

THE ROLE OF NON GOVERNMENTAL ORGANISATIONS IN EMPOWERING JUVENILES IN REHABILITATION CENTRES: A CASE STUDY OF KAMPIRINGISA NATIONAL REHABILITATION CENTRE, UGANDA

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**A DISSERTATION SUBMITTED TO THE SCHOOL OF SOCIAL SCIENCES IN PARTIAL
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**UGANDA CHRISTIAN
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DECLARATION

I declare that this research “*The role of non governmental organizations in empowering juveniles in rehabilitation centers, a case study of Kampiringisa National Rehabilitation centre, Uganda*” is my work and has not been submitted for any academic award in any institution of learning.

Sign:*Leticia*.....

Nabatanzi Leticia Muiya

APPROVAL

I certify that this research “*The role of non-governmental organizations in empowering juveniles in rehabilitation centers, a case study of Kampiringisa National Rehabilitation centre, Uganda*” was written under my supervision as the university supervisor.

Sign:

Date: 18 / 05 / 2026

Mrs. Mercy Amaniyo

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ABBREVIATIONS

MGLSD	Ministry of Gender, Labour and Social Development
NGOs	Non-Governmental Organizations
SPSS	Statistical Package for Social Sciences
UNICEF	United Nations Children's Fund
UNODC	United Nations Office on Drugs and Crime

CHAPTER ONE

INTRODUCTION

1.0 Introduction

This chapter presents the background to the study, problem statement, research purpose, research objectives, research questions, scope of the study, justification, significance of the study, conceptual framework and operational definitions. The study focus on examining the role NGOs in empowering juveniles in rehabilitation centers using Kampiringisa National Rehabilitation Centre in Uganda as a case study.

1.1 Background to the study

Juvenile delinquency is a major social problem affecting many countries around the world (UNODC, 2019). Young people who engage in criminal activities often need guidance, rehabilitation and support to help them change their behavior and become responsible members of society. Rehabilitation centers are established to provide care care, counselling, education and life skills to juvenile who have been in conflict with the law.

Globally, NGOs play a significant role in supporting vulnerable groups including juveniles in rehabilitation centers. According to UNICEF (2021), NGOs contribute to child protection by providing services such as counselling, education, vocational training and psychological support. This services help juveniles to develop positive attitudes and skills needed for reintegration into society.

In Africa, many countries face challenges such as poverty, limited government resources and weak protection systems (UNICEF, 2020). Because of this, NGOs often

work together with governments to support rehabilitation programmes for juveniles. Research show that NGOs help to improve access to education, provide vocational skills and promote behavior change among young offenders (African Child Policy Forum, 2020).

In Uganda, the government has established rehabilitation centers such as Kampiringisa National Rehabilitation Centre to handle juveniles in conflict with the law. These centers aim to reform and rehabilitate young offenders through discipline, education, counselling and vocational training. However, because of limited resources, the government alone may not fully meet all the needs of juveniles. As a results, NGOs support these centers by providing additional services such as psychosocial support, skills training, health services and reintegration programmes.

Kampiringisa National Rehabilitation Centre in Mpigi district is one of the main centers in Uganda responsible for rehabilitating juvenile offenders (MGLSD, 2021). The center works with different NGOs to provide support services to the juveniles. However, there is limited research on the actual role and impact of NGOs in empowering juveniles at this centre (UNICEF, 2021). Therefore, the study seeks to examine the role of NGOs in empowering juveniles at Kampiringisa National Rehabilitation Centre.

1.2 Problem statement

Rehabilitation centers are expected to help juveniles change their behavior, gain useful skills and successfully reintegrate into the society. NGOs are expected to support this process by providing services such as counselling, education, vocational training and life skills development. However, despite the presence of NGOs in

rehabilitation, many juveniles still face challenges such as lack of adequate skills, poor reintegration into the society, stigma and risk of returning to criminal behavior. This raises concerns about whether the support provided by NGOs is sufficient and effective in empowering these juveniles.

In Kampiringisa National Rehabilitation Centre, different NGOs are involved in supporting juveniles but there is limited documented research showing how these organizations contribute to the empowerment of juveniles and how they impact on their social and economic well being.

1.3 Research purpose

The main purpose of the study was to examine the role of NGOs in empowering juveniles in rehabilitation centers. A case study of Kampiringisa National Rehabilitation Centre, Mpigi district.

1.4 Specific objectives

1.4.1 To identify the empowerment programmes provided by NGOs to juveniles at Kampiringisa National Rehabilitation Centre

1.4.2 To assess the contribution of NGO led programmes to the social empowerment of juveniles at Kampiringisa National Rehabilitation Centre

1.4.3 To examine the contribution of NGO led programmes to the economic empowerment of juveniles at Kampiringisa National Rehabilitation Centre

1.5 Research questions

1.5.1 What empowerment programmes are provided by NGOs to juveniles at Kampiringisa National Rehabilitation Centre?

1.5.2 What is the contribution of NGO led programmes to the social empowerment of juveniles at Kampiringisa National Rehabilitation Centre?

