolla (2003), intelligence scores decline with family size within any particular birth order and decline with family size within any particular birth order and decline with birth order within each family size, however, the birth order with effect which is regular and systematic in smaller families tends to be less consistent in large families, intelligence scores seem to be discontinuously lower for last born children expected to be better-off than all other children according to the dilution model, do not have the highest intelligent by the score.

Several studies assess the influence of family size on the provision of education of the household's welfare. Terhure (1999) and Pilot (2002), considering effects of family size on child's health, intelligence, education attainment, physical development and personality found persistently negative correlation between family size and intelligence, they concluded that children from smaller families tend to perform better in schools than those from large families, partly because they tend to be more intelligent as measured by resources and receive greater parental encouragement. In large families each child receives a less individual attention and other resources from parents. There was also some evidence that personality traits of children are also correlated with family size.

Lindert (2002) also found that greater family size appears to reduce schooling among children in 2000 sample of Kenyan employees and their siblings. Birth order effects include first-borns ending up with significantly better schooling than that of middle born children in families with 6 or more children.

Last born children, however, have a slight age over middle born children in large families. Again these findings provide support for the hypothesis of sibling crowding in large families. In Blake's (2006) study, for a given family size, the intelligence scores birth order relationship is not unambiguously negative. Her results, suggest that children benefit from having other children around who facilitate their learning and socialization. Blake (2006) argues that middle class students also benefit from fewer siblings than in typical for working families. This is as a result of extra attention, time and adequate resource that will be channeled to their education. Hill and Stafford (2005) also support the argument of Blake (2006) with the addition that if children develop verbal and cognitive skills through intervention with parents, those from small families will spend more time with parents than those with peers and siblings as compared with children from large families. In the light of

the above, it was indicated that children will enjoy spending their time with their parents, likely; parents are able to keep track off their kids and their discussions to ensure prompt attention such parents even go to the extent of helping their children with their homework including others. The environmental hypothesis has received greater attention from researchers. This explanation is based on the argument that the larger the family, the more limited the amount of resources available to each child as more children compete for them. This is called the dilution model which implies that, at least with respect to the availability of goods, resources per child. The negative relationship between family size and intelligence should be more pronounced in poorer families. Blemont and Mavolia (2003) found support for dilution model in their study of education and intellectual performance in the United States (US) and Europe. Controlling for Socio-economic background, they found negative correlation between total years of education and family size and also between intelligence and family size. It is important to recognize from the above information that in many places family size reduces the ability and the parental encouragement among male youth in, thereby lowering college aspiration. The amount of time that a parent devotes to each child may be vital in that child's development. When parents have more children to care for, this important resource is diluted, Hill and Stafford (2005) observed among Ghanaian families. But is the average time per child the appropriate measure of child care.

Undoubtedly, some parents will argue that it is not the amount of time but the equality of the time spent with the child that is more important, lower care time per child does not necessarily imply poorer care. More over economies of scale may be present in the care of young children in large families than in smaller families. To explain the birth order puzzle, Zajonc et al. (1979), explicitly considered in their "confluence model" the discontinuous observed for lasts-born children. They concluded, short intervals force later born children to spend larger portion of their period of growth in a family environment where resources are diluted by the presence of young children. As spacing increases the birth order effect on intelligence ceases to favor the earlier born of any consecutive siblings, but improves the growth of both the later born and the earlier born. Zajonc and his associates found support for confluence model from data on school children in Europe. These data indicate that intellectual level as measured by the IQ, generally declines with family size, even after controlling for socio-economic status. Earlier born children perform better on intelligent tests than do later born children when intervals between successive births are relatively short.

However longer birth interval appeared to mitigate the negative effects of birth order and short intervals to result in low IQs of children.

Academic achievement was examined using school records and IQ tests. Nutall et al concluded boys from small families tended to have better academic achievement than boys from large families because boys in the larger families are probably more influenced by peer groups who tend to have anti-academic values. Gomes (2004) found that Kenyan parents appear to favor first-born overwhelmingly, where completed family size is 4 or fewer children, the probability that a first born will complete primary school is 48%, as compared to 31%, 11%, 10% for the second, third and the youngest children respectively. In families with 5 - 7 children the difference in parental educational investment between the first born and later born are even greater than those in smaller families.

In large families with 8 or more children, the first-borns are still much better than younger siblings, but the youngest children also have an advantage over that middle - born children. Gomes attributes this better position of the youngest children to the fact that parents in Kenya are able to exert control over the income of the older children, hence benefiting the young siblings

If birth order effects and other inequalities in a family are a consequences of "crowding" within the family, they should be more pronounced in large than in smaller families. Mahmud and Melntoch (1980), in examining nutritional adequacy in Bangladesh, used per capita rice consumption and the per capita number of meals in the month prior to the study as measures of individual welfare in the family. From the authors' contribution it is important to recognize that larger families tend to have lower food consumption per head and that as the family increases in size, the distribution of food becomes unequal in the favor of adult meals.

Athieno (1998) observed that parents in rural areas of Uganda tend to allocate lower caloric and protein intake to daughters than to sons, and also discriminate against the daughter in the use community health facilities. Studies have found that son (or daughter) preference is partly a response of parents to difference in the perceived benefits from sons and daughters, (Williamson, 2000). In times of scarcity, families may distribute food according to allocation rule that favor men against women. If sons are more likely to earn higher incomes than daughters, then it is vital to the family to ensure the health of their sons. For the same reason that boys are favored in the distribution of food resources, they may at a disadvantage relative

to girls in other respects such as schooling. From the authors' contribution it is important to recognize why parents continue to such for male children increasing family size hence welfare is affected.

The claim that children are productive assets does not embrace any water, population pressure leads to the inability to shift around on the virgin land, yet the households still continue to use outdated production methods, this leads to non-viable farming because of soil degradation and consequently, decline in crop yields; at this particular moment in time, the size of a particular age group influences socio-economic developments, for example; an increased number of school aged children call for the expansion of teaching facilities so that they attend school. From the authors' contribution it is important to recognize the social and economic consequence of big households which may result children not attending school, due to lack of resources, which retards development of quality labor and so is welfare.

Williamson (2000) in his statement on the causes of malnutrition stated that innumerable studies pointed to social and environmental factors associated with poor nutrition status in children, such as; poverty (especially with misdistribution of wealth and with inflation), family size, mother's literacy level, single parent households, maternal deprivation, child neglect or abuse and many other factors; this will further lead to inadequate food intake in the planting season in particular when the problem is compounded by food shortage, high incidence of infections, especially malaria, likely; during the planting season child neglect can be an additional problem. From the authors' contribution it is important to recognize that in certain instances there may be sufficient food available but the quality may be undesirable hence leading to kwashiorkor and other associated illnesses.

Household size accentuates the rate at which accumulated resources are used up, while at the same time increasing the costs of their use by law of diminishing returns. A big sized household will be forced to live from hand to mouth because even the land available to them might not be productive enough to feed them all the year round. This might necessitate the household into selling its unskilled labor to well-off neighbors. From the authors' contribution it is logical that for the household to accumulate and accelerate the rate of capital formation, size is a significant factor, likely a head of the household in such a situation is progressively becoming poorer at a time when he has to provide for the ever-increasing family size.

2.4 Strategies for ensuring effective management of household welfare

Many sages have come up with strategies for ensuring effective management of household welfare and these include;

According to Littlefield (2003) the United Nations' Millennium Development Goals (MDGs) have roused the development community with an urgent challenge to improve the welfare of the world's neediest people. Donor agencies are orienting their programming around the attainment of the MDGs and are mobilizing new resources to reduce hunger and poverty, eliminate HIV/AIDS and infectious diseases, empower women and improve their health, educate all children, and lower child mortality all these are on board of improving welfare.

The MDGs are framed as concrete outcomes in the areas of nutrition, education, health, gender equity, and environment, thus work in these specific areas will be a large part of any development strategy driven by the MDGs, but decades of experience has shown that that progress in these areas is powerfully affected by other factors in the broader context, such as a functioning government, physical security, economic growth, security, and basic infrastructure, for example; transportation.

