

**THE EFFECT OF GENERAL FOOD ASSISTANCE PROGRAM ON SOCIAL  
STABILITY OF REFUGEES IN RHINO CAMP SETTLEMENT TEREGO DISTRICT**

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**EJ21B15/230**

**A DISSERTATION SUBMITTED TO THE SCHOOL OF SOCIAL SCIENCES IN  
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UNIVERSITY**

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**DECLARATION**

I, Gift Robert, hereby declare that the research study entitled "The Effect of General Food Assistance Program on the Social Stability of Refugees in Rhino Camp Refugee Settlement Terego District, Uganda" is the outcome of my dedicated efforts as a student pursuing the Bachelor of Social Work and Social Administration degree at Uganda Christian University Mukono. This research is a genuine representation of my academic endeavors, conducted in accordance with the ethical standards and guidelines set by the University with the guidance of my supervisor, it has never been submitted to another organization for consideration for any award. All sources of information and ideas used in this study have been appropriately cited and referenced.

Signature: ..... Date: .....

GIFT ROBERT

EJ21B15/2023

**APPROVAL**

This Research "The Effect of General Food Assistance Program on the Social Stability of Refugees in Rhino Camp Refugee Settlement Terego District, Uganda" has been supervised and approved by me and is therefore ready for submission to School of Social Science Uganda Christian University.

Signature: ..... Date:.....

MRS. JACKLINE BWIRE

(Academic Supervisor)

## **DEDICATION**

This research is dedicated wholeheartedly to my beloved family members. Their unwavering support, endless encouragement, and boundless love have been the bedrock upon which I have built my academic and personal achievements. Their sacrifices and belief in me continue to inspire and motivate my pursuit of knowledge and success. This dedication is a small token of my gratitude for their continuous belief in my abilities.

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My heartfelt thanks go out to the participants of this research, whose willingness to share their insights, experiences, and perspectives has enriched the depth and relevance of this study. Their valuable insights and contributions have been the cornerstone of this endeavor.

I am indebted to Uganda Christian University for fostering a conducive learning environment and providing me with the necessary resources for my academic and research endeavors. The university's commitment to education has been instrumental in shaping my academic journey.

In conclusion, this research project stands as a testament to the collective efforts and contributions of various individuals and institutions. I am deeply grateful for their role in helping me achieve this milestone in my academic pursuit.

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## LIST OF ACRONYMS

GFA	: General Food Assistance
UN	: United Nation
NGO	: Non-Governmental Organization
U.S.A	: United State of America
UNHCR	: United Nation High Commissioner for Refugees
WFO	: World Farmers Organization
OPM	: Office of the Prime Minister
FAO	: Food and Agriculture Organization
WFP	: World Food Program
SPEDP	: Support for Peace and Education Development Programme
YSAT	: Youth Social Advocacy Team
RWC	: Refugee Welfare committee
CBT	: Capacity building Training
UNDAF	: United Nations Development Assistance Framework
COVID-19	: Coronavirus Disease of 2019
U.S	: United State
UNICEF	: United Nations Children's Fund
GBV	: Gender Based Violence
LGBTQIA	: Lesbian Gay Bisexual Transgender Queer Intersex Asexual

## ABSTRACT

The study examined the effects of general food assistance program on the social stability of refugees in Rhino camp settlement Terego District. It specifically focused on; establishing the effect of General Food Assistance Program (GFA) on relationship between married men and married women in rhino camp settlement, the effect of General Food Assistance Program on relation between children and family in rhino camp settlement and the effect of General Food Assistance Program on the relation between the refugees and the community in rhino camp settlement.

The study was carried out using qualitative and quantitative research design. The data was collected using questionnaires and interviews during the data collection, simple random sampling methods were used. A sample size of 80 respondents who are; husbands, wives, children and the youths in Rhino Camp Settlement in Terego district, Uganda was used.

The study's comprehensive exploration of the effects of the General Food Assistance Program (GFA) revealed its transformative influence across various dimensions of relationships within the community. Couples benefit from enhanced decision-making dynamics, reduced conflict, and shifted gender roles, while families experience reduced stress, improved well-being, and strengthened bonds improving the social wellbeing of the refugees. Additionally, the GFA program fosters community cohesion, though challenges such as resource competition and cultural adjustments must be navigated. By highlighting both positive outcomes and potential pitfalls, the study underscores the importance of proactive measures such as equitable resource distribution and cultural sensitivity training to ensure the program's long-term positive impact on relationships within the community.

Finally, the study recommended several key actions to enhance the impact of the general food assistance program on the social stability of refugees in Rhino Camp Settlement Terego District. These recommendations include promoting gender equity and empowerment, fostering open communication and transparency, offering cultural sensitivity training, supporting joint community initiatives, implementing emotional well-being and conflict resolution programs, hosting cultural exchange events, ensuring equitable resource allocation, and establishing

continuous monitoring and evaluation processes to sustain program benefits and address emerging challenges.

# CHAPTER ONE

## INTRODUCTION

### 1.0 Introduction

This chapter presents the background of the research study, contextual, problem statement, purpose, objectives, research questions, scope of the study, justification, significance and the theoretical conceptual frame work of the research.

#### 1.1.0 Background Study

There are 26 Million refugees. A refugee refers to someone who is unable or unwilling to return to their country of origin owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group, or political opinion. (The UN Refugee Agency, 2021) around the world, approximately 50% are children along with another 45.7 million internally displaced people those who have not crossed border to find safety (The UN Refugee Agency, 2021). There are 4.2 million asylum seekers, this refers to someone whose request for sanctuary has yet to be processed (The UN Refugee Agency, 2021). (The UN Refugee Agency, 2020).

According to John Spacy, Social stability refers to the degree to which a society and its institution remain predictable and reliable this is important because it allows participants in society such as individuals and groups to plan and conduct their affairs without disruption. Social Stability can as well be looked to a state of intergroup relations at the community level, where sources of tension between groups are addressed and managed through formal institutions or systems, so as to prevent them from resulting in collective violence, human rights abuses, or further loss of opportunities for vulnerable groups. (Spacey, 2020). Social stability ensures that the basic needs and rights of refugees are met and these includes provision of basic needs such as food, water, shelter, healthcare and education in addition to that is also ensuring there is safety and protection. So therefore, refugee social stability programs aim at providing support and assistance to the refugees to help them integrate into their new communities and achieve self-sufficiency.

According to The UN Refugee Agency (The UN Refugee Agency, 2020) the leading top sources of refugees as of 2020 include Syria, Venezuela, Afghanistan, South Sudan and Myanmar. As other refugees reside in camps, the majority live in makeshift cities and host communities in neighboring countries where rising tension has been reported (World Food Programme, 2015). The instability of many countries around the world continues to increase the numbers of people fleeing their countries of origin as a result of war, environmental disasters, religious, and cultural persecution. Some refugees are provided the opportunities to resettle in countries such as Canada, and those in Europe and others are repatriated (The UN Refugee Agency, 2020). The recent conflicts are creating a great number of refugees for prolonged periods of time, families are forced to separate, and people are met with long wait times in trying to enter refugee settlements in neighboring countries and also some countries close their borders forcing the refugees to search for asylum elsewhere.

According to the United Nations Refugee Agency (UNHCR) 80% of the world's displaced people are in locations of suffering from acute food insecurity and malnutrition (The UN Refugee Agency, 2020). The outbreak of Covid-19 worsened the situation. Food security exists when all the people of concern have access to safe and nutritious food appropriate for culture and lifestyle (Food and Agriculture Organization of the United Nations, 2021). The right to food and food security can't exist without addressing the restrictive policies and laws refugees face in many countries for instance those around employment and freedom of movement (Oliver M. I. S., 2018). Food security must examine across four pillars which include physical availability of food, economic and physical access to food, food utilization, and stability over time (Committee on world Food Security , 2014).

The Government of Uganda, through the Office of the Prime Minister, continued to provide land for settlement and agriculture and security and the maintenance of law and order in the settlements. National and international NGOs managed programs in logistics, infrastructure, community development, water, agriculture and livelihoods. UNHCR collaborated with WFP and UNICEF throughout the year, with the former providing food rations to new arrivals and those refugees who were not able to produce sufficient food. UNHCR also conducted a nutrition and food security survey with the collaboration of WFP. Cooperation with other UN agencies

was primarily related to the Common Country Assessment, UNDAF and the Millennium Development Goals

### **1.1.1 Contextual**

The contextual of my study is the social stability of the refugees in rhino camp refugee settlement in Uganda. The country continues to host refugees at an unprecedented scale, keeping its borders open to over 1.4 million refugees, including more than 860,000 children. Uganda has received over 146,000 new arrivals from South Sudan and the Democratic Republic of the Congo, and they continue to arrive each day. There are more than 86,000 new arrivals that have been settled into areas without basic infrastructure and often with partial support, lacking poles and tools to establish shelters, mats to sleep on, and the relief items needed to store and cook food, and fetch water. Since 2013, brutal conflict in South Sudan has claimed thousands of lives and driven millions of people from their homes. Most refugees are women and children, many of whom flee across the border alone. Often, they arrive weak and malnourished. When the rainy season comes, their needs are compounded by flooding, food shortages and disease. While many remain displaced inside the country, more than two million have fled to neighboring countries in a desperate bid to reach safety.

### **1.2 Problem Statement.**

In today's world, the refugee crisis persists as a pressing global issue, with millions of people fleeing their homes due to conflict, persecution and environmental disasters. Among the multifaceted challenges that refugees face, access to food stands a fundamental concern that impacts their overall well-being and social stability resulting into social instability. Rhino camp refugee settlement located in Terego district west Nile region is a home to diverse refugee population grappling with various challenges associated with displacement.

Social stability within refugee communities is another critical aspect under scrutiny in this research. The study tends to explore how the availability of food assistance affects social cohesion, community trust, cooperation and conflict resolution mechanisms among the refugees in rhino camp settlement. By understanding these dynamics, we can gain insights into the broader implications of general food assistance on the social stability of refugee communities.

This study also aims to identify any unintended consequences associated with the distribution of general food assistance this include issues related to dependency on aid, equity in distribution and gender dynamics within the refugee community. Recognizing and addressing these consequences is vital for the formulation of effective and sustainable humanitarian strategies. As humanitarian organizations strive to provide essential services to these displaced individuals, therefore it is imperative to explore the effect of general food assistance program on the social stability of refugees in this settlement.

### **1.3 Purpose of the Study**

The Purpose of this study was to examine the effects of general food assistance program on the social stability of refugees in Rhino camp settlement Terego District.

### **1.4 Objectives**

1. The effect of General Food Assistance Program (GFA) on relationship between Husband and wife in rhino camp settlement.
2. The effect of General Food Assistance Program (GFA) on relation between children and family in rhino camp settlement.
3. The effect of General Food Assistance Program (GFA) on the relation between the refugees and the community in rhino camp settlement.

### **1.5 Research Questions**

1. What are the effects of general food assistance program on relationship between refugee husband and wife in rhino camp settlement?
2. What are the effects general food assistance program on relationship between children and family in rhino camp settlement?
3. What are the effects of general food assistance program on the relationship between the refugees and the community in rhino camp refugee settlement?

## **1.6 Scope of Study**

### **1.6.1 Content of The Study**

This evaluation was guided by the three major objectives of the research to examine the effects of general food assistance program on the social stability of the refugees in Rhino camp refugee settlement.

### **1.6.2 Time Scope**

This research evaluation considered data/information from 2014-2023

### **1.6.3 Geographical.**

This research was carried out in Rhino camp refugee settlement in Terego District, West Nile sub region, Northern Uganda

## **1.7 Justification of The Research.**

This study was conducted to evaluate the effects of General Food Assistance Program, The justification behind conducting this research was from the fact that there are no studies that have been conducted to ascertain the effect of the general food assistance program on the social stability of the refugees in rhino camp refugee settlement today which created a gap that necessitated the need to conduct this study.