1.5.3 What is the contribution of NGO led programmes to the economic empowerment of juveniles at Kampiringisa National Rehabilitation Centre?

1.6 Scope of the study

1.6.1 Content scope

The study focused on NGO led empowerment programmes and their contribution to social and economic empowerment of juveniles. It will specifically assessed programmes related to counselling, education, vocational training, life skills development and reintegration support in line with the objectives of the study.

1.6.2 Geographical scope

The research was conducted at Kampiringisa National Rehabilitation Centre in Mpigi district. The centre is selected because it is the main national rehabilitation centre for juveniles and it works with different NGOs.

1.6.3 Time scope

The study reviewed literature from 2018 to 2025. this period is selected to ensure the use of recent and relevant data that reflects current trends, policies and practices in juvenile rehabilitation and NGO interventions.

1.7 Justification of the study

There is increasing concern about the effectiveness of juvenile rehabilitation programmes especially in developing countries where resources are limited (UNODC, 2019). Although NGOs are involved in supporting rehabilitation centers, there is limited empirical evidence showing how effective their contributions are in empowering juveniles (African Child Policy Forum, 2020).

This study was therefore justified as it sought to generate evidence on the role of NGOs in juvenile rehabilitation at Kampiringisa National Rehabilitation Centre. The findings will contribute to improving programme design, strengthening collaboration between stakeholders and enhancing rehabilitation outcomes for juveniles.

1.8 Significance of the study

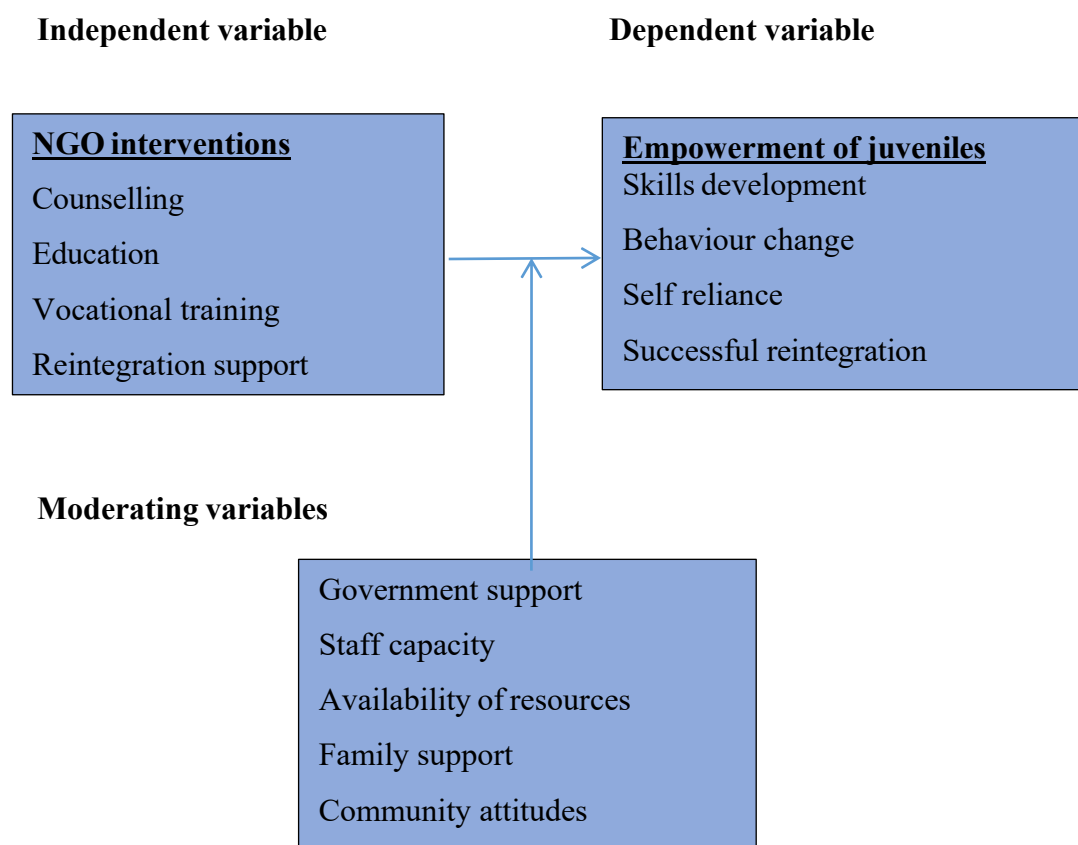
The study will help the government and other stake holders to improve policies and programmes related to juveniles justice and rehabilitation.

The study will help NGOs to identify gaps in their services and improve on their programmes for better results

The findings will help social workers to understand better ways of supporting juveniles in rehabilitation centers.

The study will also add knowledge on juvenile rehabilitation and the role of NGOs and it will also serve as a reference for future research.