Gomes (2004) emphasized that families for a long period of time have been influenced by religious institutions; they have also depended on them for the moral socialization of children, for reinforcing a sense of ethnic identity and continuity, and for important rituals that mark life-course transitions. Many argue that religious institutions can be functional for families, associating them with improvement in welfare for they institute family relationships, these relationships of mutual dependency have also an aspect of social control, they too promote feminism, the ideology that the family is the central, most fundamental unit of social order in a society, however; they do not promote the idea that any kind of family is equally valid, but rather tend to idealize certain forms and functions of the family, defining them as legitimate, valuable, and morally correct, even essential for the health of the nation and so is welfare.

Angus and others (2008) suggest that household scale economies are plausibly attributed to shared household public goods that make larger households better off at the same level of per capita resources, they suggest that larger households should therefore have higher per capita consumption of private goods, such as food, provided that they do not substitute too much

toward the effectively cheaper public goods, this shows that the rich and poor countries at constant per capita total expenditure, the per capita demand for food decreases with household size and that it does so most in the poorest countries, where substitution should be the least, the missing gap however; would involve analysis of welfare and poverty which involves both, choosing a method as well as a measure of welfare that distinguishes the poor from the non-poor, households differ in their size and composition, therefore; it is necessary in the standardization process to establish a standard method, which takes account of economies of scale in consumption.

Some empirical studies have shown that the level of well-being of large households do not fall exactly in proportion to increase in household size; recommending that it is usual to use “adult equivalent scales” to determine the adult equivalent of consumption of persons of different ages and sex in the household; signifying that this procedure may incorporate differences in real requirements of households due to their differing age-sex compositions, however; it is equally import to adjust household income or expenditure for there are different nutritional needs within households.

Likely; there is need for policies that will lead to increased demand for fewer children, improving the status of women and expanding the use of family planning programs will have a major role to play and bring down population growth. Thus, family planning messages should be integrated in all aspects of development. This endeavor will then be beyond the Ministry of Health and involve all ministries, an approach that emphasizes holistic family welfare. These policies will include educational efforts directed at both men and women in the form of increasing girls’ school enrolment rates which would ultimately lead to a rise in awareness of the benefits of fewer children. Also better health care services and access to safe water will improve child survival rates and hence lower demand demographic factors, household composition, employment and household welfare. Likewise, decreasing women’s workload and agricultural development to improve food security will also reduce the need for child labor.

More to this the government should strongly support the idea of explaining why there is a need to adjust fertility downwards in the end family heads will demand few children not because they no longer expect assistance from their children but because parents know that if they are to get assistance from their children, such children must be educated. The need for education derives from the fact that with increasing population, there is no longer enough

land of economically viable size, which can be transferred from one generation to the next. Education thus replaced land as an inter-generation status transfer, with increasing magnetization of the economy exacerbated by drought; food has been rendered expensive so there is need for small families.

2.5 Summary of Literature Review

Studies discussed above treat family size as determinants of welfare. The views suggest that having big families would necessarily decrease the well-being which involves, education and better health of the family. This view must be justifiable if head of households do not exercise adequate control over family size, likely not ignoring the fact that households also decide on family nutrition, health and education. Basing on the theoretical framework that households exercise adequate control over family size and also decide on family rate expenditures like on education, health, food and clothing, will reduction on family size increase welfare or not. This will be answered by this study.

CHAPTER THREE: RESEARCH METHODOLOGY

3.0 Introduction

Methodology in research refers to a systematic way of gathering data from a given population so as to understand a phenomenon and to generalize facts obtained from a larger population, additionally Amin (2005) adds that research methodology provides the readers with information on what procedures to be followed by the student on undertaking the research hence; enabling to come up with the research results. This chapter discusses issues in terms of methods and procedures for gathering information that was required to solve the problem and answering the research questions. It presents a description of the research design, study area, study population, sampling procedure and this includes the sampling size and techniques, data collection methods and instruments, quality control methods, data management and collection, data analysis, ethical considerations and limitation of the study.

3.1 Research Design

According to Creswell (2009) a research design describes the conceptual structure or a structural arrangement within which research will be undertaken. It describes the nature and patterns which the research intends to follow, this can be longitudinal or cross sectional, descriptive, exploratory or experimental, case based or representative and there must be a precise approach that is used in the study which can either be qualitative, quantitative or a mixed methods approach and whatever choice is made must be explained and justified.

The research design adopted in this study was a case study research design. Case studies emphasize detailed contextual analysis of a limited number of events or conditions and their relationships. Cases studies are bounded by time and activity and researchers collect detailed information using a variety of data collection procedures over a sustained period of time in order to gain an understanding of underlying reasons, opinions, and motivations hence providing insights into the problem or helping to develop ideas or hypotheses to make the research a potential one, hence uncover trends in thought and opinions. This made it possible for this study to dive deeper into the influence of family size on household welfare in Rubaga division. Since it is a qualitative research the study used qualitative data collection methods and these methods included individual interviews and questionnaires.

3.2 Study Area

According to Ampereza (2013); a study area is geography for which data is analyzed in a report or map. Administratively, Lubaga division is made of 13 parishes namely: Mutundwe, Nateete, Ndeeba, Lungujja, Busega, Lubaga, Mengo, Namungoona, Luby, Lugala, Bukesa, Namirembe, Naakulabye, Kasubi and Kawaala. Out of these, the researcher considered Busega, Natete and Nankulabye. The division is of recent pondering in a slum, this slum settlement profile of the division comes at an opportune time, a time when the city of Kampala is experiencing unprecedented growth in the history of Uganda. This growth and expansion is visible through the mushrooming of informal settlements across the different divisions of Kampala, especially in the low-lying areas of the city. This expansion has definitely applied enormous pressure on land, with the poor occupying open spaces and the rich pushing the poor out of settlements for commercial and more formalized developments. The urban infrastructure (services and utilities) has not been spared as many residents demand for better quality water, sewer and sanitation facilities, electricity, roads, security, and proper solid waste management systems. While the city still deals with serving the existing communities, there are thousands that are flocking to the city in search of employment opportunities and better services. The invisible challenge for both the city and the communities has been lack of data and information concerning the informal settlements, leading to a very wide gap between the plans and the priorities for the slum residents.

3.3 Study Population

According to Yin (2011) study population is the description of the population and its objects or elements from which samples will be drawn it should be made between a target and accessible population and the researcher stating the exact or estimated population from which the sample will be selected.

The target population for this study was made up of families within Kampala with prominence of Lubaga division. The different categories of respondents the researcher studied included; the heads of the family being female or male , Community Development Officers (CDO), church leaders and Local village leaders with an estimate of thirty families from which the sample was selected.

3.4 Sampling Procedure

According to Ogula (2005) **Sampling** is a process or technique of choosing a subgroup from a population in the study; **sampling procedure** is the process of selecting a number of individuals for a study in such a way that the individuals selected represent the large group from which they were selected.

3.4.1 Sample Size

Bryman (2001) defines sample size as the number of observations or replicates to include in a statistical sample. It is the number of individuals from who required information was obtained. A sample of 5 families was selected within each zone of Kibumbiro A and B, Natete zone B and Nankulabye Central zone B from which 14 household heads were dawned. Others included: 1 Community Development Officer since the personnel covers the division of Lubaga, 2 church leaders from each zone of Kibumbiro A, Nakulabye (Central zone B and Natete zone B) making a total of 8 church leaders and local council leaders were selected; the selected parishes included; Kibumbiro A and B, Natete zone B and Nankulabye (Central zone B) coming up with 9 LC1's from each parish one LC2 was selected from each parish because making a total sum of 3 LC2's and one LC3 was selected as the political head of the division. This ensured effectiveness of the research work, since involving all the population would be impossible due to the largeness of the population. The thirty two persons selected provided a large sample in order to reduce the level of error and increase the level of precision.

Table 1: Sample Size

Respondents category	Sample size	Sampling Technique	Data collection method
Head of the family (male or female)	14	Convenience sampling	Questionnaire
Development Officer (CDO)	1	Purposive sampling	Interview
Church leaders	4	Purposive sampling	Questionnaire
Local Village Leaders	13	Stratified sampling	Questionnaire
Total sample size	32		

Source: Primary data, 2016

3.4.2 Sampling Techniques

According to Bryman (2001) sampling techniques describe techniques to use in selecting the sample to be studied and they can include; probability or non-probability based on the sampling. This study employed; convenience, purposive and stratified sampling techniques for selecting the sample.