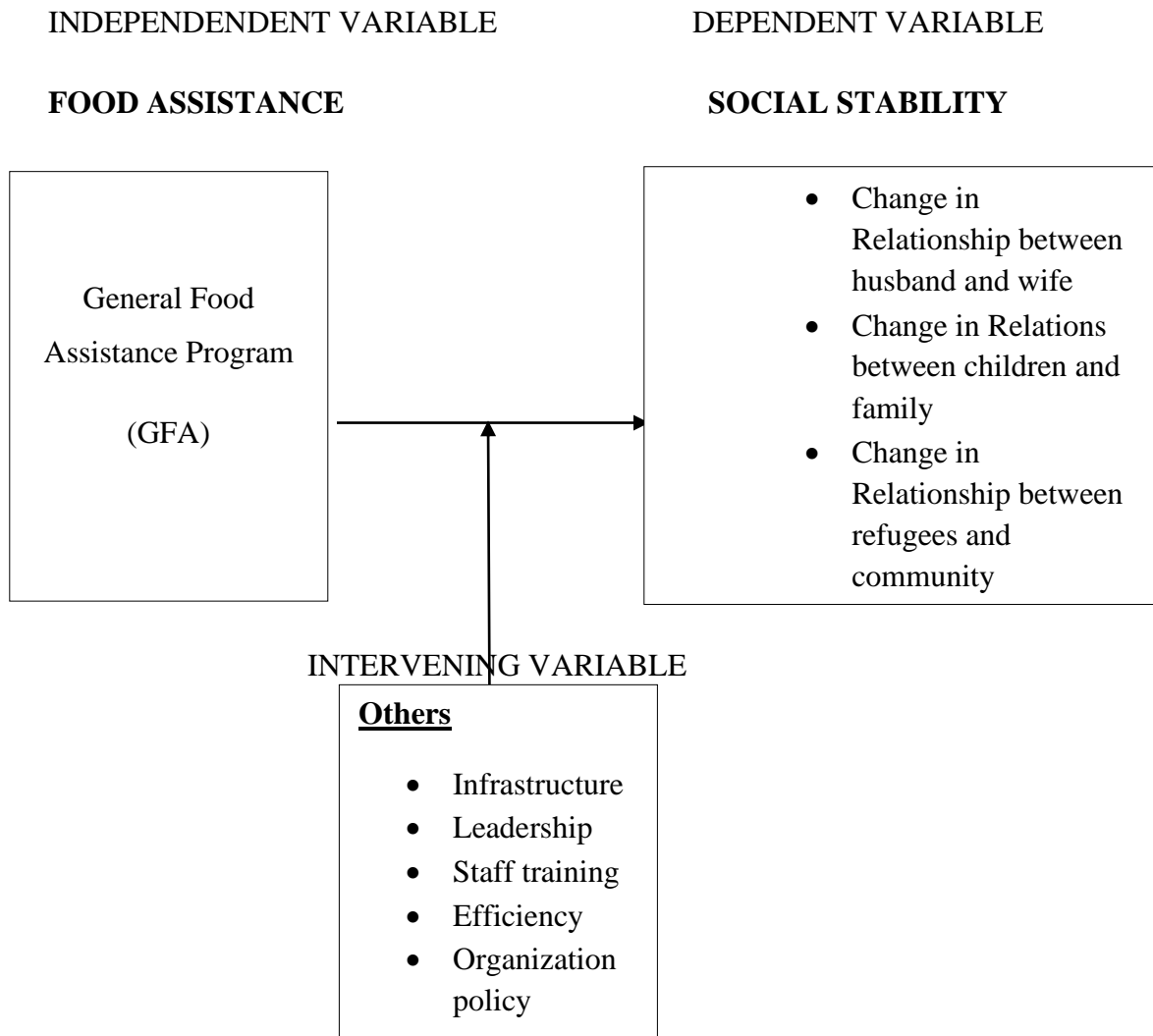
## **1.8 Significance of The Evaluation.**

This study findings were to be of help to OPM, WFP, YSAT and UNHCR and other organizations provided an insight of the strategies that can be adopted to ensure that programs aimed at social stability of refugees are effective.

The study findings also helped the different social workers as it provided them with information that is needed to be designed in order to improve the social stability of the refugees in Rhino camp settlement.

To scholars and future researchers, the findings of the study are expected to contribute to the existing literature about the program of support the refugees. The accomplishment of the study was to enable the researcher to acquire hands on skills about processing of research work and data analysis. sMore so the accomplishment of the study enabled the researcher to attain a Bachelor’s degree in Social Work and Social Administration since it’s part of the requirements

**1.9.0 Conceptual Framework.**



**Source:** *Researcher’s Conceptualization, 2023*

**1.9.1 Theoretical Framework**

According to Abraham Harold Maslow (1908-1970) an American psychologist. (Pierre Pichère, 2015) who first introduced his Hierarchy of needs in a 1943 paper entitled, ‘A Theory of the

Human Motivation’’. He added that as humans our Actions are motivated by our desires to meet specific needs. This theory applies in this situation because social stability is based on needs of people or social problems that have to be addressed for the wellbeing of the refugees.

He developed a hierarchy of needs to explain human motivation. His theory suggested that people have a number of basic needs that must be met before people move up the hierarchy to pursue more social, emotional, and self-actualizing needs that’s the basic assumption of the theory. This theory views motivation as a key aspect when it comes to the social stability and this is through the provision of the needs based on the hierarchy.

Therefore, this theory was relevant to the study in the sense that it helps guide in the provision of services to the refugees that is aimed at improving the welfare for instance needs such as food, shelter, water is so important before considering other needs so after meeting these needs then others can then be added thus looking at the aspects of social stability

## CHAPTER TWO

### LITERATURE REVIEW

#### **2.0 Introduction.**

This chapter presents a review of related literature on the various concepts of the study as well as the study objectives. The first part presents literature review on the effects of general food assistance program on the relationship between refugee couples, this is followed by effects of the general food assistance program on the relationship between children and their families and finally the effects of general food assistance program on the relationship between the refugees and the local community in rhino camp refugee settlement.

#### **2.1 What are the effects of general food assistance program on relationship between refugee husband and wife in rhino camp settlement?**

Food assistance program may encourage spouses to share responsibilities related to meal preparation and distribution of food within the household (2021), so this means that it would promote a sense of shared duty between husband and the wife. Many refugees have limited access to food and may be malnourished or hungry and with this their functioning in the community is affected. Food distribution can provide them with essential nutrients they need to survive and stay healthy. Food assistance can alleviate one of the most basic survival concerns for refugee families, reducing tensions related to hunger and food insecurity. When people's basic needs are met, it can create a more stable and harmonious environment within the family.

In camps refugees rely upon aid, provided rations, vouchers or cash for food (World Food Programme, 2015), (Dunlop K., 2018). Some people live their whole lives in refugee camps with little hope of life in future, yet they do what they can with their limited resources to survive. So with the aspect of food distribution it helps Improve mental health. For refugees the stress and trauma of fleeing their homes and living unfamiliar and often harsh conditions can take a toll on their mental health. Having access to food can reduce stress and provide a sense of security which can have a positive effect on mental wellbeing of the refugees. Having the refugees access food and other basic needs will help improve self-reliance and mental health as per the refugee rights. (The UN Refugee Agency, 2021) (The UN Refugee Agency, 2016).

Distribution of food in refugee camps or communities can create opportunities for them to come together and interact. Collaboration and Cooperation: In some cases, the need to collect food rations and cook together can foster cooperation and collaboration between spouses. This can strengthen their bond as they work together to provide for their family. This can help build social connections and promote a sense of community and this is essential for good mental health. So, in areas of refugee crisis for instance when host communities are involved in intervention so this creates feelings of hostility towards the refugees as host communities feel like the refugees are being helped above their own most vulnerable. So, the persons of concern – host relationship can be affected by country policies which limit the rights of refugees limiting access to work, freedom of movement, limiting access to other social services which is beyond the scope of the review. Including host communities when targeting households for food assistance helps improve the refugee – host relationship (Food and Agriculture of the United nations, 2018).

Livelihood strategies are important to improve sustainability of the aid provided and assist refugees in becoming self-sufficient, particularly when aid is often reduced (Oliver M. I. S., 2018). Supporting local economies when food is distributed, it can help support local farmers and business and this can help create jobs and stimulate economic growth in the refugee and host communities. It is important to note that all interventions are meaningful and so when are instigated by refugees themselves by establishing informal economies and trading in and around the refugee camp settlement. (Moore E.A., 2014). By providing more livelihood opportunities with the support of the aid agencies it may be possible to improve the welfare of the refugees through self-reliance, empowerment and gender equity. (Food and Agriculture Organization of the United Nations, 2018) (Food and Agriculture of the United Nations, 2020) (R.) (S., 2018). Refugees are vulnerable population that suffer some unique challenges that affect their food security despite the fact of entering a destination country. Having access to food assistance can help restore a sense of normalcy and routine in the lives of refugee families, providing a semblance of stability during an otherwise challenging time.

## **2.2 What are the effects general food assistance program on relationship between refugee children and their families in rhino camp settlement?**

The 2020 Global Nutrition Report indicates that 149 million children less than five years of age are stunted, 50 million are wasted and 40 million are overweight (Development initiatives Poverty research Ltd, 2020). So, food distribution among the refugees leads to meeting basic needs for instance nutritional. The aim of FAO is to achieve food security for all, the mandate of UNHCR is to provide international protection for the refugees and other persons of concern and the role of world food program is to use food aid to support economic and social development, meet food needs in emergency and protracted situations and promote food security based on FAO recommendations (Food and Agriculture organization of the United nations, 2022) (The UN Refugee Agency, World Food Programme, 2021). Mobilizing refugees for food can help generate income for them for instance through selling of surplus food items and this in return will help the refugees to be more sufficient and reduce too much reliance on external aid. With that it Enhances Parent-Child Bond for instance when parents are less burdened by the struggle to secure food, they can devote more time and attention to their children. This can strengthen the bond between parents and children, fostering a sense of security and trust. In addition to that it would result into Positive Impact on Child Development, Proper nutrition is crucial for a child's physical and cognitive development. With access to nutritious food, children are more likely to thrive and achieve their developmental milestones, which can positively influence their relationship with their parents.

Based on recommendations from UN agency impact evaluations, in July 2020, the UNHCR and the WFP announced the launch of the “Joint Strategy for Enhancing Self-Reliance in Food Security and Nutrition in Protracted Refugee Situations (The UN Refugee Agency, World Food Programme, 2020). They will assess refugees the situation of the refugees together and investigate the vulnerabilities, capacities and opportunities based on their assessment and set goals to improve on self-reliance in food together (The UN Refugee Agency, World Food Programme, 2020). This new strategy has two main objectives that focus on empowering the refugees and also creating a supportive environment by engaging the local government and the host communities. So, mobilizing refugees for food can help create a sense of community participation and empowerment by involving refugees in activities that benefit their community, by participating in community food related activities refugees can develop skills and gain

experience that can be useful in the future thus Empowerment of Refugee Parents through having access to food assistance by providing them with a sense of agency and the ability to care for their children's basic needs, despite the challenges they face.

According to The UN agency (The UN Refugee Agency, 2021) malnutrition is very common in refugee children. Food insecurity results into a double burden of disease where malnutrition in childhood is followed by early establishment of chronic diseases later in life and this Improves Family Stability since adequate access to food can help reduce stress and anxiety within the family, as parents won't have to worry about meeting basic nutritional needs. This stability can lead to a more nurturing and supportive environment for the children.

According to Burton A, (Burton A.) the elderly and persons with disability face barriers when it comes to accessing resources such as water if the collection points are far from their shelter, healthcare and other services. So, mobilizing refugees for food can contribute to improving food security by providing refugees with access to nutritious and diverse food. When refugees are involved in food related activities, they can also learn about sustainable farming practices, food preservation techniques and also other skills that can help improve the welfare of the refugees. Culture is also an important aspect when mobilizing for food it is important because lack of cultural available foods can destabilize cultural identity, affecting both physical and mental health (Moffat T., 2017).

According to Al (Al-Kharabsheh L., 2020) Refugees are provided aid for a short period of time but many challenges such as language and lack of recognition of education from their home country makes it difficult to land jobs that pay well. For instance, preliminary data indicates that 70% of Syrian refugees in Canada experience food insecurity. Mobilizing refugees for food this can help foster social cohesion by bring them together from the different backgrounds and this will help them work towards a common goal. As they work together this can help build relationships and understanding aspects between communities within the refugee settlement and this helps reduce Conflicts for instance in situations where food scarcity is a constant concern, family tensions may arise due to frustrations and disagreements. Food assistance can alleviate these conflicts, leading to a more harmonious family environment.

### **2.3 What are the effects of general food assistance program on the relationship between the refugees and the community in rhino camp refugee settlement?**

Economic Impact (Alloush, 2017) Food assistance programs can influence the local economy for instance if food is purchased locally, it can provide economic benefits to nearby communities. However, if food is imported or provided by external aid agencies, it may have limited positive impact on the local economy (Bilgili, 2018). Dependency and Empowerment. Prolonged reliance on food aid can create a dependency mindset among both refugees and the host community. To mitigate this, food assistance programs should be designed with a focus on long-term sustainability and capacity-building. Engaging the community in the distribution process and involving them in decision-making can empower them to take an active role in their well-being (Christophersen, 2013). Social Cohesion (Laurence, 2019) Food assistance programs can contribute to building social cohesion when they involve community members in the planning, distribution, and management of the aid. By fostering a sense of ownership and shared responsibility, the program can promote positive interactions and cooperation (Feldmeyer, 2019). Resettlement Concerns (Kreibaum, 2016) looked at how the Congolese refugees affect the Uganda Population in a way that their suffering is our burden, so if the food assistance program is perceived as too comfortable, some refugees might be reluctant to leave the camp and resettle in their home countries or other locations. This can create challenges for long-term solutions and the integration of refugees into society.

According to U. S Department of State (U.S Department of State , 2021) emphasized about consideration need for the most vulnerable for instance the women, girls, children, lesbian, gay, bisexual, transgender and also included persons with disabilities in the article. So, protecting vulnerable groups of refugees for example women, and girls are at high risks of experiencing gender-based violence issues and this is attributed to various reasons such as displacement, disruption of social structures, so sensitization programs can help improve refugee's welfare since it helps people understand the risks and how to protect themselves. In addition, women and children are at risk of violence, sexual exploitation, and abuse as families are often separated during migration and refugees are forced to seek help from smugglers and others who take advantage of them, and refugee camps have high population densities with limited services

Improved Relations. Providing food assistance to both refugees and the host community can foster a sense of solidarity and empathy. When both groups receive support, it can help reduce tensions and feelings of animosity between them. This can create a more harmonious and cohesive community in the camp. Reduced Competition: In many refugee camps, there may be limited resources, leading to competition for basic necessities like food and water. General food assistance can alleviate this competition, as it ensures a more equitable distribution of food. When refugees and the host community don't have to compete for limited resources, it can reduce friction and potential conflicts. All over the world women have a slightly higher prevalence of food insecurity compared to men (Food and Agriculture Organization of the United Nations, 2020). So, women are likely to prioritize food needs of spouses and children while compromising their own (Matheson J., 2014). Gender is an important consideration when developing food security interventions for instance in many cultures' women are often in charge of food preparation for the household. Women and girls are at greater risk of gender-based violence (Giordano N., 2017), (World Food Programme, 2016), (World Food Programme, 2018), (The UN Refugee Agency, 2021). They are likely to be food insecure, so sensitization against such practices can help rescue women and girls from such kind of state.