1.9 Conceptual framework



(Source: researcher 2026)

1.10 Operational definitions

NGOs

This are independent organizations that are not part of the government and provide services to support communities and vulnerable groups.

Juveniles

Young people below 18 years who are in conflict with the law

Rehabilitation centre

A place where juveniles are taken to receive guidance, counselling, education and skills to help them change their behaviors.

Empowerment

This is a process of helping the juveniles to gain skills, confidence and ability to make positive choices in life.

Reintegration

The process of returning juveniles to their families and communities after rehabilitation.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This chapter reviews existing literature related to the study topic. It presents the theoretical framework guiding the study, empirical evidence from past research and the research gap. The literature is discussed according to the objectives of the study which include to identify the empowerment programmes provided by NGOs, contribution of NGOled programmes to to social empowerment and the contribution of NGO led programmes to economic empowerment of juveniles in Kampiringisa National Rehabilitation Centre.

2.1 Theoretical framework

The study will be guided by social learning theory and empowerment theory

Social learning theory explains that individuals learn behaviors, attitudes and skills through observing others and interacting with their environment (Bandura, 1997). according to this theory, learning takes place through imitation, observation and experience.

In relation to this study, juveniles in rehabilitation centers learn new behaviors through interaction with social workers, counselors, peers and NGO staff. Programmes such as counselling, vocational training and life skills training provide opportunities for juveniles to observe positive behavior and practice new skills.

Empowerment theory focuses on helping individuals to gain control over their lives, build confidence and improve their ability to make decisions (Zimmerman, 2000). this

emphasizes increase in peoples skills, knowledge and self confidence so that they can improve their well being. NGOs aim to empower juveniles by providing education, skills training and psychosocial support.this programmes help juveniles to to become self reliant, confident and able to reintegrate into the society. These theories helps to explain how NGO interventions can lead to social and economic empowerment of juveniles in rehabilitation centres.

2.2 Empirical evidence

According to UNICEF (2021), NGOs provide services such as counselling, education, health care and vocational training to support the development of children in difficult situations. This help to improve the well being and future opportunities for juveniles. In United States, Brown (2019) found that rehabilitation programmes supported by NGOs helped to reduce re offending rates among juveniles. The research showed that juveniles who participated in counselling and skills training programes were likely to develop positive behaviour and successfully reintegrate into the society.

In Africa, research by African Child Policy Forum (2020) found that NGOs contribute to improving access to education and vocational training for juveniles. The study also mentioned challenges such as limited funding and inadequate coordination with government institutions.

In Kenya, Otieno (2021) found that NGO supported programmes such as vocational training and counselling helped juveniles to develop practical skills and improve their behavior. However, some juvenils still faced challenges such as stigma and lack of family support after leaving rehabilitation centres.

In Uganda, NGOs work together with the government to support rehabilitation centers. According to MGLSD (2022), NGOs provide services such as psychosocial support, vocational training and reintegration programmes. However, there is limited research specifically examining how these services contribute to the empowerment of juveniles.

2.3 Empowerment programmes provided by NGOs to juveniles

NGOs provide many programmes that aimed at supporting juveniles in rehabilitation centers. These programs include counselling, education, vocational training, life skills development and health services.

Counselling is one of the most important services provided by NGOs. It helps juveniles to deal with emotional and psychological challenges and support behavior change. According to UNICEF (2021), counselling helps children to develop self awareness and improve decision making.

Education programmes help juveniles to continue with their studies while in rehabilitation centers. These programs ensure that juveniles do not fall behind in their education and improve their chances of future employment.

Vocational training programmes provide practical skills such as carpentry, tailoring, agriculture and mechanics. These skills help juveniles to become self reliant and prepare them for employment after leaving the rehabilitation centre.

Life skills training focuses on communication, problem solving and decision making skills. These skills help juveniles to interact positively with others and avoid criminal behavior.

2.4 Contribution of NGO led programmes to social empowerment of juveniles

Social empowerment refers to the ability of individuals to interact positively with others, make good decisions and live responsibly in the society. NGO programmes contribute to social empowerment in many ways.

Counselling and psychosocial support help juveniles to improve their behavior and develop positive attitudes. According to Brown (2019), juveniles who receive counselling are more likely to show improved behavior and reduced involvement in crime.

Life skills training play a key role in social empowerment. It helps juveniles to develop communication skills, self control and problem solving abilities (UNICEF, 2021). these skills are important for building healthy relationships and avoiding negative influences.

Education programmes also contribute to social empowerment through increasing knowledge and awareness. Educated juveniles are more likely to make informed decisions and participate positively in the society (Brown, 2019)

However, some challenges such as stigma and negative community attitudes can affect social empowerment. Research show that juveniles may face rejection from their communities even after rehabilitation (Otieno, 2021).

2.5 Contribution of NGO led programmes to economic empowerment of juveniles

Economic empowerment refers to the ability of individuals to earn income, support themselves and improve their living conditions. NGO programmes contribute to

economic empowerment mainly through vocational training and income generating activities.