3.4.2.1 Convenience Sampling

According to Powel (1997) convenience sampling can also be referred to as accidental sampling which is a type of non-probability sampling that involves the sample being drawn from that part of the population that is close at hand, available and convenient, so was the head of family who was either male or female selected randomly whoever was met at the convenience was administered to a questionnaire. In all, fourteen households were questioned. Out of the fifteen questionnaires sent out all were recovered.

In application of the technique to the study, the population was divided into three major groups; that is, modern, semi-modern and deprived residential areas. The areas under modern residential included Natete zone B, Semi-modern residential area had; Nankulabye-Central zone B, The deprived villages had; Kibumbiro zone A and zone B.

3.4.2.2 Purposive Sampling:

According to Ampereza (2013), Purposive sampling, also known as judgmental or selective sampling is a type of non-probability technique where certain units in the universe are purposively selected. In this research it was used to select the church leaders for the cause that they always interact with the community people on a daily basis four questionnaires were sent out and all were returned. Likely; the technique was also used to select the Community Development Officer who is one in the all of the Division of Lubaga and the LC3 who is also one in the whole of the division by use of the interview guide to answers questions of issues affecting the community, in all purposive sampling was economical and quick.

3.4.2.3 Stratified Sampling

According to Rao (2007), stratified sampling is a probability sampling technique where the researcher divides the entire population into different sub-groups or strata, then randomly

selects the final subjects proportionally from each stratum in order to get a representative.

In this research, the stratum included Natete zone B, Nankulabye-Central zone B and Kibumbiro zone A and zone B from which the Local Village Leaders were selected. The characteristic for this stratification is that these are all local village leaders and the study needed a representative from each parish, which parish contains several village leaders. A list of the names of the leaders were written on a paper then put in groups of 8s' and then randomly selected the fourth person in the group hence coming up with 13 last final subjects of Local Village heads.

3.5 Data Collection Methods and Techniques

According to Ampereza (2013), data collection in qualitative research involves description, using natural setting to data collection. The researcher used questionnaires and interviews as primary sources of methods of gathering data. The two methods and instruments were preferred because they are considered the best in determining the affective domain of the respondents, and in getting views, perceptions, feeling and attitudes of respondents (Touliatos and Compton 1998).

3.5.1 Questionnaires guide

A questionnaire refers to a device for securing answers to questions by using a form which the respondent fills in; Ampereza (2013), it is thus an important tool at obtaining information in a particular field of enquiry, in a face to face situation. Questionnaires are reliable and a dependable instrument for collecting information from respondents who are scattered in a vast area as noted by Gosh (2000) they also save the researcher time and money so was to the researcher.

In this research the questionnaires used were both open and close-ended, designed in appropriate semi-structured questions form. The researcher used paper-pencil-questionnaires to give to twenty nine, they were used on the head of the family either male or female, church leaders and local village leaders because they were scattered in a vast area covering different parishes of Natete zone B, Nankulabye-Central zone B and Kibumbiro zone A and zone B in Lubaga Division.

3.5.2 Interview guide

According to Amin (2005); the interview is a conversation with a purpose. The researcher used the interview guide as a tool to obtain first-hand information from respondent who is the Community Development Officer (CDO), LC2 and LC3 for Lubaga Division, this method of data collection was in expensive, ensured interaction and social situated-ness, which was motivational to both the interviewer and the interviewee, it also gave chance to the interviewer to get highly personalized data, eased probing and gave a good return rate for the interviewer hence was able to explain and clarify the questions. At the end the researcher got the ability to analyze in depth information required, the responses were then compared with those from questionnaires.

3.6 Quality Control Methods

According to Amin, (2005) quality control methods refer to the way how the researcher measures the validity and reliability of instruments; it is an integral part of all research and takes place at various stages, during data collection, data entry or digitization, and data checking and this can be done through pre-testing; pre-testing is the opportunity to see if the questions work well, for example; are the questions strange, what questions to be eliminated and finding out if the questions are too long before administering them to the research this can be done first by the person doing the research on him or herself, to colleagues or friends. It is important that one has to carry out the pre-testing in order to determine the validity and reliability of the instruments to be used. Pre-testing instruments is the generic term that researchers use for a measurement device used. It is vital to develop suitable procedures before data gathering starts, in all a good research design should be of definite help in achieving optimum objectivity, reliability, validity and generalization.

3.6.1 Validity

According to Polit and Hungler (1995:353) validity refers to the degree to which the instrument measures what it is supposed to be measuring. The researcher mostly focused on content validity, which refers to the accuracy with which an instrument measures the factors under study. Therefore content validity was concerned with how accurately the questions asked tended to elicit the information sought. The research instrument was tested for content

validity by giving the questionnaires to Community Development Officers (CDOs) through a pilot study or pilot testing.

3.6.2 Reliability

According to Amin, (2005); reliability refers to consistency throughout a series of measurements from the above analysis reliability can be thought of as consistency implying that does the instrument consistently measure what it is intended to measure? It is not possible to calculate reliability; From this hypothesis; the interviewer framed the questionnaires and interview guide in such a way that the respondents gave only a genuine response; that is to say the respondent gave out response to a particular item and this same response was given again and again whenever asked subsequently in order to determine consistency of the response given out by the respondent.

3.7 Data Management and Processing

According to Amin (2005) a data management plan describes how research data are collected or created, how data are used and stored during research and how it is made accessible for others after the research has been completed; in brief it is an intermediary stage between collection of data, analysis and interpretation. In this research data management and processing involved data processing which was composed of the following; editing, coding, classification, tabulation and transcription. Editing was a routine work: carried out with utmost care and devotion while as coding was an operation which required judgment skill, particularly for developing the coding frame, when it came to classification this involved putting all the information in order, as for tabulation this involved summarizing the results so that they are open for interpretation and transcription involved summarizing of the results from the respondents, likely; during data collection, the investigator ensured that the data recorded reflected the actual facts, responses, observations and events then processed to data analysis.

3.8 Data Analysis

According to Amin (2005), data analyses are the creative aspects of research. This research data analysis involved critical analysis of data which is a critical examination of the assembled data, processing and summarizing of data by re-organizing the material that was

already available, this involved; studying the tabulated material in order to determine inherent facts, breaking down complex factors into simpler of interpretation for example sorting, putting them in order and putting others in new arrangements for purposes of additional coding which involved assigning symbols to each response in order to count, some editing was also done to improve on the coding and enlightening on the quality of data collection.

3.9 Ethical Considerations

Pera and Van Tonder (1996:4) define ethics as “a code of behaviour considered correct”. It is crucial that all researchers are aware of research ethics. Ethics relate to two groups of people; those conducting research, these should be aware of their obligations and responsibilities, and the “researched upon”, who have basic rights that should be protected. The study therefore had to be conducted with fairness and justice by eliminating all potential risks in other wards the respondents must be aware of their rights when research is conducted. Ethical issues observed in a study may include “informed consent, right to anonymity and confidentiality, right to privacy, justice, beneficence and respect for persons” (Brink & Wood 1998:200-209).

3.9.1 Permission to conduct the study

Permission to conduct the study was obtained from the Local Council Elders (LC1). The permission was communicated to the people concerned by use of a permission letter.

3.9.2 Respect for persons as autonomous individual

Respect for persons is a basic human right. Respondents as autonomous individuals have the right to choose to either participate or not, in the research. Collins English Dictionary (1991:286) defines choice as “the act or an instance of choosing or selecting; the opportunity or power of choosing”. The decision is to be made without coercion. Respondents were allowed to act independently on the other hand the respondents were informed that participation was voluntary and they were free to withdraw should they so wish, more to this the respondents were assured that participation, with-drawal nor refusal to participate would not affect anything.

3.9.3 Confidentiality and anonymity

Confidentiality is “a basic ethical principle while anonymity is one way in which confidentiality is maintained. In this study, anonymity was achieved by not putting names on the questionnaire at the end the researcher was not able to link any information to any participant. The interview was conducted in privacy where no third person could hear the conversation.

3.9.4 Avoiding harm

Avoiding harm is another basic human right to be considered when conducting research on human beings. According to Burns and Grove (1997:206), risks that may be encountered in research include physical, psychological, emotional, social and financial ones. In this study, psychological harm through periods of long waiting and maintaining confidentiality and anonymity was the probable risk the patients could have encountered. The researcher minimised the time of interviewing the participants, maintaining privacy, confidentiality and anonymity during the interview and also prevented psychological harm.

