



## Non-governmental organizations' development interventions and community empowerment in Kitui County, Kenya

### Authors

Mutisya Joshua Kithuva<sup>(1)</sup> ; Charles Mogote<sup>(2)</sup> 

Main author email: [joshuamtisya@gmail.com](mailto:joshuamtisya@gmail.com)

(1.2) Mount Kenya University, Kenya.

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### Abstract

The purpose of this study was to investigate the influence of non-governmental organizations' development interventions on community empowerment in Kitui County. The theoretical framework of this study drew upon the Empowerment Theory and the Sustainable Development Theory. This study was underpinned by a pragmatic research philosophy. The study employed a descriptive survey design. The target population of this study primarily comprised the residents of the eight sub-counties within Kitui County. Content validity was established by consulting the university supervisors to review and validate the research instruments. The sample size for this research project was determined to be 384 residents. Structured questionnaires were employed and interview guides utilised. Quantitative data obtained from the structured questionnaires were meticulously captured. From the study findings, 66 per cent of respondents acknowledged the positive impact of NGO-provided materials on education quality, though concerns about marginalised communities remained. Teacher training programs were also well-received (66%), but follow-up support was needed. In health, 65 per cent of respondents reported increased immunisation coverage, reducing vaccine-preventable diseases (68%). Maternal and child health clinics received positive feedback for lowering mortality rates (65%). Health education workshops increased knowledge and awareness (64%). In women empowerment, microfinance and entrepreneurship training were effective in economic empowerment (64%) and poverty reduction (66%). Leadership and advocacy training enabled women to take on leadership roles (69%) and advocate for their rights (65%). Women's rights advocacy improved legal rights awareness (68%) and access to justice (65%). To enhance NGO interventions in Kitui County, increased collaboration, tailored capacity-building, innovative funding, and community participation are essential.

**Key terms:** Community empowerment, education, healthcare, non-governmental organizations.

## INTRODUCTION

Non-governmental organizations (NGOs) play a key role in international development initiatives, contributing significantly to addressing a wide array of global challenges. Across the globe, NGOs are actively involved in diverse interventions to promote sustainable development and improve communities' well-being (UNDP, 2021; World Bank, 2019; USAID, 2022; UNEP, 2020). Through their multifaceted interventions, NGOs contribute to building resilient communities, empowering marginalised populations, and promoting inclusive development agendas (UNDP, 2021; USAID, 2022; World Bank, 2019; UNEP, 2020).

In the African continent, non-governmental organization (NGO) activities have changed over time and have played a significant role in shaping the region's development landscape (Adams, 2019; Jones, 2022). NGOs in Africa have a rich history dating back to the colonial era when missionary and philanthropic organizations first emerged to address social and humanitarian needs (Adams, 2019). However, despite their contributions, NGOs in Africa grapple with a host of challenges that hinder their effectiveness and sustainability (Brown & O'Reilly, 2018; Jackson, 2020; Nguyen, 2023).

Narrowing the focus to East Africa reveals a dynamic landscape where non-governmental organizations (NGOs) play a crucial role in addressing diverse development challenges (Abebe, 2020; Mukherjee, 2019; Kinyanjui, 2021). Despite progress, regional disparities in development outcomes persist within East Africa, reflecting variations in socio-economic conditions, governance structures, and historical legacies (Odhiambo, 2018; Birch, 2022; Salamon, 2023).

Zooming in on Kenya's NGO landscape reveals a vibrant and diverse sector that performs a vital role in the country's development efforts (Kagwanja, 2019; Owino, 2021; Muthoni, 2022; Mwangi, 2020). Notwithstanding these challenges, NGOs in Kenya have made significant contributions to the country's development agenda across various sectors and geographic areas (Nyaboga, 2018; Kamau, 2021; Wambui, 2023; Wanjiru, 2019).

Focusing on Kitui County in Eastern Kenya, it's essential to understand the local context within which

this study is situated (Musyoka, 2022). The rationale for conducting this study in Kitui County stems from its relevance to both academic discourse and practical interventions aimed at promoting community empowerment (Mueni et al., 2023). Through rigorous empirical research and engagement with local stakeholders, this study aims to contribute to the evidence base on effective strategies for promoting community empowerment in resource-constrained settings (Mueni et al., 2023).