Encouraging reporting so as a result of this act many victims of GBV may not report the cases of violence and this can be attributed to so many reasons for instance shame, fear of retaliation or lack of knowledge on how to report and where in the community so through the relationship between the refugees and the local community it can help create a safe environment where the refugees can report such cases without fear of stigma or retaliation. About discrimination, LGBTQA2S populations are discriminated against, harassed, abused and murdered particularly in countries with anti- LGBTQ legislation (World Economic Forum, 2018). Promoting Gender Equality. Gender based Violence is often rooted in unequal power dynamics between men and women so the programs of GBV can help promote gender equality by challenging harmful gender norms, promoting women's rights and empowering women to assert their rights. Social Tensions. On the other hand, if food assistance is insufficient or perceived as unfair, it can exacerbate existing social tensions. If the host community perceives that resources are being disproportionately allocated to refugees, it can lead to resentment and strained relations. Cultural Exchange: Food assistance programs can also become an opportunity for cultural exchange.

Sharing meals and recipes can promote understanding and appreciation of different cultures, fostering a more inclusive environment.

#### **2.4 Knowledge Gaps.**

Studies done here are mostly of the refugees in developed countries for instance in Syria (World Food Programme, 2015), nearly all of the research studies about the effect of general food assistance program is on the improvement of the refugee's nutritional welfare and conducted in developed countries so therefore the gap identified here is that, there are few literatures on studies regarding general food assistance program on the social stability of the refugees. This study will be conducted in order to examine the effect of general food assistance program on the social stability of the refugees in Rhino camp refugee settlement in Terego district.

## **CHAPTER THREE**

### **METHODOLOGY**

#### **3.0 Introduction**

This chapter presents the methodology used for data collection and it involves a research design, description of the study area, the target population, sample and sampling procedures, description of research instruments and description of data analysis procedures and Ethical consideration. This chapter therefore shows how information was obtained from the respondents.

#### **3.1 Research Design**

In this study, the researcher employed a case study research design and quantitative. Case study research design this is where one particular occurrence or small number of carefully chosen examples are thoroughly explored (Gilbert, 2008). The term ‘case’ is most frequently used to refer to a case study that is focused on a specific environment, usually a community or organization, and that is studied in depth (Bryman, 2016). A case study research in the words of Leedy and Ormrod (2013), is “a qualitative approach in which the investigator analyzes bounded systems combining various sources of data and substantial, in depth data collection over time.” This layout aided the researcher in developing novel ideas (that might be tested by other methods). Additionally, it was crucial for supporting hypotheses and highlighting the relationships between many aspects of person’s life.

#### **3.2 Area of Study**

This study was conducted in Rhino Camp Refugee Settlement Terego District with the help of YSAT the organization implementing the program, the target respondents were the refugee husbands, wives, children and the youth.

#### **3.4 Sources of Information.**

My information was obtained from the beneficiaries of the General food assistance program, the organization implementing the program and as well the internet for more research.

### 3.5 Population and Sampling Techniques.

Population refers to the entire group of individuals that will be needed in the study. Sampling techniques refers to the methods used to select a subset or a sample from a larger population for instance use of simple random sampling where every member of the population has equal chance of being selected and Convenience sampling where the participants are selected based on their availability and willingness. The goal of this is to draw conclusions about the beneficiaries of general food assistance program.

Singh, (2007) defined sample size as finite part of statistical population whose properties are used to make estimates about a population as a whole. For this research study, a cross section of individuals was selected to draw research responses that give a true picture of the research phenomena

In this study therefore, a sample size of 80 respondents was selected for the study and purposive sampling was used. this type of sampling, also known as judgement sampling, involves the researcher using their expertise to select a sample that is most useful to the purposes of the research.

The sample size was determined using the following formula by Yamane (1967:886).

$$n = \frac{N}{1 + N (e^2)}$$

$$n = \frac{100}{1 + 100 (0.05^2)}$$

$$n = \frac{100}{1 + 100 (0.0025)}$$

$$n = 80$$

#### Where

n = Sample size

N= Population size

e = margin of error at 95% confidence level

**Table 1.** Distribution of the study population and sample size.

<b>Respondents</b>	<b>Target population</b>	<b>Sample size</b>	<b>Sampling method</b>
Married Women	30	25	Random sampling
Married Men	25	20	Random sampling
Children	25	20	Random sampling
Youth	20	15	Random sampling
<b>Total</b>	<b>100</b>	<b>80</b>	

**Source: Primary data**

### **3.6.1 Data Collection Instruments.**

Questionnaire. The researcher was able to get data from the respondents through questions that are printed or typed out for the respondents to respond to the questions. The researcher administered questionnaires which were used to collect data from the GFA beneficiaries.

Interviews. The researcher collected data from the respondents in person, through phone calls, or via video calls and such kind of data collected is in depth. In order to explicitly obtain information relevant to the research, (Ahuja 2009) states that an interview is a two-person dialogue that is initiated by the interviewer and focused by him on the issue indicated by the research objectives of description and explanation. The instrument utilized to get the data in this situation was an interview guide which is a set of structured questions with recorded interview responses Ahuja 2009. It was used to save time because it gives the researcher control over how the investigation is conducted.

The beneficiaries in a face to face interviews were conducted, these interviews took place in a calm, noise free sitting, it started after defining its goals and addressing any confidentiality agreement. The interviewer asked questions and recorded the responses.

### **3.6. Data Analysis.**

Data analysis concerns the breaking up of data in logical and manageable themes, categories, patterns trends for reporting purposes (Creswell 2009).

### **3.7 Ethical Considerations**

This study was conducted within strict ethical code guiding research of Uganda Christian University, during the development of the proposal, data collection, analysis and the final write up of the proposal, acknowledgement of secondary sources of information through citing will be highly considered to avoid plagiarism.

Informed consent. The respondents were guided and informed of the purpose of this research that is, for academic purpose only, the reason for this is to enable them provide the data without any suspicion.

The aspects to do with honesty, confidentiality, integrity and transparency during data collection and reporting findings were abided by the researcher in the due course.

Fairness. The respondents were all be treated fairly to avoid discrimination or exploitation in the due course of the research.

### **3.8 Methodological Constraints.**

This refers to the limitations and restrictions that are imposed on research methods, so the challenges that affected this study include low turn of the respondents to answer the questionnaires, language barrier as well contributed and all these can affect the validity and reliability of research findings.

### **3.9 Data Analysis, Presentation and Inter-presentation of findings.**

Data analysis, presentation and interpretation of findings helped the researcher to ensure that the research is rigorous, valid and reliable and this shall be guided by research objectives and the section will as well present the characteristics of the respondents this will help communicate the results of the research to others in a clear and concise way.

## CHAPTER FOUR

### DATA PRESENTATION

#### 4.0 Introduction

This chapter comprises of a presentation of findings from the husbands, wives, children and the youths in Rhino Camp Settlement in Terego district, Uganda. The presentation in this chapter shows the findings according to the objectives of the study. It is presented in the tables showing the frequencies and percentages.

#### Demographic characteristics

This section was sub-divided into; gender of respondents, age of the respondents, marital status of the respondents, education level of the respondents, period spent living in the settlement camp, number of people living in the household and the number of male and female in the households.

#### 4.1 Gender of respondents

The table below shows the gender of the respondents. Both male and female were represented in the study as shown below;

**Table 1: Gender**

S/N	Gender	Frequency	Percent	Cumulative Percentage
1	Male	35	43.8	43.8
2	Female	45	56.2	100.0
	Total	80	100.0	

**Source:** *Primary data*

The findings on table 2 above show that the majority of the respondents were females 45 (56.2%) as compared to the males 35 (43.8%) and therefore, there were more female respondents who are refugees and host communities in Rhino Settlement Camp.

#### 4.2 Age of respondents

The age of respondents was grouped in four categories; those between 10-18 years, 19-29 years, 30-39 years, and those with 40 and above years as shown in table 3 below;

**Table 2: Age**

S/N	Age	Frequency	Percent	Cumulative Percentage
1	10-18 years	20	25.0	25.0
2	19-29 years	15	18.8	43.8
3	30-39 years	21	26.2	70.0
4	40 and above years	24	30.0	100.0
	Total	80	100.0	

**Source:** *Primary data*

Findings in table 3 show that majority of the respondents fell in the category of 40 and above years represented by 24 (30%), followed by 30-39 years represented by 21 (26.2%), followed by 10-18 years represented by 15 (25%), whereas (18.8%) of the respondents are above 19-29 years of age.

#### 4.3 Marital status of respondents

The marital status of respondents was grouped in four categories; those who are married, single, divorced and others as shown in table 4 below;

**Table 3: Age**

S/N	Age	Frequency	Percent	Cumulative Percentage
1	Married	45	56.2	26.2
2	Single	30	37.5	93.7
3	Divorced	5	6.3	100.0
	Total	80	100.0	

**Source:** *Primary data*

Findings in table 4 show that majority of the respondents are married represented by 45 (56.2%), followed by those who are single represented by 30 (37.5%), whereas 5 (6.3%) of the respondents are divorced.

#### 4.4 Level of education of the respondents

The level of education by respondents was grouped in four categories; those with primary level, secondary level, tertiary level and other levels as shown in table 5 below;

**Table 4: Level of education**

S/N	Level of education	Frequency	Percent	Cumulative Percentage
1	Primary	29	36.2	36.2
2	Secondary	24	30.0	66.2
3	University	11	13.8	80.0
4	Others	16	20.0	100.0
	Total	80	100.0	

**Source:** *Primary data*

The findings in table 5 above show that majority of the respondents have at least attained primary level of education represented by 29 (36.2%), followed by 24 (30%) of the respondents who have at least attained secondary level of education, followed by 16 (20%) of the respondents who have no education background, whereas 11 (13.8%) of the respondents have at least attained university level of education.

#### 4.5 Period spent living in Rhino Settlement Camp

The period respondents have spent living in Rhino Settlement Camp was grouped in four categories; those who have spent 0-1 year, between 2-5 years, 6-10 years, and those who have spent 11 and above years as shown in table 6 below;

**Table 5: Period spent living in Rhino Settlement Camp**

S/N	Period spent	Frequency	Percent	Cumulative Percentage
1	0-1 year	12	15.0	15.0
2	2-5 years	18	22.5	37.5
3	6-10 years	26	32.5	70.0
4	11 and above years	24	30.0	100.0
	Total	80	100.0	

**Source:** *Primary data*

The findings in table 6 above show that majority of respondents represented by 26 (32.5%) have spent 6-10 years living in Rhino Settlement Camp, followed by 24 (30%) who have been living in Rhino Settlement Camp for 11 and above years, followed by 18 (22.5%) who have spent 2-5 years living in Rhino Settlement Camp, whereas 12 (15%) of the total population have spent 0-1 year living in Rhino Settlement Camp.

#### **4.6 Number of people living in the household**

The number of people living in the household was grouped in four categories; those who have 1-3 people in the household, 4-6 people in the household, 7-9 people in the household, and those with 10 and above people in the household as shown in table 7 below;

**Table 6: Number of people living in the household**

S/N	Number of people	Frequency	Percent	Cumulative Percentage
1	1-3 people	20	25.0	25.0
2	4-6 people	42	52.5	77.5
3	7-9 people	12	15.0	92.5
4	10 and above people	6	7.5	100.0
	Total	80	100.0	

**Source:** *Primary data*

The findings in table 7 above show that majority of respondents represented by 42 (52.5%) have 4-6 people living in their respective households, followed by 20 (25%) who have 1-3 people

living in their respective households, followed by 12 (15%) who have 7-9 people living in their respective households, whereas 6 (7.5%) of the total population have 10 and above people living in their respective households.

#### **4.7 Effect of General Food Assistance Program (GFA) on relationship between men and women in rhino camp settlement**

**Table 7: Food assistance program and amount of time women have for other activities**

<b>Effects</b>	<b>Frequency</b>	<b>Percent (%)</b>
Alleviated a significant burden on women in terms of household responsibilities	25	31.2
Increase in educational opportunities for women	12	15.0
Enhanced women empowerment and skills development	20	25.0
Increased participation of women in employment and income-generating activities	17	21.3
Increased community engagement and leadership among women	6	7.5
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the married men and women in Rhino Settlement Camp, Terego district, they were asked for their views on how food assistance program has led to an increase in the amount of time that women have for other activities, such as education or employment in rhino camp refugee settlement and their responses are discussed below as follows;

Impact on household responsibilities: 31.2% of the respondents noted that the implementation of a food assistance program in Rhino Camp refugee settlement has notably alleviated a significant burden on women in terms of household responsibilities. In refugee contexts, women traditionally bear the responsibility of procuring, preparing, and ensuring the availability of food for their families. This often consumes a substantial portion of their time and energy, limiting their capacity to engage in other activities. With the introduction of a consistent and reliable food

supply, women no longer need to dedicate as much time to food-related tasks. This newfound freedom from constant food insecurity allows them to reallocate their time towards education and employment pursuits.

**Educational Opportunities:** 15% of the respondents also noted that the availability of food assistance has led to a remarkable increase in the educational opportunities available to women in Rhino Camp. Prior to the food program, women faced barriers to education due to their demanding roles in obtaining sustenance. The need to search for food, collect water, and prepare meals left little time for attending classes or studying. However, the assurance of regular food provisions has opened up avenues for women to enroll in schools, vocational training, and adult education programs. With reduced time spent on survival activities, women are now more capable of dedicating themselves to their studies, completing assignments, and participating in educational initiatives.