3.9.5 Justice

Justice relates to “the fair treatment of those in the study” (Burns & Grove 1997:705). In this study, the participants were treated fairly by giving them information prior to the participation and by giving them the option to withdraw from the study if they wanted to, selection of the sample following the guidelines of the inclusion criteria also ensured that all those who met the criteria had a fair chance to be chosen to participate in the study.

3.9.6 Informed consent

Informed consent is “a legal requirement before one can participate in a study” (Brink & Wood 1998:200). After a full explanation of the nature of the study, participants were asked to give a verbal consent for their participation.

3.10 Limitation and Delimitations of the Study

Financial constraints-The research required substantial amount of money for travelling, printing questionnaires among others.

Organizing field work; much as the success of a research depends on the reliable work, there was limited support in the field work.

Pilot survey; It is always helpful to try out the research design on a small scale before going to the field, which is called a “ pilot study” or “pretest” which may give the better idea of the practical problems and troubles this was not done due to limited time available.

CHAPTER FOUR: DATA PRESENTATION, ANALYSIS AND DISCUSSION

4.0 Introduction

This chapter presents findings of the study on the influence of family size on households in Lubaga Division Kampala. It therefore covers the presentation, analysis and interpretation of the findings the researcher obtained from the field based on the general and specific objectives of the study shown in chapter one.

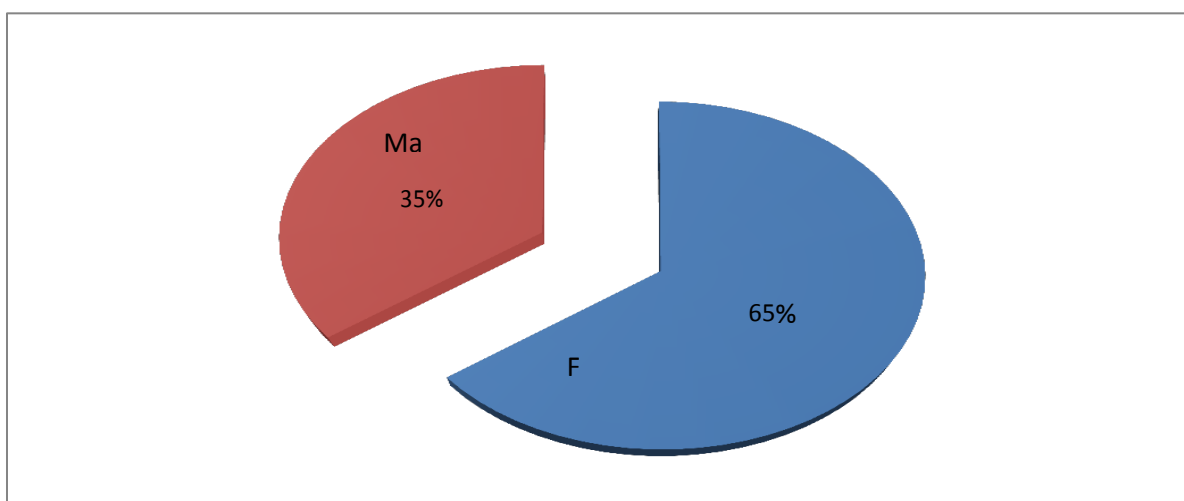
It has been presented based on the objectives and each objective formed a theme for presentation, analysis and discussion of the findings.

4.1 Respondent Characteristics

This presents the background information about the respondent categories used in the study and mainly covers; sex, age groups of the respondents, respondent occupation, present employment and education Levels of the respondents. It is against this analysis that the researcher established conclusions and recommendations.

4.1.1 Sex of Respondents

Figure 2: Sex of respondents



Source: Primary Data, 2016

The figure2 above shows females (color blue indicated with F is- standing for female with 65%) respondents were many compared to the males (color red indicated with M is-standing for male with 35%). Coming up with respondents' sex variances was considered necessary because it was thought that people of different sex determine the influence of family size and household welfare with a study in Lubaga division.

4.1.2 Age Groups of the Respondents

The researcher investigated the age groups of the respondents. The age composition of the respondents was by grouping the respondent ages in different age groups. Studying the age composition of the respondents was thought necessary because it was assumed that people of different age groups determine the influence of family size and household welfare. The results are presented below;

Table 2: Age of Respondents

Age	Frequency	Percentage
<20years	4	12.5%
20-29	6	18.75%
30-39	7	21.88%
40-49	7	21.88%
>50 years	8	25%
Total	32	100%

Source: Primary Data, 2016

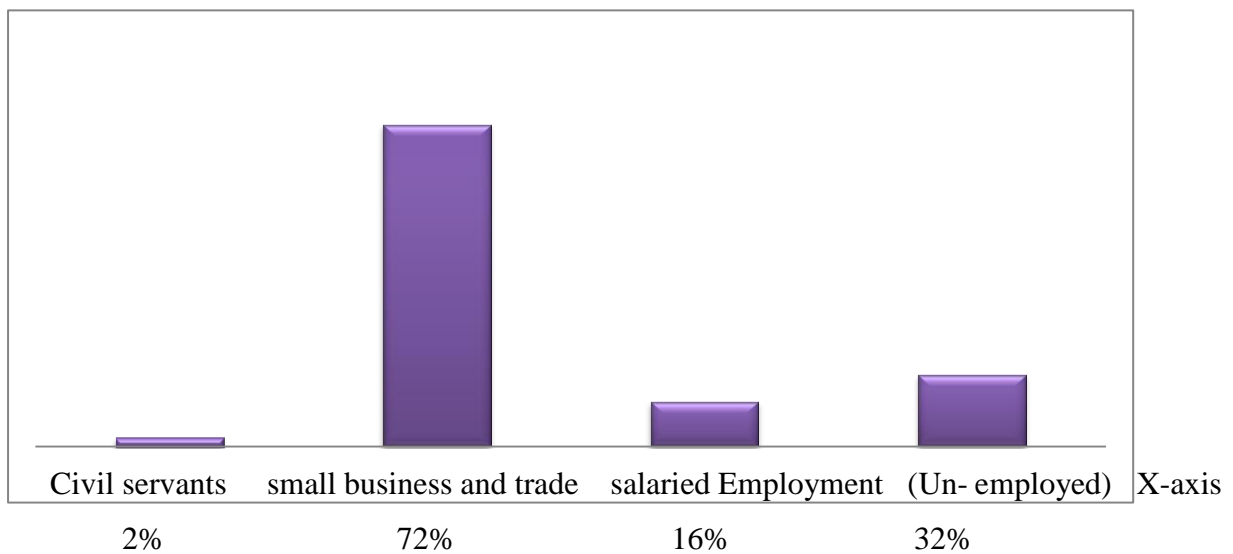
The statistics in Table 2 above indicate that the larger number of the respondents was above 50 years that is 25% followed by those over 40-49 years and 30-39 years with 21.88% then those who were between 20-29 forming 18.75% of the total respondents hence 20 years and above with 12.5%. The statistics above show that the respondents were drawn from different categories of age groups. Therefore, this provided chance of balanced opinions on the influence of family size on household welfare.

4.1.3 Occupation of Respondents

The researcher was interested in the occupation of the respondents because these give the researcher an understanding which group of the community is mostly affected towards the study.

Figure 3: Showing Current Occupation

Y-axis



Source: Primary Data, 2016

Figure 3 above, shows that 2% of the respondents were civil servants, 72% were small business and trade occupants, 16% were salaried employees and 32% un-employed. This implies that majority of respondents in the study were medium earners whose income was low and hence appropriate for the study objectives.