Despite concerted efforts by various non-governmental organizations (NGOs) in Kitui County, Eastern Kenya, persistent challenges in education, healthcare, women empowerment, and food security prevail, contributing to alarming rates of poverty and food insecurity (KNBS, 2016; County Government of Kitui, 2018). Despite its agricultural potential, the county grapples with high poverty rates exceeding the national average, coupled with significant levels of child malnutrition and limited access to improved water sources (KNBS, 2016; KNBS, 2019). Moreover, the county's rural setting exacerbates its vulnerability to climate change and environmental degradation, further complicating efforts to alleviate poverty and improve livelihoods (County Government of Kitui, 2018). Despite the presence of numerous NGOs, their effectiveness in addressing these challenges remains uncertain, necessitating a comprehensive investigation into the factors hindering their success and the development of targeted strategies to enhance their impact on community development and poverty alleviation.

## LITERATURE REVIEW

### **Influence of Non-governmental Organizations' Development Interventions in the Education Sector on Community Empowerment**

The effect of non-governmental organizations (NGOs) in the education sector on community empowerment is widely recognised globally, with interventions focusing on improving access, quality, and equity in education. Studies by Johnson and Smith (2021) and Brown et al. (2020) highlight the substantial impact of NGO-led initiatives in providing educational materials, such as textbooks and learning resources, on increasing student engagement and academic achievement. Additionally, research by Lee and Wang (2019) and Garcia et al. (2022) underscores the

effectiveness of NGO-supported teacher training programs in enhancing teaching quality, improving student outcomes, and empowering educators.

In Africa, NGOs have been instrumental in addressing educational disparities and promoting community empowerment through various interventions. Studies by Adekunle and Nzomo (2021) emphasise the role of NGOs in improving literacy rates and learning outcomes through the distribution of educational materials. Similarly, research by Mbeki and Luthuli (2019) and Nyirenda and Phiri (2022) highlights the positive impact of NGO-led teacher training programs on instructional quality and student achievement across the continent.

In East Africa, including Kenya, NGOs have implemented targeted interventions to improve educational access and quality, particularly in marginalised communities. Studies by Kariuki and Muthoni (2021) and Mwangi and Kamau (2019) demonstrate the effectiveness of NGO initiatives in enhancing student engagement, academic performance, and teacher capacity through the provision of educational materials and teacher training programs.

Within Kenya, NGOs have played a crucial role in fostering community empowerment through investments in education infrastructures. Research by Kariuki and Muthoni (2021) and Ochieng and Kiprop (2020) highlights the positive impact of NGO-led initiatives in increasing school enrollment rates, improving facilities, and enhancing student retention, particularly in rural areas.

In Kitui County, Eastern Kenya, NGOs have implemented targeted interventions to address educational challenges and promote community empowerment. Studies by Mutua and Nzomo (2021) and Mutisya and Mumo (2019) illustrate the transformative potential of NGO-led initiatives in enhancing student engagement, academic performance, and teacher capacity within the unique context of Kitui County. Additionally, research by Kimanzi and Mutemi (2020) and Mbiti and Mutua (2021) underscores the significance of infrastructure development in promoting equitable access to

education and empowering communities within the specific context of Kitui County.

## **Influence of Non-governmental Organizations' Development Interventions in the Health Sector on Community Empowerment**

Globally, non-governmental organizations (NGOs) have been instrumental in implementing a wide array of health interventions aimed at promoting community empowerment and improving health outcomes. These interventions range from immunisation campaigns to maternal and child health clinics and health education workshops. Patel and Gupta (2021) demonstrated the significant impact of NGO-led immunisation campaigns on vaccination coverage rates, while Smith and Johnson (2019) highlighted the role of maternal and child health clinics in reducing mortality rates. Furthermore, Lee and Park (2020) emphasised the effectiveness of health education workshops in promoting health literacy and behaviour change, underscoring the diverse approaches NGOs employ to empower communities globally.