**Empowerment and skill development:** 25% of the respondents further illustrated that food assistance program has also played a critical role in empowering women by providing them with the time and resources necessary for skill development. In refugee settings, women often possess a wealth of untapped potential, yet the demands of securing sustenance limit their ability to explore their capabilities. With consistent access to food, women have the opportunity to engage in income-generating activities, vocational training, and entrepreneurial ventures. This newfound involvement not only enhances their financial independence but also boosts their self-confidence and self-esteem. As they gain valuable skills, they become better positioned to contribute to the workforce and community development.

**Employment and economic impact:** Another significant outcome of the food assistance program that was pointed out by 21.3% of the respondents is the increased participation of women in employment and income-generating activities. The relief from the daily struggle for food allows women to explore opportunities for paid work both within and outside the refugee settlement. As they transition from being solely responsible for food procurement to actively engaging in employment, women contribute to the local economy and enhance their financial stability. This shift also challenges traditional gender roles and perceptions, fostering a more inclusive and diverse workforce. With the additional income, women gain more agency over their lives and can invest in their families' well-being.

Community engagement and leadership: Finally, 7.5% of the respondents revealed that the positive effects of the food assistance program extend beyond individual women to the community as a whole. With reduced time spent on basic survival tasks, women are better equipped to engage in community initiatives, leadership roles, and decision-making processes. As they become more active participants in the community, their insights and contributions enrich the overall development of the settlement. This increased engagement not only benefits women's personal growth but also has the potential to reshape social dynamics and amplify women's voices in matters of importance. The respondents' verbatim reported that,

*“.....I can't stress enough how much the food assistance program has changed our lives here. Before, every day was a struggle to find enough food for my family. I barely had time for anything else. Now, with the regular food provisions, I've been able to join literacy classes. I'm learning to read and write – something I never thought possible. This program has given me hope and the chance to dream again.....”* **Married woman**

*“.....The food assistance program has brought about a positive shift in our community dynamics. With women having more time on their hands, they've become more involved in different activities. I've seen women joining vocational training and actually taking up skilled jobs. It's not just about food; it's about creating opportunities. This change has made us rethink traditional roles and realize the potential of everyone here.....”* **Married man**

**Table 8: Food assistance program and decision-making power of wife/ husband**

<b>Statements</b>	<b>Frequency</b>	<b>Percent (%)</b>
Influenced the decision-making power within households	18	22.5
Empowered women through their increased economic contribution	23	28.7
Sparked conversations around the distribution of roles and responsibilities within households	14	17.5
Influence on education and children's well-being	15	18.8
Influence on community perception and role modeling	10	12.5
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the married men and women in Rhino Settlement Camp, Terego district, they were asked for their views on how food assistance program has affected the decision-making power of Wife/Husband in their respective households and their responses are discussed below as follows;

Impact on decision-making dynamics in households: 22.5% of the respondents argued that the introduction of a food assistance program in the refugee settlement has significantly influenced the decision-making power within households, redefining traditional gender roles and fostering a more balanced partnership between wives and husbands. Historically, gender norms often relegated women to the role of primary caregivers and limited their involvement in decision-making processes. However, as women gain access to a consistent source of food through the assistance program, their contribution to the household's well-being becomes more tangible. This newfound contribution enhances their position in decision-making discussions, shifting the dynamics towards a more equal and collaborative partnership.

Empowerment through economic contribution: 28.7% of the respondents also noted that one of the most notable ways the food assistance program has affected decision-making power is by empowering women through their increased economic contribution. In the absence of reliable

food sources, women's roles were often confined to domestic responsibilities, which could limit their influence in broader family matters. As women engage in income-generating activities made possible by the program, they contribute financially to the household's stability. This economic empowerment translates into a heightened sense of agency and confidence, enabling them to voice their opinions and actively participate in decisions that shape the family's future.

**Negotiating roles and responsibilities:** Furthermore, 17.5% of the respondents revealed that the food assistance program has sparked conversations around the distribution of roles and responsibilities within households. With the burden of food procurement eased, families are now more inclined to discuss and negotiate their roles. Husbands and wives are finding it necessary to collaborate on matters related to food distribution, meal planning, and household chores. This ongoing negotiation encourages open dialogue, allowing both partners to understand each other's contributions and challenges. As a result, decisions related to family matters extend beyond the traditional bounds of gender, leading to a more inclusive and equitable approach.

**Influence on education and children's well-being:** More so, 18.8% of the respondents pointed out that the program's impact also extends to decisions concerning children's education and well-being. With more time available, women are better equipped to engage with their children's education, monitor their progress, and actively participate in school-related activities. This increased involvement reshapes the narrative around maternal influence and challenges the notion that decision-making around education should rest solely with husbands. As women take on a more active role in shaping their children's futures, their opinions and input hold more weight in family discussions, enhancing their overall influence.

**Community perception and role modeling:** Finally, 12.5% of the respondents illustrated that the shifting decision-making dynamics within households are not isolated occurrences; they have broader implications for the community's perception of gender roles. As families witness women's increased involvement in decision-making, it serves as a powerful form of role modeling. Younger generations grow up witnessing a more equitable distribution of responsibilities and decision-making power, challenging traditional norms. This gradual shift has the potential to transform societal expectations, leading to more inclusive and balanced gender dynamics in the long run. The respondents' verbatim reported that,

“.....Before the food assistance program, decisions in our household were mostly made by my husband. But now, as I contribute to our family's well-being through the program's support, I feel my voice matters more. We discuss things together – how to manage the food, how to plan for our future. It's a big change, and I believe it's a step towards a more equal partnership.....” **Married woman**

“.....The food assistance program has made us reevaluate how we work together as a family. My wife used to have less say in decisions, but now that she's part of the program and contributes to our resources, we consult each other more. We've realized that decision-making is better when it's a joint effort. It's not just about food; it's about shaping our lives together.....” **Married man**

**Table 9: Food assistance program and conflict between husband and wife**

<b>Statements</b>	<b>Frequency</b>	<b>Percent (%)</b>
Mitigation of resource-related conflicts	28	35.0
Shared responsibility and collaboration	16	20.0
Reduction of economic strain	8	10.0
Enhanced communication and problem-solving	12	15.0
Impact on emotional well-being	16	20.0
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the married men and women in Rhino Settlement Camp, Terego district, they were asked for their views on how food assistance program has led to a decrease in the amount of conflict between them and their wives/husbands over household resources and their responses are discussed below as follows;

Mitigation of resource-related conflicts: 35% of the respondents illustrated that the implementation of a food assistance program in the refugee settlement has had a profound impact on reducing conflicts between spouses over household resources. One of the most common sources of tension in households revolves around the allocation and scarcity of essential resources, including food. Before the program's initiation, families often grappled with the challenge of acquiring enough sustenance to meet everyone's needs. This scarcity frequently led

to disagreements and conflicts between husbands and wives, as they navigated how to prioritize and distribute limited resources. With the reliable access to food that the program provides, a significant source of conflict has been effectively mitigated. Families now have a stable foundation upon which to build, easing the pressure that resource-related disputes.

Shared responsibility and collaboration: 20% of the respondents also noted that food assistance program has also played a pivotal role in promoting shared responsibility and collaboration within households. In the absence of a consistent food source, discussions surrounding food distribution often centered on the unequal division of labor and resources. This, in turn, could lead to resentment and friction between spouses. With the program in place, the narrative has shifted. Both husbands and wives have a stake in the proper utilization of the provided food. This shared interest encourages open dialogue and negotiation on how to best manage and allocate resources. As a result, conflicts stemming from uneven contributions and perceived unfairness have diminished, fostering an environment of collaboration and mutual understanding.

Reduction of economic strain: Furthermore, 10% of the respondents further revealed that the food assistance program's impact extends beyond alleviating immediate hunger; it extends to easing the economic strain that often underpins conflicts in households. In resource-constrained settings, families often face financial stress related to food procurement and other basic needs. This financial pressure can exacerbate disagreements between spouses, as they struggle to make ends meet. The program's provision of food not only reduces the financial burden but also addresses a core trigger of conflict. As families gain more stability, there is less strain on overall resources, leading to fewer arguments centered around financial worries and allowing couples to focus on other aspects of their relationships.

Enhanced communication and problem-solving: More so, 15% of the respondents pointed out that with a more stable food supply, couples are finding it easier to engage in constructive communication and joint problem-solving. Previously, disputes over food scarcity could escalate into larger conflicts, hindering effective communication. The program's consistent support creates an environment where couples can have productive conversations about their needs and priorities. The removal of the immediate stress of food insecurity enables them to approach challenges collaboratively, seeking solutions that work for both parties. This improvement in

communication and conflict resolution skills extends beyond food matters and positively influences how spouses navigate other disagreements.

Impact on emotional well-being: Finally, 20% of the respondents argued that the decrease in resource-related conflicts due to the food assistance program has led to a notable improvement in emotional well-being within households. Constant disputes over food and resources can strain relationships and negatively affect individuals' mental health. The program's provision of regular food diminishes this strain, creating a more harmonious and supportive atmosphere. Couples are better equipped to provide emotional support to each other, focusing on fostering positive interactions rather than navigating frequent conflicts. This shift contributes to a healthier and happier living environment, which has implications not only for spouses' relationships but also for their children's upbringing. The respondents' verbatim reported that,

*“.....Ever since the food assistance program started, our home feels different. Before, we used to argue a lot about who gets what food and how much. But now, with the regular food supply, those arguments are gone. We can focus on other things and enjoy our time together. It's like a weight lifted off our shoulders.....”* **Married woman**

*“.....The food assistance program has changed the way my wife and I interact. We used to fight over every piece of food, but now we have enough. We discuss how to use the food wisely and think about the future. It's like we're a team now, working together instead of against each other.....”* **Married man**

**Table 10: Food assistance program and social status of husband and wife in the community**

<b>Statements</b>	<b>Frequency</b>	<b>Percent (%)</b>
Transformation of social status	18	22.5
Empowerment through economic contribution	23	28.7
Recognition of shared responsibilities	14	17.5
Leadership and community engagement	15	18.8
Role modeling and shifting norms	10	12.5
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the married men and women in Rhino Settlement Camp, Terego district, they were asked for their views on how food assistance program has affected the social status of their wives/husbands in their community and their responses are discussed below as follows;

**Transformation of social status:** 22.5% of the respondents established that the food assistance program in the refugee settlement has brought about a significant transformation in the social status of both wives and husbands within their respective communities. Traditionally, social roles and hierarchies are deeply entrenched, and access to resources often plays a pivotal role in determining one's standing. The program's provision of consistent food supply has led to a shift in how spouses are perceived by their peers, neighbors, and the broader community. This transformation is marked by an increased recognition of their contributions beyond traditional gender roles and an elevated sense of empowerment.

**Empowerment through economic contribution:** 28.7% of the respondents also noted that one of the prominent ways the food assistance program has impacted social status is through the empowerment of both wives and husbands through their economic contributions. In many societies, social status is intricately linked to economic capabilities. With the program facilitating income-generating opportunities, both spouses have gained the means to financially contribute to their households. This economic empowerment enhances their status within the community as they are viewed as active participants in the local economy, breaking away from traditional norms where men are solely responsible for income generation.

**Recognition of shared responsibilities:** Furthermore, 17.5% of the respondents pointed out that the food assistance program has fostered a broader understanding of shared responsibilities within households. As couples actively engage in decisions regarding food allocation, resource management, and family planning, the community perceives them as partners who collaboratively navigate life's challenges. This shift from viewing husbands and wives as having distinct and separate roles to recognizing their mutual cooperation elevates their social status. The willingness to adapt to changing dynamics and to challenge traditional norms is often acknowledged and respected by the community, contributing to a more egalitarian perception of couples.

Leadership and community engagement: More so, 18.8% of the respondents illustrated that the program's impact extends beyond the household, influencing how spouses engage with their communities. As wives and husbands find themselves with more time and resources due to the assistance program, they are increasingly able to participate in community initiatives, attend meetings, and even assume leadership roles. This heightened engagement positions them as active contributors to the community's progress, boosting their social status. Both spouses' involvement challenges conventional perceptions and encourages the community to recognize their potential beyond predefined roles.

Role modeling and shifting norms: Finally, 12.5% of the respondents argued that the altered social status of husbands and wives within the community serves as a form of role modeling that has the potential to reshape traditional norms. When couples are seen working together as partners, sharing responsibilities, and participating in activities that extend beyond conventional gender roles, it challenges existing expectations. This shift in perception influences how other community members perceive and evaluate spouses' contributions, potentially leading to more equitable gender dynamics over time. The respondents' verbatim reported that,

*“.....The food assistance program has changed how others see us. Before, our roles were limited, and people had certain expectations. But now, as my husband and I work together to manage our resources and plan for the future, we're viewed as a team. Our status has grown, and we're seen as contributors, not just to our family but to the community as well.....”* **Married woman**

*“.....The program has transformed how I am perceived in the community. My role used to be solely about providing for my family. But now, with the program's support, my wife and I are involved in decisions and activities together. People recognize that, and it's changed the way they look at us. We're not just individuals; we're partners in shaping our lives.....”* **Married man**

**Table 11: Food assistance program and changes in attractions between wives and husbands**

<b>Statements</b>	<b>Frequency</b>	<b>Percent (%)</b>
Transformed interactions within households	20	25.0
Collaboration and shared decision-making	30	37.5
Communication and quality time	18	22.5
Exploration of new roles and activities	5	6.3
Empowerment and mutual respect	7	8.7
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the married men and women in Rhino Settlement Camp, Terego district, they were asked for their views on whether they have seen any changes in the way them and their wives/husbands interact with each other since food assistance program began and their responses are discussed below as follows;

Transformed interactions within households: 25% of the respondents revealed that the initiation of the food assistance program has resulted in notable changes in the interactions between husbands and wives within households. Previously, roles were often defined by traditional gender norms, with distinct responsibilities and limited opportunities for collaboration. However, since the program's inception, there has been a shift towards more open and equal interactions. The assurance of food provisions has alleviated the constant struggle for sustenance, allowing couples to focus on broader aspects of their lives and relationships.