Vocational training equip juveniles with practical skills that can help them to get employed or start small business. According to African Child Policy Forum (2020), skills training increases the chances of employment and reduces the risk of returning to criminal activities.

Some NGOs also provide start up support such as tools and small capital to help juveniles begin income generating activities after leaving rehabilitation centres. This support help juveniles to become independent and reduce dependency on others.

Education also contributes to economic empowerment. Juveniles who continue with their education are more likely to secure better jobs in the future.

2.6 Literature gap

Many studies have examined the of NGOs in supporting vulnerable children and juveniles across the world. These studies show that NGO programmes such as counselling, education and vocational training can improve the well being of juveniles and support their reintegration into the society (UNICEF, 2021).

In Uganda, there is limited research focusing on the specific role of NGOs in empowering juveniles at Kampiringisa National Rehabilitation Centre. Most studies do not clearly show how NGO programmes contribute to both social and economic empowerment of juveniles at the local level.

Therefore, this study sought to fill this gap by examining the role of NGOs in empowering juveniles at Kampiringisa National Rehabilitation Centre. The study

provided information on the types of programmes offered and their contribution to social and economic empowerment of juveniles.

CHAPTER THREE

METHODOLOGY

3.0 Introduction

This chapter describes the methods that guided the study. It includes the research design, study approach, area of study, study population, sample size determination, sampling techniques, data collection methods and instruments, data quality control, data processing and analysis, ethical considerations and methodology challenges.

3.1 Research design

The study will adopted a descriptive research design. A research design refers to the overall plan that guides how a research will be conducted including how data will be collected, measured and analyzed (Kothari, 2004). The design was appropriate because it will allow the researcher to describe and examine the role of NGOs in empowering juveniles at Kampiringisa National Rehabilitation Centre. It helped in collecting information from different respondents such as juveniles, NGO staff and rehabilitation centre staff in order to understand their experiences and views about NGO led programmes.

3.2 Study approach

The study used a mixed methods approach which combined both quantitative and qualitative methods. According to Creswell (2014), mixed methods approach involves collecting, analysing and integrating both numerical and non numerical data in a single study.

The quantitative method was used to collect numerical data such the number of programmes offered, level of participation and results of empowerment programmes. The qualitative method helped to understand the experiences, opinions and perception of juveniles and staff about NGO programmes and their impact on social and economic empowerment.

3.3 Study area

The study was conducted at Kampiringisa National Rehabilitation Centre in Mpigi district, Uganda. The area was selected because it is the main national rehabilitation centre for juveniles in conflict with the law. It also works with different NGOs that provide empowerment programmes such as counselling, vocational training and reintegration support which made it suitable for this study.

3.4 Population of the study

The target population for this study included juveniles aged 10 to 17 years at Kampiringisa National Rehabilitation Centre, NGO staff working with the centre and rehabilitation centre staff such as social workers, counselors and administrators. The estimated study population was 106 respondents.

3.5 Sample size and sample determination

Using sample size determination table by Krejcie and Morgan (1970), a population of 106 gives a sample size of 86 respondents

N	S	N	S	N	S	N	S	N	S
10	10	100	80	280	162	800	260	2800	338
15	14	110	86	290	165	850	265	3000	341
20	19	120	92	300	169	900	269	3500	246
25	24	130	97	320	175	950	274	4000	351
30	26	140	103	340	181	1000	276	4500	351
35	32	150	108	360	186	1100	285	5000	357
40	36	160	113	380	181	1200	291	6000	361
45	40	180	118	400	196	1300	297	7000	364
50	44	190	123	420	201	1400	302	8000	367
55	48	200	127	440	205	1500	306	9000	368
60	52	210	132	460	210	1600	310	10000	373
65	56	220	136	480	214	1700	313	15000	375
70	59	230	140	500	217	1800	317	20000	377
75	63	240	144	550	225	1900	320	30000	379
80	66	250	148	600	234	2000	322	40000	380
85	70	260	152	650	242	2200	327	50000	381
90	73	270	155	700	248	2400	331	75000	382
95	76	270	159	750	256	2600	335	100000	384
Note: "N" is Population Size "S" is Sample Size.									

3.6 Sampling techniques

Purposive sampling is a non probability sampling method where participants are selected based on their knowledge and experience related to the study (Creswell, 2014)

The study will used purposive sampling to select juveniles aged 10 to 17 years, NGO staff and rehabilitation centre staff because they had knowledge and experience about the programmes.

3.7 Data collection methods

The study will use questionnaire and interviews as the main data collection methods.

Questionnaires were used to collect quantitative data from juveniles. It contained structured questions about NGO programmes and empowerment results.

Interviews were used to collect qualitative data from NGO staff and rehabilitation centre staff.

3.8 Data collection instruments

The main instruments for data collection included questionnaires and interview guide.

Questionnaires contained closed ended questions to collect measurable data on NGO programmes and empowerment results.

The interview guide contained open ended questions to guide discussions with NGO staff and rehabilitation centre staff about their experiences and observations regarding NGO programmes and their effectiveness.