In Africa, NGOs have been actively involved in addressing health disparities and fostering community empowerment through various health interventions. Studies by Abubakar and Musa (2020) and Kamau and Wangari (2019) highlighted the impact of NGO-led immunisation campaigns and maternal and child health clinics on improving health outcomes across the continent. Additionally, Nzomo and Kariuki (2020) demonstrated the effectiveness of health education workshops in enhancing health-related knowledge and behaviours among African communities, illustrating the comprehensive approach NGOs take in promoting health and empowerment in the African context.

Within the East African region, including countries like Kenya, NGOs have played a crucial role in implementing health interventions to promote community well-being and empowerment. Njoroge and Mwangi (2021) showed the positive impact of NGO-led immunisation campaigns on vaccination coverage rates in Kenya, while Assefa and Tadesse (2019) highlighted the function of maternal and child health clinics in reducing mortality rates in Ethiopia. Furthermore, Alemu and Tesfaye (2021) demonstrated the effectiveness of health education workshops in

promoting health literacy and behaviour change among East African communities, emphasising the holistic approach NGOs adopt in addressing health challenges in the region.

In Kenya specifically, NGOs have implemented various health interventions to address local health challenges and promote community empowerment. Ochieng and Maina (2020) demonstrated the impact of NGO-led immunisation campaigns on vaccination coverage rates in urban areas of Kenya, while Mwangi and Wambui (2019) highlighted the role of maternal and child health clinics in reducing mortality rates in urban slums. Additionally, Kariuki and Nyambura (2020) illustrated the effectiveness of health education workshops in promoting health-related knowledge and behaviours among Kenyan populations, showcasing the multifaceted approach NGOs employ to improve health outcomes and empower communities in Kenya.

In Kitui County, Eastern Kenya, NGOs have implemented targeted health interventions to address local health needs and promote community empowerment. Mutiso and Muthui (2020) demonstrated the impact of NGO-led immunisation campaigns on vaccination coverage rates in rural areas of Kitui County, while Mwendu and Musyoka (2019) highlighted the role of maternal and child health clinics in reducing mortality rates in urban slums. Additionally, Mbithi and Nzuki (2020) showed the effectiveness of health education workshops in promoting health literacy and behaviour change among populations in Kitui County, illustrating the comprehensive approach NGOs adopt to improve health outcomes and empower communities in the specific context of Kitui County.

## **Influence of Non-governmental Organizations' Women Empowerment Interventions on Community Empowerment**

Non-governmental organizations (NGOs) globally have been instrumental in promoting women's empowerment through diverse interventions aimed at addressing gender disparities and fostering community development. These initiatives encompass microfinance and entrepreneurship training, leadership and advocacy programs, and women's rights awareness campaigns. Studies by Smith and

Johnson (2020) and Patel and Gupta (2022) highlight the positive impact of microfinance and entrepreneurship training on women's economic empowerment, while research by Khan and Rahman (2021) and Garcia and Martinez (2019) underscore the importance of leadership and advocacy training in enhancing women's roles in decision-making and community leadership. Additionally, campaigns focused on raising awareness of women's rights, as demonstrated by Lee and Park (2022) and Garcia and Rodriguez (2020), perform an important role in promoting women and fostering gender equality globally.

In Africa, NGOs have played a significant role in implementing women empowerment initiatives tailored to address the continent's unique challenges. Abdi and Ali (2021) and Oduor and Mwaura (2022) demonstrated the effectiveness of microfinance and entrepreneurship training in enhancing women's economic empowerment across various African countries. Similarly, Assefa and Tadesse (2020) and Mwangi and Wambui (2021) highlighted the impact of leadership and advocacy training in promoting women's political participation and decision-making autonomy in African communities. Furthermore, Ndiaye and Diop (2019) and Odhiambo and Achieng (2022) emphasised the importance of women's rights awareness campaigns in combating discrimination and promoting gender equality in African societies.