Collaboration and shared decision-making: 37.5% of the respondents also established that one of the most evident changes in interactions is the increased collaboration and shared decision-making between spouses. In many settings, women bore the primary burden of food-related responsibilities. With the program's support, both wives and husbands are actively engaged in discussions about food allocation, meal planning, and household chores. This shift from unilateral decisions to joint problem-solving signifies a more balanced partnership where decisions are made collectively, fostering a sense of mutual respect and understanding.

Communication and quality time: Furthermore, 22.5% of the respondents noted that the food assistance program has brought about improvements in communication and quality time between

couples. Previously, the constant struggle for food could strain relationships, leading to misunderstandings and tension. With the program ensuring a stable food supply, couples are finding more time to communicate about their feelings, aspirations, and challenges. This quality time fosters emotional connections and enhances intimacy, leading to a more harmonious and fulfilling relationship.

Exploration of new roles and activities: More so, 6.3% of the respondents argued that the availability of consistent food provisions has also encouraged spouses to explore new roles and activities outside traditional boundaries. With the alleviation of daily food-related stresses, individuals have more time to invest in personal growth, skill development, and community engagement. This newfound agency has led to a diversification of roles, breaking away from rigid gender norms. Couples are witnessing each other's pursuit of new opportunities, fostering admiration and support for their individual growth.

Empowerment and mutual respect: Finally, 8.7% of the respondents pointed out that the program's impact has extended to fostering a sense of empowerment and mutual respect between spouses. As both wives and husbands engage in discussions and activities that contribute to their families' well-being, they are mutually recognized for their contributions. This recognition reinforces their sense of self-worth and strengthens the bonds of respect within their relationships. This empowerment dynamic is reshaping the way spouses perceive each other, promoting a more egalitarian and balanced partnership. The respondents' verbatim reported that,

*“.....I've seen a big change in how my husband and I interact since the food assistance program started. We used to argue a lot about food and resources. But now, with the program providing a stable supply, we can talk about other things – our children's education, our dreams for the future. It's like we're a team, working together.....”*

**Married woman**

*“.....The program has made our interactions much better. Before, food was always a point of contention between us. But now, we discuss things more openly. We plan meals together, and we've even started talking about starting a small business with the extra time we have. It's brought us closer.....”* **Married man**

**Table 12: Unintended consequences of general food assistance program on the relationship between you and your Wife/Husband**

<b>Statements</b>	<b>Frequency</b>	<b>Percent (%)</b>
Shifts in power dynamics	11	13.8
Cultural and social adjustment	21	26.2
Communication and expectation management	17	21.3
Emotional adjustments and self-perception	19	23.7
Community and peer pressure	12	15.0
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the married men and women in Rhino Settlement Camp, Terego district, they were asked for their views on whether they have observed any unintended consequences of general food assistance program on the relationship between them and their wives/husbands in Rhino Camp settlement and their responses are discussed below as follows;

Shifts in power dynamics: 13.8% of the respondents argued that while the general food assistance program has brought about positive changes in households, there have been some unintended consequences, such as shifts in power dynamics between spouses. The assurance of a steady food supply has altered the traditional roles and responsibilities that husbands and wives used to hold. In some cases, this change has challenged established gender norms, leading to adjustments that may not always be smooth. As women and men engage in income-generating activities and contribute to resource management, there might be moments of tension as they navigate these evolving dynamics and redefine their roles within the relationship.

Cultural and social adjustment: 26.2% of the respondents also noted that the introduction of the food assistance program has triggered a process of cultural and social adjustment within households. In some communities, traditional roles have deep cultural roots, and changes in these roles can be met with resistance or confusion. For example, if a husband is more involved in household tasks due to the program's support, it could challenge societal perceptions of masculinity. Similarly, if a wife is engaged in income-generating activities, it may raise eyebrows in cultures where women traditionally focus on domestic responsibilities. These shifts

in roles can lead to a period of adjustment and potential conflict as spouses navigate their changing identities within the relationship and the community.

Communication and expectation management: Furthermore, 21.3% of the respondents also pointed out that the unintended consequences have also manifest in the realm of communication and expectation management. The availability of consistent food provisions has led to certain assumptions about the distribution of responsibilities and resources. For instance, if the food assistance program grants wives the opportunity to engage in income-generating activities, their husbands might anticipate increased contributions to the household income. If these expectations are not managed and communicated clearly, it can lead to frustration and disappointment. Couples might need to navigate conversations about how to balance new opportunities with existing responsibilities, which can occasionally cause friction.

Emotional adjustments and self-perception: More so, 23.7% of the respondents established that as both husbands and wives adapt to the changing dynamics brought about by the food assistance program, there have been emotional adjustments and shifts in self-perception. For instance, if husbands find themselves less involved in income generation due to their wives' increased participation in the workforce, they t grapple with feelings of inadequacy or a diminished sense of self-worth. Similarly, wives who are now more economically empowered t experience a newfound sense of independence that could affect how they view their roles within the household. These emotional shifts can lead to moments of reflection and introspection that may not always be straightforward to navigate.

Community and peer pressure: Finally, 15% of the respondents illustrated that the unintended consequences have also been influenced by external factors, such as community and peer pressure. As households adapt to the changing roles and responsibilities facilitated by the food assistance program, they have encountered skepticism or criticism from others who are not accustomed to these shifts. This has added an extra layer of stress to couples as they work to balance their evolving dynamics with societal expectations. Negotiating these external pressures while trying to maintain a harmonious relationship can sometimes be challenging. The respondents' verbatim reported that,

“.....While the food assistance program has been a relief, it has also changed our roles. My husband used to be the sole breadwinner, but now I'm earning too. Sometimes, he seems unsure about how to handle it. We're learning to navigate this change, but it hasn't been completely smooth. We have to manage our expectations and communicate openly.....” **Married woman**

“.....The program has definitely changed things between my wife and me. She's earning now, and while I'm supportive, it does affect how I perceive my role. Sometimes I feel like I should be the primary provider. We're adjusting, but it's not without its challenges.....” **Married man**

#### **4.8 Effect of General Food Assistance Program (GFA) on relation between children and family in rhino camp settlement**

**Table 13: Food assistance program and stress reduction in families**

<b>Statements</b>	<b>Frequency</b>	<b>Percent (%)</b>
Relief from daily hunger and worry	18	22.5
Improved emotional well-being	23	28.7
Shifted priorities and focus	14	17.5
Enhanced stability and planning	15	18.8
Positive ripple effect	10	12.5
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the children in Rhino Settlement Camp, Terego district, they were asked for their views on how food assistance program has helped to reduce stress in their families and their responses are discussed below as follows;

Relief from daily hunger and worry: 22.5% of the respondents revealed that the implementation of the food assistance program in the refugee settlement has significantly alleviated stress within families by providing relief from the constant worry of hunger and food scarcity. In resource-constrained environments, families often grappled with the uncertainty of where their next meal would come from. This pervasive anxiety placed immense strain on households, affecting

relationships and overall well-being. With the assurance of regular food provisions, families now have the security of knowing that their basic nutritional needs are being met. This newfound stability leads to a significant reduction in stress, allowing family members to focus on other aspects of their lives.

**Improved emotional well-being:** 28.7% of the children also noted that the program's impact extends beyond just physical sustenance; it positively influences the emotional well-being of families. Stress stemming from food insecurity often takes a toll on mental health, leading to heightened tension, anxiety, and even conflicts within households. As the program ensures a consistent food supply, the emotional burden is lifted, resulting in improved moods, reduced stress levels, and a more positive atmosphere within families. Members are better equipped to support one another emotionally, fostering healthier relationships and a more nurturing home environment.

**Shifted priorities and focus:** Furthermore, 17.5% of the respondents pointed out that before the food assistance program, families spent a significant portion of their time and energy searching for food and resources. This constant pursuit of sustenance left little room for other essential activities such as education, skill development, and quality family time. With the burden of food procurement eased, families are able to shift their priorities and focus towards more productive and enriching endeavors. The program's support grants families the freedom to engage in income-generating activities, explore educational opportunities, and spend quality time together, resulting in reduced stress and a higher quality of life.

**Enhanced stability and planning:** More so, 18.8% of the children noted that the food assistance program has brought about enhanced stability and the ability to plan for the future, contributing to stress reduction within families. In the absence of reliable food sources, families often lived day-to-day, without the luxury of planning ahead. This constant uncertainty added to the strain they experienced. However, with the consistent food provisions, families now have a more predictable foundation from which to build. This stability allows them to better manage their resources, plan for the future, and make informed decisions, leading to a reduction in stress related to the unpredictability of daily life.

Positive ripple effect: Finally, 12.5% of the children revealed that the reduction in stress within families due to the food assistance program extends to the wider community. As individual households experience reduced tension and improved emotional well-being, the overall social fabric benefits. Reduced stress levels in families can lead to improved community dynamics, cooperation, and better support networks. The positive ripple effect of decreased stress extends beyond individual households and contributes to a more harmonious and resilient community environment. The respondents' verbatim reported that,

*“.....Since the food program started, things are better at home. My parents used to be stressed about food all the time. Now they seem happier and more relaxed. We can talk and play without them worrying so much.....”* **Child 1**

*“.....I've noticed that my family is less tense since we started getting food regularly. Before, we used to worry about where our next meal would come from. Now we have enough, and my parents don't argue as much.....”* **Child 2**

**Table 14: Food assistance program and spending more time with family**

<b>Statements</b>	<b>Frequency</b>	<b>Percent (%)</b>
Quality family time	25	31.2
Relieved financial and emotional stress	12	15.0
Support for education and play	20	25.0
Enhanced communication and relationships	17	21.3
Nurturing emotional bonds	6	7.5
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the children in Rhino Settlement Camp, Terego district, they were asked for their views on how food assistance program has allowed children to spend more time with their families and their responses are discussed below as follows;

Quality family time: 31.2% of the respondents revealed that the introduction of the food assistance program in the refugee camp has led to a substantial increase in the amount of quality time children are able to spend with their families. Before the program, families were often

preoccupied with the constant struggle for food, which limited the opportunities for meaningful interactions. However, with the assurance of a stable food supply, parents and children alike are finding more time to engage in activities together. This newfound quality family time allows for bonding, sharing stories, playing games, and nurturing relationships in ways that were previously constrained by food-related worries.

Relieved financial and emotional stress: 15% of the respondents also noted that the program's impact extends beyond simply providing meals; it alleviates financial and emotional stress within families. In situations where parents were under pressure to provide food for their children, financial constraints and emotional strain could create an atmosphere of tension. With the program taking care of food provision, parents can redirect their energies towards nurturing their relationships with their children. The relief from financial burdens translates into a more relaxed environment where families can enjoy each other's company without the constant worries that previously occupied their minds.

Support for education and play: Furthermore, 25% of the children pointed out that the food assistance program has allowed children to engage more actively in education and play, which in turn fosters stronger family bonds. Previously, children might have been required to contribute to household tasks related to food gathering or income generation. The program's support has liberated them from such responsibilities, freeing up time for schoolwork, recreational activities, and hobbies. This enhanced engagement not only enriches the children's lives but also provides parents with opportunities to participate and connect with their children's interests and development.

Enhanced communication and relationships: More so, 21.3% of the children illustrated that regular access to food through the program has led to enhanced communication and deeper relationships between parents and children. In the absence of food-related stressors, families can engage in conversations without the distraction of immediate survival concerns. Children feel more comfortable sharing their thoughts and experiences, while parents have the mental and emotional space to actively listen and respond. This exchange of thoughts and emotions nurtures mutual understanding and respect, laying the foundation for stronger parent-child relationships.

Nurturing emotional bonds: Finally, 7.5% of the children noted that the program’s positive effects on family time go beyond the practical aspects. It nurtures emotional bonds that contribute to children's overall well-being and development. Sharing meals together becomes a time of connection and unity, reinforcing a sense of belonging within the family unit. The emotional security derived from such interactions can have long-lasting positive impacts on children's self-esteem, social skills, and mental health. The respondents’ verbatim reported that,

*“.....Since we started getting food regularly, my family has more time together. We used to worry a lot about food, but now we can play games and talk. It feels nice to see my parents smile more.....”* **Child 3**

*“.....I like it when we eat together as a family now. Before, my parents were always busy looking for food. But now we can sit down, eat, and talk about our day. It's like we're a team.....”* **Child 4**

**Table 15: Food assistance program and communication with family**

<b>Statements</b>	<b>Frequency</b>	<b>Percent (%)</b>
Open and meaningful conversations	20	25.0
Reduced stress and tension	30	37.5
Quality mealtime interaction	18	22.5
Shared responsibilities and collaboration	5	6.3
Emotional expression and understanding	7	8.7
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the children in Rhino Settlement Camp, Terego district, they were asked for their views on how food assistance has helped to improve children’s communication with their families and their responses are discussed below as follows;

Open and meaningful conversations: The children argued that the implementation of the food assistance program in the refugee camp has played a pivotal role in fostering open and meaningful communication between children and their families. Previously, families were often consumed by the daily struggle for sustenance, leaving little room for deeper conversations.

However, with the relief provided by the program, families are finding the time and mental space to engage in discussions that extend beyond immediate survival. Children feel more comfortable sharing their thoughts, feelings, and experiences, while parents are more receptive listeners. This environment of open dialogue allows families to connect on a deeper level, strengthening their bonds and understanding of each other.