4.1.4 Education Levels of the Respondents

The researcher was interested in the levels of education to find out the perceptions of respondents regarding the influence of family size on household welfare. The responses were shown below;

Table 3: Highest level of Education

	<u>Frequency</u>	<u>Percentage</u>
Valid Primary and Below	11	35%
Secondary and above	16	48%
Never been/Went to school	5	17%
Total	32	100%

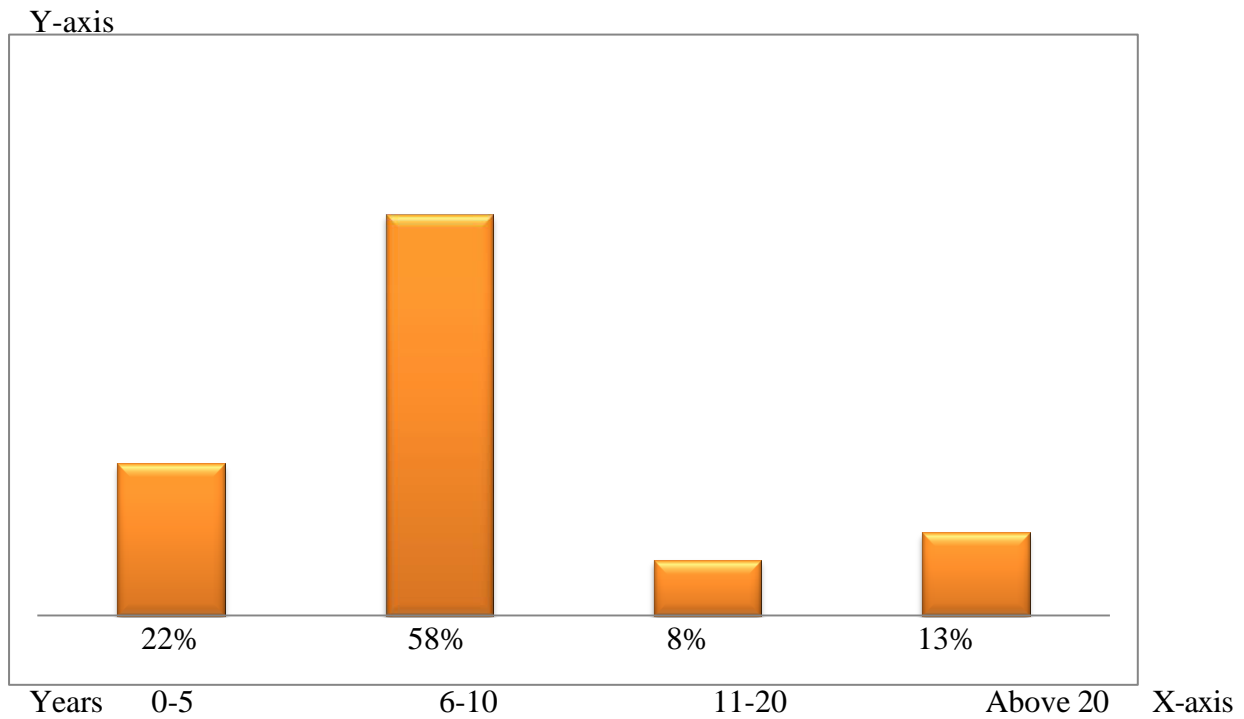
Source: Primary data (2016)

According to Table 3, the larger number of the respondents 48% had attained secondary and above, 35% had attained primary and below and 17% had never been or went to school. Looking at an analysis of data in the Table 3, the majority of the respondents had attained an education level of secondary and above; this provided the researcher the opportunity of collecting dependable data, with this help researcher could give informed records about the issues under study. In the researcher's opinion information was valid because people of secondary and above in a division setting like Lubaga ought to know the influence of family size on household welfare.

4.1.5 Present Employment of Respondents

The researcher was also interested in the present employment of the respondents because she wanted to establish the duration of stay on the current job and how this affects welfare.

Figure 4: Present Employment



Source: Primary data (2016)

From figure 3 above 22% of the respondents were on the job between 0-5years, 58% of the respondents were on the job between 6-10years, 8% of the respondents were on the job between 11-20 years and 13% of the respondents were on the job for over 20 years. From the analysis of the presentation this implies that the respondent's stay on the same job is short lived hence welfare is affected.

4.2 Factors Favoring Size of a Family

According to the respondents there are many factors which favor family size of a household and these include; sex preference of children, place of stay with spouse, incomes, health, education, income, culture, accommodation and others

Table 4: Family size by sex of Respondents

Family Size	Sex of respondents		Total	Male%	Females%	Total %
	Male	Females				
1-3	5	4	9	27.8%	28.6%	28.1%
4-6	9	8	17	50%	57.16%	53.1%
7-10	2	1	3	11.1%	7.1%	9.4%
Over 10	2	1	3	11.1%	7.1%	9.4%
	18	14	32	100%	100%	100%

Source: Primary Data, 2016

Out of the 18 male respondents, 50% had 4-6 children and 27.8% with 1-3 children, 11.1% with 7-10 Children and 11.1% with over 10 children. Of the 14 female respondents 57.1% had 1-3 children, 28.6% with 4-6, 7.1% with 7-10 children and 11.1% with over 10 children

4.2.1 Sex Preference of Children

Out of 32 respondents, 77.3% have male children between (1-2) males, 23.5% have male children between the ages of 3-6 and 2.0% of the respondents have male children between the ages of 6 and above. This analysis variably shows that people in these parishes keep on giving birth in search for male children hence affecting the family size.

Table 5: Sex Preference of Children

Family Size	Number of Male Children				1-2(%)	3-6(%)	Total %
	1-2	3-6	Above 6	Total			
1-3	13	2	0	15	54.2%	28.6%	46.9%
4-6	9	4	1	14	37.5%	57.1%	43.8%
7-10	2	1	0	3	8.3%	14.3%	9.4%
Over 10	0	0	0	0	0.0%	0%	0%
Total	24	7	1	32	100.0	100.0	100.0%
Total %	77.3%	23.5%	2.0%	100.0			

Source: Primary Data, 2016

4.2.2 Place of Stay with Spouse

Out of 32 respondents, 65.6% reported staying with spouses and 34.4% of the respondents reported not staying with spouses. Implications from this analysis suggested that the different place of stay affects relationships especially in co-creating; hence decreasing the family size.

Table 6: Place of stay with spouse

	Frequency	Percent	Cumulative percent
Yes	21	65.6%	65.6%
No	11	34.4%	100.0%
Total	32	100%	100%

Source: Primary Data, 2016

4.2.3 Number of children if given chance to start giving birth

Investigation into the respondent's number of children to be given birth too when given chance indicated that: - out of the 32 respondents; 56.25% preferred to have 1-3 children, 31.25% preferred to have 4-6 children and 12.5% preferred to have 7-10 children. These results indicated that there are other accelerators which may indulge the respondents in giving birth to more children than the desired family size.

Table 7: Number of children in a family

Children in the family	Total Number			
	1-3	4-6	7-10	Total
Total	18	10	4	32
	Percent			
Total	56.25%	31.25%	12.5%	100%

Source: Primary Data, 2016

4.2.4 Commitment to a Small Family Size

It was found out that 53.1 % (17) of the respondents in the villages of Natete zone B, Nakulabye zone B, Nakulabye-Central zone B and Kibumbiro zone A and zone B. In Lubaga Division villages are committed to small family size (Table 4). With 9.4% (3) of respondents with family size of over 10, the analysis variably shows that people in these parishes are partially committed to a smaller family size; an indication of the consciousness of giving birth to numbers they could easily cater for.

Table 8: Family size by sex of Respondents

Family Size	Sex of respondents		Total	Male%	Females%	Total %
	Male	Females				
1-3	5	4	9	27.8%	28.6%	28.1%
4-6	9	8	17	50%	57.16%	53.1%
7-10	2	1	3	11.1%	7.1%	9.4%
Over 10	2	1	3	11.1%	7.1%	9.4%
	18	14	32	100%	100%	100%

Source: Primary Data, 2016

Out of the 18 male respondents, 50% had 4-6 children and 27.8% with 1-3 children, 11.1% with 7-10 Children and 11.1% with over 10 children. Of the 14 female respondents 57.1% had 1-3 children, 28.6% with 4-6, 7.1% with 7-10 children and 11.1% with over 10 children

4.2.5 Factors Favouring Choice of an Ideal Family Size

According to the respondents there are many factors favoring family size hence interfering with commitment to an ideal family size and these include; income, health, education, income, culture, accommodation and others these were analyzed below;

Table 9: Reasons for Choice of Ideal Family Size

	Frequency	Percent	Cumulative percent
Income	9	28.1%	28.1%
Education	14	43.8%	71.9%
Health	5	15.6%	87.5%
Cultural	1	3.1%	90.6%
Accommodation	2	6.3%	99.0%
Others	1	3.1%	100%
Total	32	100.0%	100%