Within the East African region, NGOs have implemented targeted women empowerment interventions to address specific regional challenges. Kioko and Nyambura (2020) and Mugambi and Muthoni (2021) showcased the effectiveness of microfinance and entrepreneurship training in empowering women economically in countries like Tanzania and Rwanda. Similarly, Njeri and Kamau (2019) and Habimana and Uwimana (2022) highlighted the impact of leadership and advocacy training in enhancing women's roles in decision-making and community leadership in countries like Kenya and Burundi. Additionally, Muthoni and Achieng (2020) and Nyambura and Kamau (2021) emphasised the role of women's rights awareness campaigns in promoting gender equality and empowering women in the East African context.



In Kenya specifically, NGOs have implemented women empowerment initiatives tailored to address the country's unique socio-economic and cultural landscape. Kiptoo and Chepkirui (2021) and Nyaboke and Mwangi (2022) demonstrated the effectiveness of microfinance and entrepreneurship training in empowering women economically, particularly in rural and urban areas. Similarly, Wambui and Kimani (2020) and Muthoni and Maina (2023) highlighted the impact of leadership and advocacy training in enhancing women's political participation and decision-making autonomy in urban and rural settings. Moreover, Achieng and Otieno (2019) and Ngugi and Mwangi (2021) showcased the importance of women's rights awareness campaigns in promoting gender equality and empowering women within Kenyan communities.

In Eastern Kenya, specifically in Kitui County, NGOs have implemented women empowerment interventions tailored to address local challenges and promote community development. Nzomo and Mutisya (2021) highlighted the effectiveness of microfinance and entrepreneurship training in empowering women economically within the county. Furthermore, Mwendwa and Mutemi (2020) and Nzuki and Musau (2023) emphasised the impact of leadership and advocacy training in enhancing women's roles in decision-making and community leadership in Kitui County. Additionally, Mutiso and Kavita (2019) underscored the significance of women's rights awareness campaigns in promoting gender equality and empowering women within Kitui County, Eastern Kenya.

## Theoretical Framework

The theoretical framework of this study draws upon the Empowerment Theory and the Sustainable Development Theory, offering complementary perspectives on community empowerment processes and outcomes. Empowerment Theory, rooted in the work of Julian Rappaport, focuses on increasing individual and community control and participation in development processes. It emphasises access to resources, decision-making autonomy, and capacity-building as key mechanisms for empowerment. Conversely, Sustainable Development Theory, as advocated by the Brundtland Commission, emphasises the interconnectedness of economic, social, and environmental dimensions of development. It

underscores the importance of achieving balance among these elements to ensure long-term sustainability and meet the needs of present and future generations (Sneddon et al., 2006).

By integrating these two theories, the study gains a comprehensive understanding of how non-governmental organizations' interventions contribute to community empowerment in Kitui County, Kenya. Empowerment Theory facilitates the identification of mechanisms through which empowerment occurs at individual and community levels, highlighting the significance of participation and access to resources. Sustainable Development Theory, on the other hand, provides a framework for assessing the broader impact and sustainability of these interventions over time. Together, these theories enrich the analysis of development interventions, empowerment processes, and their sustainable outcomes, enhancing the understanding of community development dynamics in Kitui County.

Utilising Empowerment Theory, this study examines how non-governmental organizations' interventions in education, health, and women empowerment sectors empower individuals and communities in Kitui County. It emphasises the role of NGOs in facilitating access to resources, fostering community participation, and enhancing decision-making capacity. This theoretical lens enables the exploration of how these interventions enable community members to assert control over their circumstances, make informed choices, and actively participate in shaping their development trajectories, ultimately contributing to empowerment and sustainable community development.