3.9 Data quality control

The study ensured validity and reliability of data.

3.9.1 Validity

Validity refers to the extent to which an instrument measures what it is intended to measure (Kothari, 2004). To ensure validity, the research instruments were reviewed by the supervisor and a pilot study was conducted with 9 respondents who were not

included in the final sample. The feedback from the pilot study was used to improve the clarity and relevance of the questions.

3.9.2 Reliability

Reliability refers to the consistency of results when the same method is used repeatedly (Creswell, 2004). To ensure reliability, clear and simple language was used in the instruments and the same procedures were followed during data collection. Triangulation was also used by combining questionnaires and interviews to improve accuracy of the findings.

3.10 Data processing and analysis

Quantitative data from questionnaires were edited, coded and entered into a computer. Data were analyzed using descriptive statistics such as frequencies, percentages and tables using SPSS.

Qualitative data from interviews were transcribed and analyzed using thematic analysis. According to Braun & Clarke (2006), thematic analysis involves identifying patterns or themes within qualitative data. The results will be presented using tables and descriptive explanations.

3.11 Ethical considerations

Participants were informed about the purpose of the study before participation, names of respondents were not recorded to maintain confidentiality, participants were free to participate and withdraw at any time, permission to conduct the study was obtained

from UCU and the management of Kampiringisa National Rehabilitation Centre and all information collected were used only for academic purposes.

3.12 Methodology challenges

The study may faced challenges such as limited time to complete the research, financial resources for transport and communication challenges with some respondents.

CHAPTER FOUR

PRESENTATION, ANALYSIS AND INTERPRETATION OF FINDINGS

4.0 Introduction

This chapter presents the raw data collected from the field. The research was carried out to identify the empowerment programmes provided by NGOs, assess the contribution of NGO led programmes to social empowerment and examine the contribution of NGO led programmes to economic empowerments of juveniles at Kampiringisa National Rehabilitation centre.

4.1 Rate of response

The response rate was 100% as all the 86 questionnaires were fully answered and all the 8 key informants participated in the interviews. This was achieved through follow up visits and cooperation from the centre management.

4.2 Background characteristics of respondents

4.2.1 Age of respondents

Age	Frequency	Percentage
10-13 years	23	26.7%
14-16 years	29	33.7%
17-18 years	18	20.9%
19 years and above (staff)	16	18.7%

Total	86	100%
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The results show that majority of respondents 33.7% were between 14-16 years, 26.7% were between 10-13 years. The smallest group of juvenile respondents was 20.9% between 17-18 years. Staff respondents made up 18.7% of the total. This shows that most juvenile respondents were in the middle adolescent age group.

4.2.2 Sex of respondents

Sex	Frequency	Percentage
Male	58	67.4%
Female	28	32.6%
Total	86	100

The result in the table show that most respondents were male 67.4%, females were 32.6%. this shows that there are more male juveniles than females at Kampiringisa National Rehabilitation centre.

4.2.3 Category of respondents

Respondents	Frequency	Percentage
Juveniles	65	75.6%
NGO staff	8	9.3%
Rehabilitation center staff	13	15.1%
Total	86	100

The results show that the largest group of respondents were juveniles 75.6% and was followed by rehabilitation centre staff 15.1% and NGO staff 9.3%. this ensured balanced information from those receiving the services and those providing the services.

4.2.4 Duration at rehabilitation centre (juveniles only)

Duration	Frequency	Percentage
Less than 6 months	28	43.1%
6 months to 1 year	24	36.9%
More than 1 year	13	20.0%
Total	65	100%

The finding show that most juveniles 43.1% had been at the centre for less than 6 months, 36.9% for 6 months to 1 year and 20.0% for more than 1 year. This suggest that many juveniles had experience about NGO programmes at the centre.

4.3 Empowerment programmes provided by NGOs to juveniles

No	Statement	SA	A	N	D	SD	SA+A
5	NGOs provide counselling services in this centre	43 50.0%	34 39.5%	5 5.8%	3 3.5%	1 1.2%	77 89.5%
6	NGOs provide education support (formal/informal	42 48.8%	33 38.4%	5 5.8%	3 3.5%	3 3.5%	75 87.2%

	learning)						
7	NGOs offers vocational training (eg. Carpentry, tailoring, farming)	38 44.2%	34 39.5%	7 8.1%	4 4.7%	3 3.5%	72 83.7%
8	NGOs provide life skills training (eg. Communication, decision making)	36 41.9%	34 39.5%	8 9.3%	5 5.8%	3 3.5%	70 81.4%
9	NGOs provide health/psychosocial support services	35 40.7%	33 38.4%	9 10.5%	5 5.8%	4 4.7%	68 79.1%
10	NGOs support reintegration programmes for juveniles	33 38.4%	33 38.4%	10 11.6%	5 5.8%	5 5.8%	66 76.8%