Source: Primary Data, 2016

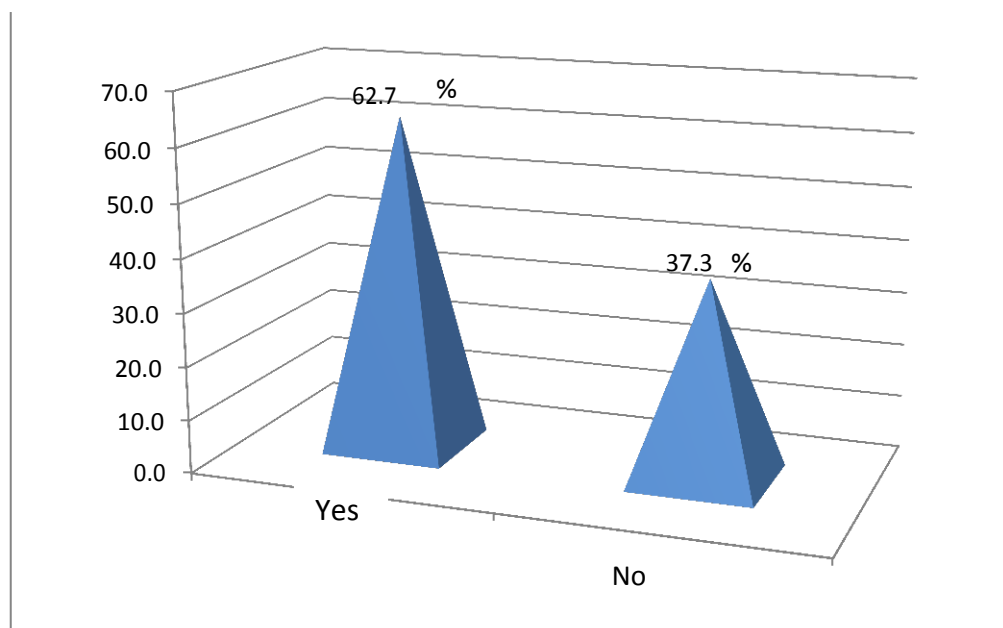
It was found out that 15.6% of the 32 respondents would have their family sizes as a result of health issues affecting their life, 43.8% of the respondent have their family size as a result of education attachments, 28.1% of the respondents would have family size as a result of income, for they would give birth to what they can afford to cater for, 3.1% of the respondents have their family size as result of cultural factors; which favor them not use any family

planning and having as many children as “God” gave them and 6.3 % of the respondents have their family size as a result of accommodation; their place of stay was too small to accommodate many children. One (1) respondent cited a political reason; that children would dishearten her from the ambition she wanted to take.

4.2.6 Knowledge on how to have a Manageable Family Size

According to the respondents there are many ways of managing an ideal family size these include; increasing labor force of women, identifying cultural factors that favor a larger family size; sensitizing the mass about improving children bearing decision, for example; availing contraceptives, however; they suggested that the use of contraceptives is sometimes not accentuated as results show below;

Figure 5: Use of Contraceptives (in percentages)



Source: Primary Data: 2016

The analysis shows that 62.7% of the respondents indicated that they have ever used some form of contraceptives and to that note these generally have small family sizes compared with respondents who have never used contraceptives in the same family size category as indicated with 37.3% who said that they have never used any form of contraceptive. The outcome supports the proposition of Blaney (1980) which identified that high fertility rates have historically been strongly correlated with poverty, high childhood mortality rates, low status and educational levels of women, deficiencies in reproductive health services, and

inadequate availability and acceptance of contraceptives.

4.2.7 Present Usage of Contraceptives

It was identified that some respondents are using contraceptives such as (male and female) condom, pills, and the withdrawal method. This analysis accounts drop in trusted contraceptive, likely; respondents indicated that male spouses did not want to use family planning which affected their family size and sex was a routine. The result from the analysis shows that present usage of contraceptives is un-adaptable which is favoring family size.

Table 10: Family size against ever used contraceptives

Family Size	Ever used contraceptives		Total	Yes (%)	No (%)	Total %
	Yes	No				
1-3	10	6	16	50%	50%	50%
4-6	8	5	13	40%	41.7%	40.6%
7-10	1	1	2	5%	8.3%	6.3%
Over 10	1	0	1	5%	0%	3.1%
Total	20	12	32	100.0%	100.0%	100.0%
Total %	62.7%	37.3%	100%			

Source: Primary Data, 2016

4.3 The Implications or Effects of Family Size on Household Welfare.

Responses from the respondents with a larger family size; included exposure to common illnesses, poor quality feeding, low levels of education attainment, limited care or attention to the children, low levels of happiness and satisfaction, low levels of education and inadequate savings. Responses from the respondents indicated; that with small families were able to have enough resources for example; better health care and this was clearly indicated by their frequency of attending hospital as illustrated below;

Table 11: Family Size against Family's frequency of attending hospital

Family Size	Family's Frequency of attending Hospital					
	Weekly	Monthly	Quarterly	Yearly	Others	Total
1-3	0	3	4	3	6	16
4-6	0	1	3	3	6	13
7-10	0	0	1	1	1	3
Over 10	0	0	0	0	0	0
Total	0	4	8	7	13	32
Percentages						
1-3	0	75%	50%	42.8%	46.2	50%
4-6	0	25%	37.5%	42.8%	46.2%	40.6%
7-10	0	0%	12.5%	14.4%	7.6%	9.5%
Over 10	0	0%	0%	0%	0%	0%
Total %	0	100.0%	100.0%	100.0%	100.0%	100.0%

Source: Primary Data, 2016

The search identified that the respondents with a family size of 1-3 visit the hospital for treatment on monthly basis by 75%, respondents with family size 4-6 visit the hospital for treatment on a monthly basis by 25%, respondents with a family size 7-10 do not visit the hospital on monthly basis. The data identified that large family size does significantly impact on the health of the family because of many obligations to meet, however; a small family size has to get go to the hospital even with minor ache or for checkup, this indicates that small family size is able to enjoy the advantages better health care .

4.3.1 Low levels of Educational Attainment

This research identified that out of the 32 respondents 2.0% of the children attained no formal education, 21.6% were at primary level, 11.8% were at basic level, 25.5% were at secondary/technical level, 7.8% were at post-secondary, 26.5% were at tertiary and 4.9 % for others.

Table 12: Levels of Educational Attainment

Family	Highest Form of Child(ren) Education							Total
	No Formal Education	Primary Education	Basic Level	Secondary/Technical Level	Post-Secondary	Tertiary	Others	
1-3	1	4	2	2	1	2	2	14
4-6	0	2	1	5	1	5	0	14
7-10	0	0	0	1	0	2	0	3
Over 10	0	0	0	0	0	1	0	1
Total	1	6	3	8	2	10	2	32
Percentages								
1-3	7.1%	28.6%	14.3%	17.8%	7.1%	14.3	14.3	100.
4-6	0%	14.3%	7.1%	34.8%	7.1%	35.7	0.0%	100.
7-10	0%	0%	0%	20.0%	0%	66.7	0.0%	100.
Over 10	0%	0%	0%	0.0%	0%	100.0	0.0%	100.
Total %	7.1%	42.9%	21.4.8	0%	14.3%	0%	14.3	100.0

Source: Primary data, 2016

The analysis from Table 12; shows that 14 respondents who had family size of 1-3, 4.4% of them had their children without formal education, 14.3% were at primary level, 17.8% were at basic level, 17.8% were at technical education, 8.9% were at post-secondary, 13.3% were at tertiary and 11.1% registering others. It was identified that relatively families of smaller sizes; that is, 1-3 and 4-6 had most of their children at either the tertiary or post-secondary levels notwithstanding the fact that respondents with family size exceeding 10 children had also educated at least a child to the tertiary level. This is supported by Blake (1989) as cited in Weeks (1999b) mentioning the dilution factor, that is; the more children there is in a family, the more diluted is the level of adult interaction; thus affecting verbal performance, which in its turn is related to student achievement and ultimately to educational attainment. Berth (1988) argues and supports the above by identifying that middle-class students also benefit from fewer siblings than is typical for working-class families. This indicates that there results in an extra attention, time and adequate resources that will be channeled to their education. The study itself as shown in Table 11 shows that comparatively respondents with smaller families are able to educate their children to very higher levels of academic excellence.