**Reduced stress and tension:** The children also noted that food scarcity and the uncertainty of securing meals can create an atmosphere of stress and tension within households. The food assistance program's provision of regular meals has drastically reduced this stress, enabling families to interact in a more relaxed manner. Children no longer witness their parents' anxieties about finding food, which in turn creates a more harmonious environment for communication. With the burden of immediate survival alleviated, families are better equipped to engage in discussions about various topics, fostering healthier communication dynamics.

**Quality mealtime interaction:** The children further pointed out that mealtime often serves as a focal point for family communication. The program's impact on providing regular meals has transformed mealtime into an opportunity for quality interaction. As families gather around the table to share a meal, they engage in conversations about their days, aspirations, and challenges. This shared experience not only nourishes their bodies but also enriches their relationships. Children learn the importance of sharing and listening, while parents gain insights into their children's lives, creating a platform for dialogue that extends beyond the dining table.

**Shared responsibilities and collaboration:** More so, the respondents established that with the food assistance program in place, families are better able to collaborate on meal planning, preparation, and allocation. This shared responsibility encourages children to actively participate in decisions about food and resources. Children's opinions and preferences are valued, leading to discussions about nutrition, preferences, and family priorities. Such collaborative decision-making not only empowers children but also provides them with a sense of agency and responsibility, contributing to more open lines of communication within the family.

**Emotional expression and understanding:** Finally, the respondents noted that the availability of consistent food provisions has improved emotional expression and understanding within families. Children and parents alike are finding it easier to express their feelings and thoughts

without the immediate pressures of hunger clouding their interactions. This improved emotional environment allows for better understanding of each other's perspectives, enabling children and parents to provide support and empathy when needed. As a result, families are creating a safe space for emotional expression and connection, enhancing their overall communication dynamics. The respondents' verbatim reported that,

*“.....I feel like my family is more relaxed now. We don't have to worry about food all the time. We can talk about other things and play together. It's fun.....”* **Child 5**

*“.....The food program means we can all eat together without rushing. We talk about school, friends, and things we want to do. It's like we have more time to connect.....”*  
**Child 6**

**Table 16: Food assistance program and participation at home with family members**

<b>Statements</b>	<b>Frequency</b>	<b>Percent (%)</b>
Shared responsibilities	18	22.5
Meal planning and preparation	23	28.7
Quality time together	14	17.5
Learning and skill development	15	18.8
Empowerment and confidence	10	12.5
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the children in Rhino Settlement Camp, Terego district, they were asked for their views on how food assistance program has contributed to children's participation at home with family members and their responses are discussed below as follows;

**Shared responsibilities:** The children revealed that the food assistance program in the refugee camp has significantly contributed to their increased participation at home with family members. Before the program's implementation, the struggle for food often led to specific roles and responsibilities for family members, sometimes excluding children. However, with the consistent food provisions, families are finding that children can actively participate in various household tasks, including meal preparation and cleaning. This shared responsibility not only lightens the

load for parents but also empowers children to contribute meaningfully to their households, fostering a sense of ownership and belonging.

**Meal planning and preparation:** It was also noted that one of the notable ways the food assistance program has encouraged children's participation is in meal planning and preparation. With a more predictable and stable food supply, families can involve children in discussions about what meals to make and how to prepare them. Children are learning about nutrition, food preparation techniques, and the value of planning ahead. This active engagement not only educates children about essential life skills but also encourages cooperation and communication among family members, creating a more inclusive and collaborative environment.

**Quality time together:** It was further noted that the program's impact on children's participation extends to the quality time families spend together. As food scarcity diminishes, families have more time for leisure activities, discussions, and shared experiences. Children are no longer occupied with tasks related to searching for food, freeing them to engage in meaningful interactions with family members. This increased participation at home allows children to bond with their parents and siblings, creating lasting memories and a stronger sense of familial unity.

**Learning and skill development:** More so, it was pointed out that the food assistance program has facilitated children's learning and skill development through active participation in food-related activities. Children who help with meal preparation learn practical cooking skills and gain a deeper understanding of ingredients and nutrition. Additionally, involvement in discussions about portioning and resource allocation fosters a sense of responsibility and resourcefulness. This exposure to real-world tasks enhances children's confidence and equips them with valuable life skills that extend beyond the home environment.

**Empowerment and confidence:** Finally, it was illustrated that the program's influence on children's participation is also reflected in the empowerment and confidence it instills in them. As they take on responsibilities previously reserved for adults, children feel a sense of agency and importance within their families. This empowerment boosts their self-esteem and self-confidence, encouraging them to express their opinions and contribute their ideas more freely. This newfound confidence can positively impact their interactions not only at home but also in other areas of their lives. The respondents' verbatim reported that,

“.....Before the food program, I didn't help much at home. But now I help my mom with cooking, and we talk about what to make. It's fun, and I feel like I'm doing something important.....” **Child 7**

“.....I used to just play outside, but now I help set the table for meals. My parents let me choose what dishes to use. It makes me feel like I'm part of the family team.....” **Child 8**

**Table 17: Food assistance program and relationship with family**

<b>Statements</b>	<b>Frequency</b>	<b>Percent (%)</b>
Strengthened family bonds	11	13.8
Enhanced quality time	21	26.2
Improved communication and understanding	17	21.3
Shifted priorities and focus	19	23.7
Reduction in tension and conflict	12	15.0
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the children in Rhino Settlement Camp, Terego district, they were asked for their views on whether they have noticed any changes in their relationship with their families since they started receiving food assistance program and their responses are discussed below as follows;

**Strengthened family bonds:** The children noted that the introduction of the food assistance program has led to noticeable improvements in the relationships between individuals and their families. Previously, families often faced challenges arising from the constant struggle for food, which could create tension and distance. With the program's support, families now experience reduced stress related to food scarcity, allowing them to engage in more positive interactions. This shift has led to strengthened bonds among family members, creating an atmosphere of unity, mutual support, and understanding.

**Enhanced quality time:** The children also revealed that one of the prominent changes observed in relationships since the inception of the food assistance program is the increase in quality time spent together. Families now have the opportunity to engage in leisure activities, discussions, and

shared experiences that were previously limited by the urgency of procuring food. With the assurance of regular food provisions, family members can focus on meaningful interactions, fostering deeper connections and promoting a sense of togetherness.

**Improved communication and understanding:** Furthermore, the children noted that the program's impact extends to improved communication and understanding within families. With food-related stressors reduced, family members are finding it easier to engage in open and honest conversations. Children feel more comfortable sharing their thoughts and feelings, while parents have the mental space to actively listen and respond. This enhanced communication allows for better understanding of each other's perspectives, leading to smoother conflict resolution, deeper connections, and more harmonious relationships.

**Shifted priorities and focus:** More so, the respondents argued that the food assistance program has prompted a shift in priorities and focus within families. Previously, the predominant concern was securing enough food for sustenance, often overshadowing other important aspects of family life. With the program's support, families are now able to allocate more time and energy to education, skill development, and recreational activities. This shift in focus towards personal growth and well-being has led to a more positive and supportive family environment.

**Reduction in tension and conflict:** Finally, the children said that the reduction in food-related stressors has resulted in a notable decrease in tension and conflict within families. The constant worry about where the next meal would come from could create a strained atmosphere where disagreements were more likely to escalate. However, with the consistent food provisions, families experience fewer instances of tension and conflict over resource allocation. This change contributes to a more peaceful and harmonious home environment, fostering healthier relationships. The respondents' verbatim reported that,

*“.....I think my family is happier since we started getting food regularly. We don't fight about food anymore, and we can talk and play more. It's like we're closer now.....”* **Child 9**

*“.....I've noticed that my parents are calmer now. They used to worry a lot about finding food. Since the program started, we spend more time together, and they listen to me more.....”* **Child 10**

#### 4.9 Effect of General Food Assistance Program (GFA) on the relation between the refugees and the community in rhino camp settlement

**Table 18: Food assistance program and relationship between you and the local community**

Statements	Frequency	Percent (%)
Enhanced community cohesion	18	22.5
Reduced stigma and division	23	28.7
Collaboration and mutual support	14	17.5
Building trust and solidarity	15	18.8
Promotion of positive norms	10	12.5
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the married men and women and the youths in Rhino Settlement Camp, Terego district, they were asked for their views on how general food assistance has affected the relationship between them and the local community in Rhino Camp Settlement and their responses are discussed below as follows;

**Enhanced community cohesion:** The respondents noted that the implementation of the general food assistance program has had a notable impact on the relationship between refugees and the local community within Rhino Camp Settlement. Previously, food scarcity could create competition and tension among community members, leading to strained interactions. However, with the introduction of the program, a sense of shared support and commonality has emerged. Recipients and non-recipients alike recognize the program's positive influence on alleviating hunger and improving overall well-being. This shared benefit fosters a sense of unity and community cohesion, contributing to more harmonious relationships among residents.

**Reduced stigma and division:** The respondents also noted that in situations where food scarcity was prevalent, families receiving assistance could sometimes face stigma or isolation. However, the general food assistance program has played a role in reducing such negative perceptions. As the program reaches a larger segment of the community, it creates a sense of collective welfare, where individuals don't feel singled out or marginalized. This reduction in stigma fosters

inclusivity, encourages mutual respect, and diminishes divisions that could have otherwise existed.

**Collaboration and mutual support:** The respondents further pointed out that the program's influence extends beyond its immediate recipients, as it has encouraged collaboration and mutual support within the local community. Families who benefit from the assistance often share meals and resources with others, fostering a spirit of goodwill and reciprocity. This mutual support creates a positive cycle of assistance, where community members are more inclined to help each other, thereby strengthening the bonds that tie the community together.

**Building trust and solidarity:** The respondents also revealed that the general food assistance program has contributed to building trust and solidarity within the local community. The assurance that food needs are being met leads to a sense of security and stability. This sense of security, in turn, fosters a willingness to work together towards common goals. As community members witness the positive impact of the program on their neighbors, trust in the system grows, further enhancing relationships and cultivating a spirit of collective progress.

**Promotion of positive norms:** Finally, the respondents revealed that the program's positive impact on community relationships also stems from its ability to promote positive norms and values. With food needs being addressed, community members can focus on shared values such as empathy, cooperation, and compassion. These shared values create a foundation for more supportive and harmonious interactions, fostering a community environment where individuals genuinely care for the well-being of their neighbors. The respondents' verbatim reported that,

*“.....The food assistance program has brought our community together. We used to struggle individually, but now we all benefit. It has created a sense of unity, and we help each other more.....”* **Child 11**

*“.....The program has changed how we relate to each other. We used to compete for food as children, but now there's less tension. It's like we're a big family.....”* **Child 12**

*“.....I've seen how the food program has made our community stronger. Families share food, and it's not just about survival anymore. People smile and help each other out.....”*  
**Child 13**

**Table 19: Negative changes**

<b>Statements</b>	<b>Frequency</b>	<b>Percent (%)</b>
Perceived favoritism and jealousy	25	31.2
Erosion of self-reliance	12	15.0
Potential for conflict over resources	20	25.0
Disruption of traditional roles	17	21.3
Misunderstandings and miscommunications	6	7.5
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the married men and women and the youths in Rhino Settlement Camp, Terego district, they were asked for their views on whether they have noticed any negative changes in the relationship between them and the local community in Rhino Camp Settlement as a result of the general food assistance program and their responses are discussed below as follows;

**Perceived favoritism and jealousy:** The respondents noted that while the general food assistance program has largely fostered positive changes in community relationships, there have been instances where negative dynamics have emerged. Some community members might perceive favoritism or disparities in the distribution of assistance. This perception could lead to feelings of jealousy or resentment, potentially straining relationships between those who receive assistance and those who don't. It's important to address these concerns through transparent communication and equitable distribution methods to mitigate any negative effects on community cohesion.

**Erosion of self-reliance:** The respondents pointed out that in certain cases, the assistance program may inadvertently lead to a sense of dependency among some individuals within the community. Those who receive consistent aid might become less motivated to engage in income-generating activities or contribute to the community's overall progress. This shift in mindset could affect their interactions with other community members, potentially leading to tensions arising from differing levels of participation and contribution.

**Potential for conflict over resources:** The respondents further revealed that while the program aims to alleviate food scarcity, there is a possibility that its success could lead to competition for

other resources within the settlement. As food becomes less of a concern, attention might shift towards other valuable resources such as water, housing, or educational opportunities. This reallocation of priorities could introduce new areas of conflict or disagreement within the community, potentially straining relationships if not managed proactively.

Disruption of traditional roles: More so, the respondents illustrated that the program's positive effects on relationships might also come with unintended consequences related to traditional gender roles. In some cultures, providing food has been a traditional role for men, and the program's support might shift this dynamic. Such shifts in gender roles can sometimes lead to confusion or tensions as individuals and families adapt to new norms, potentially affecting relationships within households and the community.