The result show that 89.5% of respondents agreed that counselling services was the most frequently provided programme. NGO staff member said *“we provide individual and group counselling sessions every week. The juveniles respond well to counselling and many of them show improvement in their behavior after many sessions.”*.....*KII-02-NGO Staff*

86.8% of respondents reported education support, vocational training 84.2%, life skills training 81.6%, health and psychosocial support 78.9% and reintegration programmes was reported by 76.3% of respondents. A juvenile said,..... *“they taught us how to communicate better and how to solve problems without fighting. I have learned a lot since I was brought here.”*..... *R-034-Juvenile*

4.4 Contribution of NGO programmes to social empowerment of juveniles

No	Statement	SA	A	N	D	SD	SA+A
11	NGO programmes have helped me reduce my negative behaviors such as stealing, fighting, disobedience	42 48.8%	34 39.5%	4 4.7%	3 3.5%	3 3.5%	76 88.3%
12	I have developed better communication skills through NGO programmes	40 46.5%	35 40.7%	5 5.8%	3 3.5%	3 3.5%	75 87.2%
13	NGO programmes have increased my self confidence	38 44.2%	35 40.7%	7 8.1%	3 3.5%	3 3.5%	73 84.9%
14	I can now make better decisions in life	36 41.9%	34 39.5%	8 9.3%	4 4.7%	4 4.7%	70 81.4%
15	NGO programmes have helped me build positive relationships with others	37 43.0%	33 38.45%	8 9.3%	4 4.7%	4 4.7%	70 81.4%
16	I feel more prepared to live responsibly in the community	35 40.7%	34 39.5%	8 9.3%	5 5.8%	4 4.7%	69 80.2%

The result show that 88.2% of respondents agreed that NGO programmes helped them reduce negative behaviors such as stealing, fighting and disobedience, 86.9% reported communication skills, self confidence 85.5%, decision making skills 81.6%, building postive relationship 81.6% and 80.3% felt more prepared to live responsibly in the community. A staff member said *“many these children come from backgrounds*

where they were told they are worthless. Through our programmes, we help them to see their value and potential.” KII-01-NGO Staff

4.5 Contribution of NGO programmes to economic empowerment of juveniles

No	Statement	SA	A	N	D	SD	SA+A
17	NGO vocational training has given me useful job skills	40 46.5%	33 38.4%	6 7.0%	4 4.7%	3 3.5%	73 84.9%
18	I feel capable of starting a small income generating activity	38 44.2%	33 38.4%	8 9.3%	4 4.7%	3 3.5%	71 82.6%
19	NGO programme have prepared me for employment opportunities	37 43.0%	33 38.4%	8 9.3%	4 4.7%	4 4.7%	70 81.4%
20	I have learned skills that can help me earn a living after leaving	36 41.9%	33 38.45	9 10.5%	4 4.7%	4 4.7%	69 80.3%
21	NGOs provide support for self reliance (eg. tools, training, advice)	33 38.4%	32 37.2%	11 12.8%	6 7.0%	4 4.7%	65 75.6%
22	I feel more confident about my economic future	34 39.5%	33 38.4%	10 11.6%	5 5.8%	4 4.7%	67 77.9%

The results show that 84.2% of respondents agreed that vocational training provided useful job skills, capacity to start small income generating activities 82.9% ,

employment opportunities 81.6%, skills for earning a living 80.2%, confidence about economic future 77.6%. a staff member said.... *“we don’t just teach skills, we also teach business basics like how to manage money, how to markets products and how to save in order to give give them a better chance of succeeding after they leave.”*KII-04-NGO Staff

CHAPTER FIVE

DISCUSSION OF FINDINGS

5.1 Empowerment programmes provided by NGOs to juveniles

The findings from this study showed that majority of respondents reported that NGOs provide counselling services. This finding is consistent with UNICEF (2021) which found that NGOs contribute to child protection by providing counselling services to vulnerable children. The finding also supports research by Brown (2019) who found that counselling is one of the most important services provided by NGOs in juvenile rehabilitation settings. The finding is consistent with social learning theory (Bandura, 1997) which emphasizes that behaviour change occurs through observation and interaction with counselors who model positive behaviour.

The study also shows that 86.8% of respondents reported education support from NGOs. This finding is consistent with African Child Policy Forum (2020) which reported that NGOs help to improve access to education for juveniles in Africa. The finding also aligns with Otieno (2021) who reported that NGO supported education programmes help juveniles to continue their studies.

Vocational training was reported by 84.2% of respondents. This finding is aligned with MGLSD (2022) which reported that NGOs provide vocational training to juveniles in Uganda. The finding also supports the African Child Policy Forum (2020) which reported that vocational training is particularly important for juveniles who may not return to formal education. The Empowerment Theory (Zimmerman, 2000) also supports this finding as vocational training provides practical skills that enable individuals to gain control over their economic lives.

Life skills training was reported by 81.6% of respondents. This finding is consistent with UNICEF (2021) which emphasized the importance of life skills training for developing communication, problem solving and decision making abilities.