Considering the educational levels of children in the families and the expected levels at which respondents would like to educate their children, it was clearly shown that 3 out of the 32

respondents did not expect to give their children any form of education. More so, a respondent indicated the wish and capability to give the children basic education only. In addition to the above analysis, Table 11 shows that out of 6 respondents who wish to educate their children to the secondary/technical level, 66.7% stated their capability of achieving their objective. Out of the 8 respondents who wish to educate their children to the post-secondary level, 12.5% stated the inability to achieve it. A chunk of 95.25% respondents indicated their readiness to educate their children right to the tertiary level but 4.8% expressed their inability to achieve same. Reasons for their inabilities included financial constraints, low intelligence of their children, and absence of any better employment. Those who answered in the positive indicated their preparedness in terms of a prior or purported savings towards that as well as being better employed, spousal financial contributions and their small family size that comes with a lesser burden in terms of expenditure as the reasons for their capability of achieve same. This shows that in the presence of adequate resources and a lesser number of children in the family, they could have adequately catered for their children's education to any level.

Table 13: Family Size against Educational Attainment

Family Size	Educational Back ground of Respondents							Total
	No Formal	Primary Education	Basic	Secondary /Technical	Post-Secondary	Tertiary	Others	
1-3	1.4%	1.4%	2.7%	5.4%	10.8%	12.2%	8.1%	100%
4-6	3.3%	6.6%	4.9%	6.6%	13.3%	29.5%	-	100%
7-10	20.0%	10.0%	0.0%	0.0%	40.0%	10.0%	-	100%
Over 10	-	-	-	-	-	-	100%	100%
Total	3.4%	4.1%	3.4%	5.5%	13.7%	19.2%	50.7	100.0

Source: Primary data, 2016

Table 13 further shows that with 7-10 family size respondents, 20.0% has no formal education, 10.0% is the only respondents with over 10 children indicated to have the attainment of university education.

The outcome further showed that there is a significant relationship between the levels of education of respondents and choice of family size. Respondents level of education as cross tabulated with their family size relatively shows that larger family sizes of above 6 were registered by respondents with very low levels of education. This adds to the fact that education can influence people to have smaller family sizes.

4.4 The Challenges Associated with Family Size in Provision of Household Welfare.

The study found out that there was limited household income to enable households' access basic health services and decent shelters in larger families, the communities are vulnerable to diseases, children in large families tend not to have good health and have lower survival possibilities, implying that larger family size inhabits the welfare and physical development of the child through lower quality of maternal care per child, higher incidence of malnutrition in larger families the marginalization of resource access and inadequate education, likely; given equal amount of limited resources, a large family will not be able to provide for better health care as one of the basic needs.

The study found out that children are perceived as an economic asset in the African perspective, however; according to the literature review by Berger (1980) children should no longer be perceived as economic asset. He goes on to say that, in the United States, each child represents a financial liability of approximately \$167,000 between birth and the end of high school concluding that large families were un-economical. It is important to acknowledge the expenses incurred when raising the children which is generally termed as welfare than just producing them to create numbers for; the social and economic consequence of big households will result in children not attending school, due to lack of resources, which retards development of quality labor.

The study found out that there are many factors influencing family size hence interfering with commitment to an ideal family size and in the end welfare and these include; income, health, education, income, culture, accommodation and others.

Respondents expressed their inability to educate their children to better qualifications due to the already existing bigger family sizes which represent financial constraints, low savings, and absence of any better employment. This shows that in the presence of adequate resources and a lesser number of children in the family, they could have adequately catered for their children's education to any level. This is supported with the literature review according to Blake (1989) by mentioning the dilution factor, which states that; the more children there is in a family, the more diluted is the level of adult interaction; thus affecting verbal performance, which in its turn is related to student achievement and ultimately to educational attainment, this is further supported with a literature review according to Berth (1988) who argues and supports the above by identifying that middle-class students also benefiting from fewer

siblings than is typical for working-class families. This indicates that there is an extra attention, time and adequate resources that will be channeled to education in small families. This comparatively shows that smaller families are able to educate their children to very higher levels of academic excellence compared to larger families so is welfare at large.

The study found out that limited labor force of women, low levels of contraceptive usage, cultural factors which affect the decision making process in families are responsible for larger family size and a larger family size were exposed to common illnesses, poor quality feeding, low levels of education attainment, limited care or attention to the children, low levels of happiness and satisfaction, low levels of education and in-adequate savings in general household welfare.

CHAPTER FIVE: SUMMARY, CONCLUSION AND RECOMMENDATION

5.0 Introduction

This chapter presents the summaries of the main findings of the study, the conclusions, recommendations of the study and further areas for future research; these are based on the objectives of the study.

5.1 Summary of Findings

According to the findings there are factors which influence family size of household welfare and these include; sex preference of children, place of stay with spouse, income, health, education, income, culture, accommodation, cultures, wages, religion, occupation, prevalence of polygamous families, rate of usage of contraceptives, attitudes, level of education, place of stay with spouse, preferences and government transfers.

The study discovered that the implications of family size on household welfare affect household welfare and these include; family size determines women's employment status: women from small families work less than women from large families in order to meet the welfare of their families, child neglect can be an additional problem due to so many cores to finish hence affecting child growth likely; because of the large family size there may be inadequate food supply this may be compounded with high incidence of infections, especially malaria. On the other side household income are affected, diet quantity and quality, processing and storage of food, water supply, hygiene and sanitation, health services utilization, parents become increasingly dissatisfied with both their marital relationship and their parenting as their families expand, poor parent-child relations will surface and these will be manifested in, anti-social behavior and delinquency, lower self-esteem and academic achievement of children from large families.

Furthermore; the study also found that there are challenges associated with a larger family size in provision of household welfare and these included; inadequate health care, exposed to common illnesses, poor quality feeding, low levels of education attainment, limited parental care or attention to the children, low levels of happiness and satisfaction, low levels of education and in adequate savings.

5.2 Conclusion

It is evident that factors which influence family size and household welfare like; sex preference of children, place of stay with spouse, income, health, education, income, culture, cultures, wages, religion, prevalence of polygamy, usage of contraceptives, attitudes, level of education, preferences, attitudes, educational background of respondents, religious background have not been fully addressed

The implications of family size on household welfare which include; women's employment status, child neglect, inadequate food supply; which may be compounded to high incidence of infections, especially malaria, effects to household income, diet quantity and quality being affected, hygiene and sanitation, women being affected with overwhelming cores and other obligation from large family size, over health services utilization, parents being increasingly dissatisfied with both their marital relationship and their parenting as their families expand, poor parent-child relations will continue to surface if family size is not continuously addressed.

There are challenges associated with a larger family size in provision of household welfare and these include; inadequate health care, exposed to common illnesses, poor quality feeding, low levels of education attainment, limited parental care or attention to the children, low levels of happiness and satisfaction, low levels of education and in order to deal with them family size must be patterned.

5.3 Recommendation

Families should encourage the children to go to religious institutions for example; churches and mosques, obligates at these institutions should intensify the magnificence in small families likely; there is need to promote the worthiness and capability of both sexes in these institutions as is being done by proponents of girl-child education. Families, the community and the government should instill gender balance starting from the family, community, country and internationally to avoid gender-stereo typing which is favoring sex preference.

Communities with the help of the government should set up educational concerts and theatres to promote in schools and community centers to re-echo the need for smaller family sizes. These could be in terms of cinema vans being used for such campaigns in

certain deprived communities likely; it is relevant for the government to come up with psychologists who are specifically secured by health institutions to cater for the social dimensions of people's health; these will adequately inform such patients and their families on how best to save their families from frequent sickness, poverty including others.

Non-government organization working along with the government should also be proactive in encouraging reproductive rights and health as modes for encouraging smaller family sizes since the higher levels of hospital consultancy calls for an attention for most people with larger family sizes frequently suffer from malaria which in effect could easily be controlled with proper nutrition and sanitation. To reduce the patient doctor or nurse ratio therefore, health institution should be actively seen in such spheres, which is, promoting health in the phase of smaller family sizes.

Knowledge of strategies such as contraceptive usage is vital for attaining smaller family sizes, therefore, it is recommended that the government and Non-government organization; should work together with government aided establishments like; The Uganda Health Service and the National Uganda Bureau of Statistics and other population council or bodies in terms of publishing dailies as well as capturing them on the radio and television station such areas could also be included in the curricula of schools by the center for curriculum development of the Uganda education service and Ministry of Education since an early understanding of issues of population can go a long way to making us conscious of its effect earlier.