Misunderstandings and miscommunications: Finally, the respondents revealed that the increased interaction and collaboration brought about by the food assistance program might also lead to misunderstandings or miscommunications among community members. As people from different backgrounds come together, differing perspectives and communication styles can sometimes lead to unintentional conflicts or tensions. Addressing these issues requires efforts to promote cultural sensitivity, empathy, and effective communication within the community. The respondents' verbatim reported that,

*“.....Some people feel like there's favoritism with the food program. It's causing jealousy among neighbors. It's important that we all understand the distribution process to avoid conflicts.....”* **Child 14**

*“.....I've heard some women talk about feeling left out of the program. They feel like it's creating divisions. We need more communication to make sure everyone understands how it works.....”* **Child 15**

*“.....I've seen a bit of jealousy among friends since the food program started. Some think others are getting more. It's causing tensions sometimes, but we try to remind each other that we're all in this together.....”* **Child 16**

**Table 20: Food assistance program and tensions or conflicts between refugees and the local community**

<b>Statements</b>	<b>Frequency</b>	<b>Percent (%)</b>
Resource competition	20	25.0
Perceived disparities	30	37.5
Cultural and social differences	18	22.5
Economic pressures	5	6.3
Limited resources for both groups	7	8.7
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the married men and women and the youths in Rhino Settlement Camp, Terego district, they were asked for their views on how the provision of general food assistance program has caused tensions or conflicts between refugees and the local community and their responses are discussed below as follows;

**Resource competition:** The respondents revealed that the provision of the general food assistance program, while aiming to alleviate hunger, can inadvertently lead to tensions and conflicts between refugees and the local community due to resource competition. The program's benefits might be perceived as limited resources available to both groups, potentially causing competition for access. If the local community perceives that refugees are receiving preferential treatment, tensions might arise as both groups vie for the same resources. This competition can strain relationships and create negative sentiments.

**Perceived disparities:** The respondents also noted that the presence of the food assistance program might sometimes lead to perceived disparities between refugees and the local community. If the program is seen as providing more comprehensive support to refugees, feelings of inequity can arise among the local population. This perception could result in resentment and animosity, leading to strained interactions and potential conflicts. Clear communication about the program's objectives, eligibility criteria, and its positive impact on both refugees and locals is essential to address these concerns.

Cultural and social differences: Furthermore, the respondents revealed that cultural and social differences between refugees and the local community can contribute to misunderstandings and conflicts related to the food assistance program. Different norms, values, and communication styles might lead to misinterpretations of intentions or misunderstandings regarding the program's implementation. These misunderstandings can escalate into tensions if not addressed through cultural sensitivity training, community dialogue, and efforts to foster mutual understanding.

Economic pressures: More so, the respondents pointed out that the presence of a general food assistance program can introduce economic pressures on the local community. As the program provides food to refugees, local businesses that relied on food sales might experience a decline in customers. This economic strain can lead to resentment among local business owners and community members, potentially fostering negative perceptions of refugees. Addressing this issue might require initiatives to support local businesses and promote economic opportunities for both refugees and locals.

Limited resources for both groups: Finally, the respondents noted that a significant challenge that can lead to tensions is the perception of limited resources available to both refugees and the local community. If the provision of food assistance diverts resources away from other community development initiatives, both groups might feel the impact. This competition for limited resources can create conflicts rooted in economic strain and perceived lack of support. Community engagement, transparent resource allocation, and efforts to ensure a balanced approach to assistance are crucial to mitigate such tensions. The respondents' verbatim reported that,

*“.....I've heard some locals say that the food program is taking resources away from them. They feel like we're getting special treatment. It's causing tensions sometimes.....”*

**Child 17**

*“.....Some of the friends have mentioned that their parents tell them that they used to rely on selling food, but now with the program, they're struggling. It's causing some friction between us and them.....”* **Child 18**

“.....Some of the local guys seem annoyed that we're getting food. They say it's making things harder for everyone. It can get tense when we interact.....” **Child 19**

**Table 21: Measures to enhance positive interactions between refugees and the local community**

<b>Statements</b>	<b>Frequency</b>	<b>Percent (%)</b>
Community engagement and dialogue	19	23.7
Cultural sensitivity training	21	26.2
Joint community projects	15	18.8
Equitable resource distribution	11	13.8
Promotion of economic opportunities	10	12.5
Cultural exchange and celebration	4	5.0
Total	80	100.0

**Source:** *Primary data*

From the interviews carried out with the married men and women and the youths in Rhino Settlement Camp, Terego district, they were asked for their views on the measures they believe can be taken to enhance positive interactions and promotion of a harmonious relationship between refugees and the local community in Rhino Camp and their responses are discussed below as follows;

**Community engagement and dialogue:** The respondents noted that one key measure to enhance positive interactions and promote harmonious relationships between refugees and the local community is through community engagement and dialogue. Establishing platforms where individuals from both groups can openly discuss their concerns, share their experiences, and address misconceptions can foster mutual understanding. These discussions can help dispel stereotypes, build empathy, and pave the way for collaborative solutions that benefit both refugees and locals.

**Cultural sensitivity training:** The respondents also revealed that cultural sensitivity training for both refugees and the local community can be instrumental in preventing misunderstandings and conflicts. By educating individuals about each other's cultural norms, values, and communication styles, they can navigate interactions with greater respect and understanding. This training can

promote appreciation for diversity and encourage individuals to approach interactions with empathy and open-mindedness.

**Joint community projects:** The respondents further revealed that collaborative community projects that involve both refugees and locals can create shared goals and promote positive interactions. By working together on initiatives such as environmental conservation, education programs, or local development projects, both groups can build bonds based on common interests and mutual objectives. These joint efforts can foster a sense of unity, breaking down barriers that may exist.

**Equitable resource distribution:** More so, the respondents noted that to prevent tensions arising from perceptions of resource disparities, efforts should be made to ensure equitable distribution of resources and benefits. This could involve transparent allocation of assistance, ensuring that both refugees and locals have access to opportunities for education, employment, and social services. An emphasis on fairness and inclusivity can help build trust and cooperation between the two communities.

**Promotion of economic opportunities:** In addition, the respondents revealed that promoting economic opportunities that benefit both refugees and the local community can help alleviate economic pressures and foster positive relationships. Initiatives that support local businesses, vocational training, and entrepreneurship for both groups can create an environment of shared economic growth. When individuals perceive that their well-being is being prioritized, it can reduce tensions and encourage collaboration.

**Cultural exchange and celebration:** Finally, the respondents pointed out that organizing cultural exchange events and celebrations can provide a platform for refugees and locals to learn from one another and appreciate their differences. Sharing food, music, dance, and traditions can foster a sense of belonging and unity. These events can break down stereotypes, encourage dialogue, and build a sense of community that transcends cultural boundaries. The respondents' verbatim reported that,

*“.....We need to talk more with the local community. Share our stories, listen to theirs. It's about understanding each other. Maybe we can organize joint activities to show that we're all in this together.....”* **Child 20**

*“.....I think if we learn about their traditions and they learn about ours, it could create a bond. We should celebrate together, share our food, and let them see our culture. It's a step towards harmony.....”* **Married woman**

*“.....We can do things together, like cleanups or sports events. When we work side by side, we see each other as equals. That can make a big difference.....”* **Child 21**

## CHAPTER FIVE

### DISCUSSION OF FINDINGS

#### 5.0 Introduction

This chapter discusses all findings reported in chapter four according to the research questions of the study as shown below.

#### 5.1 Effect of General Food Assistance Program (GFA) on relationship between men and women in rhino camp settlement

The findings suggested that the general food assistance program has led to significant positive changes in various aspects of couples' relationships. This is a promising observation, as it indicates that such programs can have a tangible impact on people's lives beyond just addressing food insecurity. The implication of this finding is that targeted social interventions can play a broader role in promoting social well-being and gender equality. By alleviating the burden of food-related responsibilities, women are empowered to engage in education, employment, and skill development, which not only enhances their personal growth but also contributes to household income. This finding underscores the potential for social programs to create a ripple effect, positively influencing various facets of individuals' lives and fostering more equitable partnerships within households.

The findings also highlighted that the program has fostered shared decision-making and collaboration between spouses, transforming traditional gender roles. This is a significant shift as it challenges deeply entrenched societal norms regarding the roles of men and women in households. The implication here is that targeted interventions can be catalysts for societal change by promoting more equal power dynamics within couples. Reducing conflicts over resources also enhances communication and emotional well-being, which are critical for the overall stability of relationships. However, it's essential to recognize that such transformations may not be smooth and can lead to unintended consequences, as mentioned in the findings. Addressing these unintended consequences, such as shifts in power dynamics and communication challenges, will be crucial to ensuring the sustainability of these positive changes.

Furthermore, the findings suggested that the program has elevated the social status of both husbands and wives within their community, challenging conventional norms and promoting role modeling. This implies that social interventions can have a broader impact by influencing community perceptions and norms. When couples in a community are seen as role models for equitable partnerships and shared responsibilities, it can lead to a ripple effect, inspiring others to follow suit. However, it's important to note that such changes might also bring external pressures and cultural adjustments. Communities may resist or embrace these shifts in different ways, and the program's success could depend on how effectively it navigates these external dynamics.

In summary, these findings indicate that the general food assistance program has the potential to bring about positive changes in various dimensions of couples' relationships, promoting empowerment, gender equality, and social progress. However, it's crucial to recognize that these changes are not without challenges, including unintended consequences and external pressures. To maximize the program's effectiveness and sustainability, ongoing support, monitoring, and community engagement will be necessary to address and mitigate these challenges while continuing to foster positive relationship dynamics and societal change.

## **5.2 Effect of General Food Assistance Program (GFA) on relation between children and family in rhino camp settlement**

The findings that the Food Assistance Program (GFA) has significantly reduced stress within families by alleviating worries of hunger and food scarcity is highly commendable. This suggests that the program addresses a fundamental human need – access to food – which, when met, can have profound positive effects on individuals and families. The implication of this finding is that such food assistance programs not only provide a tangible benefit in terms of nutrition but also have a far-reaching impact on emotional well-being and overall family stability. When families are relieved of the constant worry about where their next meal will come from, they can focus on other aspects of their lives, including planning for the future and fostering healthier family relationships. Reducing stress within families is not just a short-term benefit but can lead to long-lasting improvements in mental health and overall quality of life.

Furthermore, the findings that the GFA program has enabled families to spend more quality time together is crucial in today's fast-paced world. In many societies, financial pressures can lead to

parents spending extended hours at work, which can result in less time for family bonding and children's development. The program's impact in relieving financial and emotional stress and supporting children's education and play has positive implications. Quality family time is not just about being physically present; it's about creating an environment where children feel emotionally supported, heard, and nurtured. When families have the opportunity to engage in activities together, it strengthens the parent-child bond and enhances children's well-being. Additionally, supporting children's education and play can have long-term benefits by setting the stage for their academic success and emotional development.

More so, the findings that the GFA program fosters open communication, deepens understanding, and creates opportunities for children's active participation in household tasks is indicative of a more inclusive family environment. This is significant because it promotes not only familial harmony but also prepares children with essential life skills and a sense of responsibility. The implication here is that such programs contribute to a more nurturing and supportive family atmosphere, which can have long-term effects on children's development and their ability to form healthy relationships in the future. Furthermore, when these positive changes extend beyond individual families and into the broader community, they contribute to a more harmonious and resilient social fabric. Families that are strengthened by such programs can serve as role models for others in the community, encouraging the adoption of similar practices that promote family well-being and cohesion.

In conclusion, the study's findings regarding the positive effects of the Food Assistance Program (GFA) on family relationships are encouraging. These findings suggest that addressing basic needs like food security can have profound and far-reaching effects on family dynamics, emotional well-being, and community resilience. By relieving stress, promoting quality family time, and fostering open communication and understanding, such programs contribute to healthier, more inclusive, and more resilient families and communities. These positive changes can have long-lasting effects on individuals, families, and society as a whole.

### **5.3 Effect of General Food Assistance Program (GFA) on the relation between the refugees and the community in rhino camp settlement**

The findings that the General Food Assistance Program (GFA) has predominantly led to enhanced community cohesion and reduced stigma between refugees and the local community is highly positive. It suggests that targeted social programs have the potential to bring communities together and reduce prejudices and stereotypes that can often surround refugee populations. The implication of this finding is that such programs can be powerful tools for fostering social integration and creating a more inclusive and welcoming environment for refugees. When residents of a local community come together in support of a common cause, such as ensuring access to food for refugees, it can create a sense of shared support and common goals. This not only benefits refugees but also contributes to the overall well-being of the entire community by promoting social harmony and reducing discrimination.

Furthermore, the findings that challenges such as perceived favoritism, erosion of self-reliance, resource competition, and disruption of traditional roles exist highlights the complexity of implementing programs like GFA within local communities. Perceived favoritism can lead to resentment among community members who may feel that refugees are receiving preferential treatment. This can create tensions and hinder social cohesion. Moreover, the erosion of self-reliance and resource competition can be detrimental to the long-term self-sufficiency of both refugees and the local community. The implication here is that addressing these challenges requires careful planning and communication. Transparent communication, equitable resource distribution, and cultural sensitivity are vital in ensuring that the program is seen as fair and that it doesn't inadvertently undermine the self-sufficiency of refugees or create divisions within the community.

Lastly, the findings that measures to enhance positive interactions include community engagement, cultural sensitivity training, joint projects, equitable resource allocation, promotion of economic opportunities, and cultural exchange aligns with best practices in refugee integration. These measures can play a crucial role in mitigating tensions, building understanding, and promoting harmonious relationships between refugees and the local community within the settlement. Community engagement and joint projects create opportunities for interaction and collaboration, fostering a sense of shared purpose. Cultural sensitivity training

helps community members understand and respect each other's backgrounds and values, reducing misunderstandings and conflicts. Equitable resource allocation ensures that both refugees and the local community have access to necessary resources, minimizing competition and resentment. Promotion of economic opportunities and cultural exchange further enhance integration by creating pathways for refugees to contribute to the local economy and share their cultural richness with the host community.

In summary, the study findings underscore the potential of the General Food Assistance Program (GFA) to enhance community cohesion and reduce stigma between refugees and the local community. However, they also highlight the challenges that can arise, such as perceived favoritism and resource competition. To maximize the positive impact and minimize these challenges, it is essential to implement measures like transparent communication, equitable resource distribution, and cultural sensitivity training. By fostering positive interactions and promoting harmonious relationships, these programs can contribute to the successful integration of refugees into local communities, benefiting both refugees and the host community as a whole.