Health and psychosocial support was reported by 78.9% of respondents. This finding is supported by UNICEF (2021) which reported that NGOs provide health care and psychological support to children in difficult situations.

Reintegration programmes was reported by 76.3% of respondents. This finding is the least among other programmes which suggest that reintegration support needs to be strengthened. This finding contrasts with Otieno (2021) who found that reintegration challenges such as stigma and lack of family support remain significant problems even when reintegration programmes are put in place.

Therefore, the findings reveal that counselling and vocational training are the most frequent programmes provided by NGOs to juveniles at Kampiringisa National Rehabilitation centre.

5.2 Contribution of NGO programmes to social empowerment of juveniles

The study found that 88.2% of respondents agreed that NGO programmes helped juveniles to reduce negative behaviors. The finding is consistent with Brown (2019) who found that rehabilitation programmes supported by NGOs helped to reduce re-offending rates among juveniles in the United States. The finding also supports the African Child Policy Forum (2020) which found that behaviour change programmes reduced aggressive behaviour among juveniles. The social learning theory (Bandura, 1997) also explains this finding as juveniles learn new positive behaviors through observing and imitating counselors and peers who model appropriate behaviour.

Communication skills development was reported by 86.9% of respondents. This finding is consistent with UNICEF (2021) which reported that life skills training helps juveniles to develop communication skills. The finding also supports the Empowerment Theory (Zimmerman, 2000) as improved communication skills enable juveniles to interact positively with others and advocate for themselves. This study contributes new evidence by specifically quantifying communication skills improvement among juveniles at Kampiringisa which previous studies in Uganda had not emphasized.

Self confidence increased for 85.5% of respondents. The finding supported by Empowerment theory (Zimmerman, 2000) which emphasizes that self confidence is essential for individuals to take control of their lives. The finding also agrees with Otieno (2021) who found that participation in NGO programmes increased confidence among juveniles in Kenya. A new contribution from this study is the finding that self confidence increased even for juveniles who had been at the centre for less than six months which suggest that confidence building can occur relatively quickly with appropriate interventions.

Decision making skills improved for 81.6% of respondents. This finding is consistent with UNICEF (2021) which found that counselling helps children to develop self awareness and improve decision making. The finding also supports the social learning theory as juveniles learn decision making skills through observing counselors and practising in safe environments.

81.6% of respondents reported positive relationship building. This finding is supported by African Child Policy Forum (2020) which found that group activities and counselling help juveniles to build trust and cooperate with others. A rehabilitation centre staff member explained that juveniles who completed NGO

programmes showed improved ability to resolve conflicts peacefully which aligns with the study findings.

Preparation for responsible living in the community was reported by 80.3% of respondents. This finding is slightly lower than other social empowerment findings which show that more work is needed in preparing juveniles for reintegration. However, the finding is consistent with Otieno (2021) who found that even after rehabilitation, juveniles face challenges such as stigma when returning to their communities.

5.3 Contribution of NGO programmes to economic empowerment of juveniles

The study found that 84.2% of respondents agreed that vocational training provided useful job skills. This finding is strongly supported by African Child Policy Forum (2020) which found that skills training increases the chances of employment and reduces the risk of returning to criminal activities. The finding also agrees with MGLSD (2022) which reported that NGOs provide vocational training to juveniles in Uganda.

Capacity to start income generating activities was reported by 82.9% of respondents. This finding is consistent with Otieno (2021) who found that juveniles who received entrepreneurship training were more likely to start their own businesses. This study contributes new evidence by showing that even juveniles who are still in rehabilitation feel capable of starting businesses after leaving which suggests that empowerment programmes are building both skills and confidence.

Employment preparation was reported by 81.6% of respondents. This finding is supported by Brown (2019) who found that education and skills training improve employment outcomes for juveniles.

Skills for earning a living were reported by 80.2% of respondents. This finding is consistent with African Child Policy Forum (2020) which rethat vocational training equips juveniles with practical skills for self-reliance. The finding also aligns with the empowerment theory as earning skills enable individuals to support themselves and reduce dependency.

Confidence about economic future was reported by 77.6% of respondents. This finding is supported by empowerment theory as confidence in economic future is an important outcome of empowerment. This study contributes new evidence by showing that economic confidence is linked to both skill acquisition and the perception of ongoing support.

In conclusion, the findings strongly agree with existing literature and provide new quantitative evidence about the specific contributions of NGO led programmes to economic and social empowerment of juveniles at Kampiringisa National Rehabilitation centre.

CHAPTER SIX

SUMMARY, CONCLUSION AND RECOMMENDATIONS

6.1 Summary of the findings

6.1.1 Empowerment programmes provided by NGOs to Juveniles

The study found that counselling services 89.5% were the most frequently provided programmes at Kampiringisa National Rehabilitation centre then followed by education support 86.8%, vocational training 84.2%, life skills training 81.6%, health and psychosocial support 78.9% and reintegration programmes 76.3%. the findings show that NGOs provide different services that support rehabilitation and empowerment of juveniles.