In addition, the government should come up with incentives such as lower school fees, lower hospital fees including others should be extended to families with smaller sizes through opportunities such as the Special Health Insurance schemes (Government) and the Free or reduced cost of Education so as to motivate others towards having small families.

Communities with the help of the government should set up educational concerts and theatres to promote in schools and community centers to re-echo the need for smaller family sizes. These could even be in terms of cinema vans being used for such campaigns in certain deprived communities, likely; it is relevant for the government to come up with psychologists who are specifically secured by the Health Service for health institutions to cater for the social dimensions of people's health, these will adequately inform such patients and their families on how best to save their families from frequent sickness, poverty

including others.

The family, government and Non-government organization should find ways of creating employment to all family heads and their spouses or emphasizing people to be employed, for when people are employed they are in the position to offer better welfare to their families, likely; when spouses are also gainfully employed and contributing their quota to the family's income, it puts the families in better positions to adequately cater for their households.

Non-government organization working along with the government should also be proactive in encouraging reproductive rights and health as modes for encouraging smaller family sizes since the higher levels of hospital consultancy calls for an attention and most people with larger family sizes frequently suffer from optimistic diseases which in effect could easily be controlled with proper nutrition and sanitation. To reduce the patient doctor and nurse ratio therefore, these institutions should be actively seen in such sphere, which is, promoting health in the phase of smaller family sizes.

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APPENDICES

Appendix I: Questionnaire

INTRODUCTION

I am called Nabuuma Veronicah a student of Uganda Martyrs University with registration number 2013-B092-20021. I am currently conducting a research study on the title “The Influence of family size on household welfare in Rubaga division, Kampala” in partial fulfillment of the requirements for the award of the degree Bachelor of Arts in Social Development and Counseling.

I have identify you are as a knowledgeable person in this study and I am kindly requesting you to honestly answer the questions for the purpose of ensuring the success of this study. This is purely an academic exercise where confidentiality and your anonymity are guaranteed. I shall be grateful if you would answer them to the best of your ability.

Indicate your answer(s) by a tick like this (✓) and writing answers in the blank spaces.

Yours sincerely and thankfully,

Nabuuma Veronicah

Section A: BACK GROUND INFORMATION

1. What is your Sex:

a) Male b) Female

2. What is your age:

a) <20 b) 20 – 29 c) 30 – 39

d) 40 – 49 e) >50

3. What is your occupation:

a) Civil servant b) Health

c) Market woman

- d) Farmer e) Driver
- h) Businessman h) Businesswoman
- i) Public Servant
- j) Others Please specify.....

4. Duration in present employment

- a) 0-5 years b) 6-10 years
- c) 11-20 years d) Over 20 years

5. What is your educational background?

- a) No formal education b) Functional
- c) Literacy Primary Level d) Basic level
- e) Secondary/technical level
- f) Post-Secondary level g) Tertiary
- h) Others please specify.....

Section B: FACTORS INFLUENCING SIZE OF A HOUSE HOLD

4. How many children do you have?

- a) 1-3 b) 4-6 c) 7-10 d) Over 10

5. What is (are) the sex (es) of your children?

a) Males 1-2 b) 3-6 c) above 6

b) Females 1-2 b) 3-6 c) above 6

6. Apart from your children, who else do you have in your household?

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

7. How has (have) the sex (es) of your children influenced your choice of family size?

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

8. a) Do you stay in the same place with your spouse(s)?

Yes No

b) If yes to what extent has your place of stay influenced your ideal family

.....
.....

c) If no, how has it influenced the size of your family?

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

9. According to you, do you think the size of a family is important for the household welfare?

Yes No

a) If yes
why.....

.....
.....

b) If No
why.....

.....
.....

10. What factors influence the size of family you want?

a) Health b) Education c) Income

d) Cultural e) Accommodation

f) Others please specify

.....

.....

12. How many children would you expect to give birth to if you are to start giving birth or giving birth?

a) 1-3 b) 4-6

c) 7-10 d) Over 10

13. What is your reason (s) for choice of Question 16?

.....

.....

.....

14. What are some of the ways of keeping a manageable family size?

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

Section C: THE IMPLICATIONS/ EFFECTS OF FAMILY SIZE IN PROVISION OF HOUSEHOLD WELFARE

15. Are you comfortable with the family size you have?

Yes No

a) If yes why

.....
.....

b) If No why.....

.....

16. How has your family size helped you in the provision of household welfare?

.....
.....

17. Apart from the reason mentioned above, what are other effects of a particular family size to the household welfare?

.....
.....

18. How often does your family visit the hospital?

a) Often b) less often

19. What is the common illness identified?

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

Section D: CHALLENGES ASSOCIATED WITH FAMILY SIZES IN PROVISION OF

HOUSEHOLD WELFARE

18. Do you encounter problems with the family size chosen in terms of providing welfare to the household?

a) Yes

b) No

19. What are the challenges of the family size you have chosen in attaining the household welfare?.....

.....

.....

.....

.....

Section E: STRATEGIES FOR ENSURING EFFECTIVE MANAGEMENT OF HOUSEHOLD WELFARE

20. Would you wish to have family size that meets the demands of your household?

Yes

No

a). If yes in your opinion what can be done to ensure family size meets improves the welfare of households?

.....

21. What would you suggest to your authorities in ensuring a balanced family size and welfare of households in your community?

.....

.....

.....

.....

Appendix II: Interview Guide

INTRODUCTION

I am called Nabuuma Veronicah a student of Uganda Martyrs University with registration number 2013-B092-20021. I am currently conducting a research study on the title “...Influence of family size on household welfare.”

I have identify you are as a knowledgeable person in this study and I am kindly requesting you to honestly answer the questions for the purpose of ensuring the success of this study.

This is purely an academic exercise where confidentiality and your anonymity are guaranteed.

I shall be grateful if you would answer them to the best of your ability.

Indicate your answer(s) by writing answers in the blank spaces

Yours sincerely and thankfully,

Nabuuma Veronicah

Section A: BACK GROUND INFORMATION

1. Date.....
2. Venue.....
3. Sex.....
4. Occupation/position.....

Section B: FACTORS INFLUENCING SIZE OF A HOUSE HOLD

5. What types of family are present in Lubaga?
6. On average how many children do families have in Lubaga?
7. What are the factors that influence the size of a household?
8. To what extent is family size important to you?
9. What are some of the ways of keeping a manageable family (explain)
10. To what extent has the above influenced the size families (explain)

Section C: THE IMPLICATIONS/ EFFECTS OF FAMILY SIZE IN PROVISION OF

HOUSEHOLD WELFARE

11. How has the family size helped you in the provision of household welfare?

12. Apart from the reason mentioned above what are other effects of a family size on the household welfare?

Section D: CHALLENGES ASSOCIATED WITH FAMILY SIZES IN PROVISION OF HOUSEHOLD WELFARE

13. What are the problems associated with the family size chosen in terms of proving welfare to the household?

14. What are the challenges of the family size one chooses in attaining the household welfare?

Section E: STRATEGIES FOR ENSURING EFFECTIVE MANAGEMENT OF HOUSEHOLD WELFARE

15. In your opinion what can be done to ensure family size meets improves the welfare of a household?

16. What would you suggest to the authorities in ensuring a balances family size and welfare of households in the community?

Appendix III: Budget

PROPOSAL/DISSERTATION BUDGET

ITEM	AMOUNT SPENT PER ITEM
PHOTOCOPYING	40.000=
PRINTING	80.000=
AIRTIME	40.000=
TRANSPORT	50.000=
LUNCH	40.000=
TOTAL	250.000=

LATE SUBMISSION	250.000=
TOTAL	270.000=

SUMMARY OF EXPENSES

TOTAL EXPENSES	520.000=
BALANCE	-----

Appendix IV: Time Schedule

PROPOSAL/DISSERTATION TIME SCHEDULE

	Dates/Month								
Task Name	1 st April to 15 th April	15 th April to 30 th April	1 st May to 30 th May	1 st June to 15 th June	15 th June to 30 th June	1 st July to 15 th July	15 th July to 30 th July	1 st August to 15 th August	30 th August
Planning	[Blue shaded]								
Proposal Writing		[Blue shaded]							
Follow up with supervisor	[Blue shaded]								
Field Work			[Blue shaded]						
Dissertation Writing					[Blue shaded]				
Follow up with supervisor					[Blue shaded]				
Handing in									[Blue shaded]