## CHAPTER SIX

### SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATIONS

#### 6.0 Introduction

This chapter summarizes all findings reported in chapter four according to questions of the study, draws conclusions, suggests recommendations and also proposes some areas for further study.

#### 6.1 Summary of findings

The study findings revealed that the general food assistance program has brought about significant positive changes in various aspects of couples' relationships. The program's impact has been observed in multiple dimensions, including the allocation of time for other activities, decision-making dynamics, conflict resolution, social status, and shifts in attraction between spouses. The program has alleviated the burden of food-related responsibilities, allowing women to engage in education, employment, and skill development, leading to empowerment and increased contribution to households. It has also fostered shared decision-making and collaboration between spouses, transforming traditional gender roles. Conflict over resources has been reduced, leading to enhanced communication and emotional well-being. Additionally, the program has elevated the social status of both husbands and wives within their community, challenging conventional norms and promoting role modeling. While these positive changes have been noted, there are also unintended consequences, including shifts in power dynamics, cultural adjustments, communication challenges, emotional adjustments, and external pressures. Overall, the general food assistance program has had a multifaceted impact on couples' relationships, reshaping dynamics, and fostering more equitable partnerships while navigating complex adjustments and unanticipated challenges.

Furthermore, the study findings also established that there have been positive effects of the Food Assistance Program (GFA) on the relationships between children and their families. The program has significantly reduced stress within families by alleviating worries of hunger and food scarcity, leading to improved emotional well-being, enhanced stability, and better future planning. Moreover, the program has enabled families to spend more quality time together, relieving financial and emotional stress and supporting children's education and play.

Additionally, the GFA program has fostered open communication, deepened understanding, and created opportunities for children's active participation in household tasks, leading to strengthened family bonds and a more inclusive family environment. Overall, the program's impact extends to the broader community, contributing to a more harmonious and resilient social fabric.

Finally, the study findings underscore the multifaceted impact of the General Food Assistance Program (GFA) on the relationship between refugees and the local community. The program has predominantly led to enhanced community cohesion, reduced stigma, and increased collaboration among residents, fostering a sense of shared support and common goals. However, potential challenges include perceived favoritism, erosion of self-reliance, resource competition, and disruption of traditional roles. These challenges highlight the need for transparent communication, equitable resource distribution, and cultural sensitivity. Measures to enhance positive interactions encompass community engagement, cultural sensitivity training, joint projects, equitable resource allocation, promotion of economic opportunities, and cultural exchange. These actions have the potential to mitigate tensions, build understanding, and promote harmonious relationships between refugees and the local community within the settlement.

## **6.2 Conclusion**

In conclusion, the study's comprehensive exploration of the effects of the General Food Assistance Program (GFA) reveals its transformative influence across various dimensions of relationships within the community. Couples benefit from enhanced decision-making dynamics, reduced conflict, and shifted gender roles, while families experience reduced stress, improved well-being, and strengthened bonds. Additionally, the GFA program fosters community cohesion, though challenges such as resource competition and cultural adjustments must be navigated. By highlighting both positive outcomes and potential pitfalls, the study underscores the importance of proactive measures such as equitable resource distribution and cultural sensitivity training to ensure the program's long-term positive impact on relationships within the community.

### **6.3 Recommendations**

Based on the results of the study, the following recommendations are provided towards the effect of general food assistance program on social stability of refugees in Rhino Camp Settlement Terego District;

**Enhancing gender equity and empowerment:** The study recommends the need to recognize the positive shift in gender roles and increased empowerment among women due to reduced food-related burdens, the implementing agencies should develop targeted initiatives to further empower women economically and socially. This could include vocational training, skill development, and education opportunities that align with women's aspirations and contribute to their self-reliance and community leadership.

**Communication and transparency:** To mitigate perceptions of favoritism and resource disparities, the study recommends that it is crucial for implementing organizations to maintain open and transparent communication channels. Regular community meetings, awareness campaigns, and updates on the distribution and objectives of the GFA program will help foster understanding and cooperation among refugees and the local community, thereby strengthening social bonds.

**Cultural sensitivity training:** Given the interplay of cultural differences highlighted in the study, the study recommends that investing in cultural sensitivity training for both refugees and the local community is recommended. Such training can promote mutual understanding, respect for diverse norms, and effective cross-cultural communication, reducing misunderstandings and potential conflicts.

**Support for joint community initiatives:** Building on the positive outcomes of joint community projects, the study recommends that initiatives that encourage collaboration between refugees and locals should be promoted. These could include environmental conservation efforts, education campaigns, or entrepreneurship ventures that contribute to economic growth and shared benefits, fostering a sense of unity and common purpose.

**Emotional well-being and conflict resolution programs:** Recognizing the emotional adjustments and potential power dynamics identified, the study recommends that introducing programs that focus on emotional well-being, conflict resolution, and effective communication can contribute

to healthier relationships within couples, families, and the broader community. These programs can provide tools to address challenges constructively and prevent tensions from escalating.

**Cultural exchange and celebration events:** Building on the success of cultural exchange events, the study further recommends the need for hosting more of these occasions can be instrumental in fostering a sense of community cohesion and understanding among refugees and locals. Such events promote mutual appreciation, break down stereotypes, and offer opportunities for dialogue and building relationships.

**Equitable resource allocation:** To mitigate potential competition over resources beyond food, the study recommends the need for implementing agencies should work toward a balanced resource allocation strategy. This could involve supporting local businesses affected by the program and ensuring that both refugees and locals have access to essential services, education, and economic opportunities.

**Continuous monitoring and evaluation:** Finally, the study recommends that implementing organizations should establish a robust system for ongoing monitoring and evaluation of the GFA program's impact on social stability. Regular assessments will enable timely adjustments, identify emerging challenges, and ensure that the program's benefits are sustained over the long term.

#### **6.4 Areas for further research**

Since this study examined the effect of general food assistance program on social stability of refugees in Rhino Camp Settlement Terego District, the study recommends that similar research be done on the following areas.

- Exploring the long-term effects of the General Food Assistance Program (GFA) on social stability among refugees in Rhino Camp Settlement, examining whether the observed positive changes are sustained over time and how they evolve as refugees' circumstances change.
- Examining the psychological and emotional well-being of refugees and the local community in response to the GFA program, assessing factors such as stress reduction, resilience-building, and the psychological effects of resource competition.

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**APPENDICES**

**Appendix 1: Questionnaire**

**UGANDA CHRISTIAN UNIVERSITY**

**SCHOOL OF SOCIAL SCIENCES**

**DEPARTMENT OF SOCIAL WORK AND SOCIAL ADMINISTRATION**

Dear respondent,

I am **GIFT ROBERT** a student of Uganda Christian University pursuing a Bachelor’s Degree of Social Work and Social administration, currently under taking a research project. The purpose of this study is to explore “**The Effects Of General Food Assistance Program On Social Stability Of The Refugees In Rhino Camp Refugee Settlement In Terego District**” Your responses will contribute to understanding of the research topic.

I am therefore kindly requesting you to fill this questionnaire and I would like to assure you that, the information given here will be kept confidential and strictly used for academic purposes only.

**Thank you in advance**

**Sign: .....**

**GIFT ROBERT**

**Tel +256775338087/ +256756722102**

**EMAIL: gift10robert@gmail.com / gift10robert@outlook.com**

**SECTION A. DEMOGRAPHIC INFORMATION OF RESPONDENT**

**Instruction (“Please tick and write where applicable”)**

1. Gender of the Respondent.

a) Male (M)       b) Female (F)

2. Age of the Respondent (in years)

a) 10-18     b) 19-29     c) 30-39     d) 40 and above

3. Marital Status

a) Married       b) Single       c) Divorced       d) Others

4. Education level of the respondent

a) Primary       b) Secondary       c) University       d) others

5. How long have you been in the settlement (in years)?

a) 0-1     b) 2-5     c) 6-10     d) 11 and above

6. How many people are currently in your house hold?

.....

7. The number of Male and Female in the household

Male       Female

**SECTION B: HUSBAND/WIFE INTERVIEW TOOL**

**WHAT ARE THE EFFECTS OF GENERAL FOOD ASSISTANCE PROGRAM ON THE RELATIONSHIP BETWEEN HUSBAND AND WIFE IN RHINO CAMP REFUGEE SETTLEMENT?**

**Introduction.** This questionnaire aims to explore the effects of general food assistance program on the relationship between refugee husbands and wives. The responses collected will help me understand the effect of food assistance program on the dynamics, communication, and overall well-being of refugee couples. Your participation is greatly appreciated, and all responses will remain anonymous and confidential.

**Instruction.** *(Please write in the space provided)*

1. Has food assistance program led to an increase in the amount of time that women have for other activities, such as education or employment in rhino camp refugee settlement?

.....  
.....

2. How has food assistance program affected the decision-making power of Wife/Husband in your household?

.....  
.....

3. Has food assistance program led to a decrease in the amount of conflict between you and Wife/Husband over household resources?

.....  
.....

4. How has food assistance program affected the social status of your Wife/Husband in your community?

.....  
.....

5. Have you seen any changes in the way you and your Wife/Husband interact with each other since food assistance program began?

.....  
.....

6. Have you observed any violence since the introduction of food assistance program in your household?

.....  
.....

7. How has the availability of food assistance program influenced cooperation and collaboration between you and your Wife/Husband in Rhino Camp settlement?

.....  
.....

8. How has the provision of food assistance program affected the overall well-being of you and your Wife/Husband in your household?

.....  
.....

9. Have there been any changes in respect, trust, or mutual support between you and your Wife/Husband as a result of food assistance program?

.....  
.....

10. In your opinion, what are the most significant effects of general food assistance on the relationship between you and Wife/Husband in Rhino Camp settlement?

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

11. Have you observed any unintended consequences of general food assistance program on the relationship between you and your Wife/Husband in Rhino Camp settlement? If yes, please provide details.

.....

.....

.....

.....

.....

**SECTION C: CHILD INTERVIEW GUIDE**

**WHAT ARE THE EFFECTS OF GENERAL FOOD ASSISTANCE PROGRAM ON THE RELATIONSHIP BETWEEN CHILDREN AND FAMILY IN RHINO CAMP REFUGEE SETTLEMENT?**

**Introduction.** The purpose of this study is to explore the effects of general food assistance program on the relationship between refugee children and their families. Your responses will provide valuable insights into understanding the impact of food assistance program on family dynamics in refugee communities. Please note that your participation is voluntary, and all responses will be kept confidential. Thank you for participating in this questionnaire.

**Instruction.** *(This section C Is only for children, please write in the space provided)*

1. Has food assistance program helped to reduce stress in your family?

.....  
.....

2. Has food assistance program allowed you to spend more time with your family?

.....  
.....

3. Has food assistance helped to improve your communication with your family?

.....  
.....

4. Has food assistance program contributed to your participation at home with family members?

.....  
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5. Have you noticed any changes in your relationship with your family since you started receiving food assistance program?

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8. What are some of the ways in which food assistance improved relationship between you and your family?

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9. Have you observed any changes in trust and communication within the family as a result of general food assistance program? If yes, please elaborate.

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10. In your opinion, what are the positive effects of general food assistance on the relationship between you and your family in Rhino Camp Settlement?

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11. In your opinion, what are the negative effects of general food assistance on the relationship between you and your family in Rhino Camp Settlement?

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12. Have you observed any differences in the effects of general food assistance program on the relationship between you and your family based on your age? If yes, please explain.

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13. Have you noticed any gender-specific effects of general food assistance program on the relationship between you and your family? If yes, please provide details.

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14. What additional observations or comments do you have regarding the effects of general food assistance program on the relationship between you and family in Rhino Camp Settlement?

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**SECTION D: FOR REFUGEES ONLY**

**WHAT ARE THE EFFECTS OF GENERAL FOOD ASSISTANCE ON THE RELATIONSHIP BETWEEN THE REFUGEES AND THE COMMUNITY IN RHINO CAMP REFUGEE SETTLEMENT?**

**Instruction.** Please answer the following questions to the best of your ability, based on your experiences and observations. Feel free to provide as much detail as you would like. If a question does not apply to you, you may skip it.

1. How has general food assistance affected the relationship between you and the local community in Rhino Camp Settlement?

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2. Have there been any negative changes in the relationship?

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3. What are the recommendations for how general food assistance program can be used to improve the relationship between you and the local community in Rhino Camp Settlement?

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4. Should the focus be on increasing cooperation or understanding?

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5. Should the focus be on providing food assistance in a way that minimizes conflict?

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6. What other issues should be considered when designing food assistance program in Rhino Camp Settlement?

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7. In what ways, if any, has general food assistance positively influenced the interaction and cooperation between refugees and the local community in Rhino Camp? (Please provide examples or describe your observations)

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8. Have you noticed any negative effects of general food assistance program on the relationship between you and the local community in Rhino Camp? If yes, please elaborate.

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9. Do you think the availability of general food assistance program has led to increased social integration between you and the local community in Rhino Camp? Please explain your answer.

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10. Have there been any instances where the provision of general food assistance program has caused tensions or conflicts between refugees and the local community? If yes, please provide details.

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11. What measures, if any, do you believe can be taken to enhance positive interactions and promote a harmonious relationship between refugees and the local community in Rhino Camp?

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12. Overall, how would you summarize the effect of general food assistance program on the relationship between refugees and the local community in Rhino Camp? (Please provide a brief summary of your perspective)

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***Thank you for taking the time to complete this questionnaire. Your input is greatly appreciated and will contribute to a better understanding of the topic.***