6.1.2 Contribution of NGO programmes to social empowerment of juveniles

The study reveal that majority of respondents 88.2% agreed that NGO programmes helped them to reduce negative behaviors such as stealing, fighting and disobedience. Communication skills development was reported by 86.9% of respondents, self confidence increased for 85.5%, decision making skills improved for 81.6% and preparation for responsible living in the community was reported by 80.3%. these findings indicate the NGO programmes are effective in promoting positive change and building social skills among juveniles.

6.1.3 Contribution of NGO programmes to economic empowerment

The study found that NGO programmes contributed to the economic empowerment of juveniles. Vocational training provided useful skills for 84.2% of respondents, capacity to start income generating activities was reported by 82.9%, preparation for employment opportunities was reported by 81.6%, skills for earning a living by 80.2%, support for self reliance was reported by 75.0% and confidence about economic future was reported by 77.6 %. This shows that NGO programmes are equipping juveniles with practical skills for employment and self employment.

6.2 Conclusion

NGO programmes contribute effectively to social empowerment of juveniles through counselling, life skills training and education support, juveniles develop better communication skills, self reliance, decision making abilities and positive relationship. Vocational training provides juveniles with practical job skills and the confidence to start income generating activities after leaving the centre

6.3 Recommendations

The government should allocate more resources to rehabilitation centres and NGO programmes to make sure that all juveniles have equal access to quality empowerment services.

The government should introduce policies and programmes that support juveniles after they leave rehabilitation centres to reduce stigma and link them to employment opportunities.

NGOs should increase their focus on reintegration support such as family counselling, home visits, community sensitisation and follow up services after juveniles leave the rehabilitation centre.

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Questionnaire

For juveniles at Kampiringisa National Rehabilitation Center

My name is Nabatanzi Leticia, I am conducting a study on *“the role of non governmental organizations in empowering juveniles in rehabilitation centers, a case study of Kampiringisa national rehabilitation centre”*

This questionnaire is for academic purpose only and all the information collected will be kept confidential.

Instructions

Please tick (✓) only one option that best represents your opinion

SA (Strongly Agree), A (Agree), N (Neutral), D (Disagree), SD (Strongly Disagree)

SECTION A

Background characteristics

1. Age

☐ 10–13 years

☐ 14–16 years

☐ 17–18 years

2. Gender

☐ Male

☐ Female

3. Education level

☐ Primary

☐ Secondary

☐ No formal education

4. Duration at the rehabilitation centre

☐ Less than 6 months

☐ 6 months to 1 year

☐ More than 1 year

SECTION B

Empowerment programmes provided by NGOs to juveniles

No	Statement	SA	A	N	D	SD
5	NGOs provide counselling services in this centre					
6	NGOs provide education support (formal/informal learning)					
7	NGOs offers vocational training (eg. Carpentry, tailoring, farming)					
8	NGOs provide life skills training (eg. Communication, decision making)					
9	NGOs provide health/psychosocial support services					
10	NGOs support reintegration programmes for juveniles					

SECTION C

Contribution of NGO led programmes to social empowerment of juveniles

No	Statement	SA	A	N	D	SD
11	NGO programmes have helped me reduce my negative behaviors such as stealing, fighting, disobedience					
12	I have developed better communication skills through NGO programmes					
13	NGO programmes have increased my self confidence					
14	I can now make better decisions in life					
15	NGO programmes have helped me build positive relationships with others					
16	I feel more prepared to live responsibly in the community					

SECTION D

Contribution of NGO led programmes to economic empowerment of juveniles

No	Statement	SA	A	N	D	SD
17	NGO vocational training has given me useful job skills					
18	I feel capable of starting a small income generating activity					
19	NGO programme have prepared me for employment opportunities					
20	I have learned skills that can help me earn a living after leaving					
21	NGOs provide support for self reliance (eg. tools, training, advice)					
22	I feel more confident about my economic future					

Interview guide

For NGO staff and rehabilitation centre staff

My name is Nabatanzi Leticia, I am conducting a study on *“The role of non governmental organizations in empowering juveniles in rehabilitation centers, a case study of kampiringisa national rehabilitation centre”*

This questionnaire is for academic purpose only and all the information collected will be kept confidential.

SECTION A

Background information

1. What is your role at the rehabilitation centre/organization?
2. How long have you worked with juveniles in this centre?

SECTION B

Empowerment programmes provided by NGOs

3. What type of programmes do NGO provide to juveniles in this centre?
4. How are these programmes implemented?
5. Which programmes are most commonly accessed by juveniles?

SECTION C

Contribution of NGO led programmes to social empowerment

6. How have NGO programmes influenced the behavior of juveniles?
7. In what ways have juveniles improved in terms of communication and relationships?

8. How do NGO programmes prepare juveniles for reintegration into the society+?

SECTION D

Contribution of NGO led programmes to economic empowerment

9. What vocational/income generating skills are provided to juveniles?

10. How effective are these programmes in preparing juveniles for employment?

11. Do NGOs provide any support after juveniles leave the centre?