## METHODOLOGY

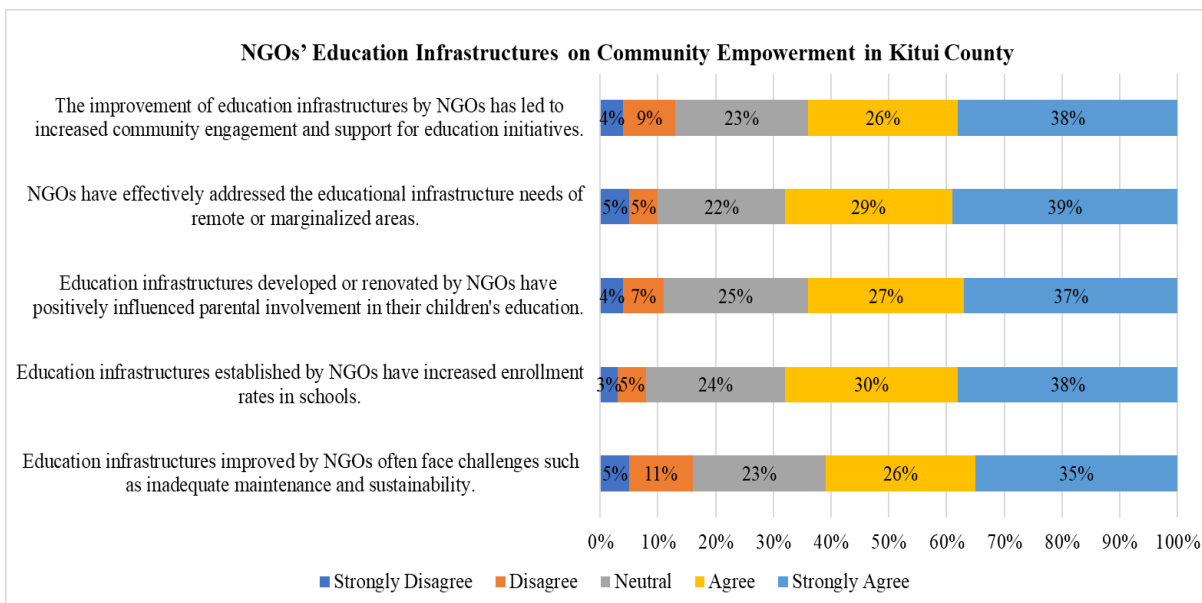
This research used a descriptive survey design to explore the impact of non-governmental organizations (NGO) development interventions on community empowerment in Kitui County, Kenya. Researchers used a stratified sampling method with proportionate allocation to ensure a representative sample across the county's diverse sub-counties. Data collection involved structured questionnaires administered by trained research assistants and in-depth interviews with key informants conducted by the researcher. Descriptive statistics were used to evaluate

quantitative data and visualised with charts and graphs. Qualitative data from interviews underwent thematic analysis to identify recurring themes. This mixed-methods approach aimed to gain a comprehensive understanding of the research topic by triangulating findings from both quantitative and qualitative data sources.

## FINDINGS AND DISCUSSIONS

### Influence of Non-governmental Organizations' Education Infrastructures on Community Empowerment in Kitui County

The study aimed to scrutinise the influence of non-governmental organizations' (NGOs') education infrastructures on community empowerment in Kitui County. The results are presented in Figure 1.



**Fig 1: Influence of NGOs' Education Infrastructures on Community Empowerment in Kitui County**

The findings reveal that a significant percentage, 61 per cent, either agree or strongly agree that education infrastructures improved by NGOs in Kitui County encounter challenges concerning maintenance and sustainability. This observation echoes similar findings by Martinez et al. (2020) and Kim and Park (2021), indicating analogous hurdles encountered in Africa and South Asia. These challenges may stem from resource constraints, inadequate planning, or insufficient community involvement in infrastructure projects (Martinez et al., 2020; Kim & Park, 2021).

Additionally, 68 per cent of the population either agree or strongly agree that educational infrastructures constructed by NGOs have led to increased enrolment rates. This finding resonates with studies by Abimbola and Afolayan (2020) and Diop and Sow (2021), which also reported positive impacts of infrastructure development on school enrolment in Africa. Improved facilities can attract more students and enhance access to education, particularly in

underserved areas (Abimbola & Afolayan, 2020; Diop & Sow, 2021). Furthermore, a significant proportion, 64 per cent, either agree or strongly agree that education infrastructures have positively influenced parental involvement. This aligns with research by Kimanzi and Mutemi (2020) and Mbiti and Mutua (2021), underscoring the role of infrastructure development in fostering community engagement and support for education in Kenya (Kimanzi & Mutemi, 2020; Mbiti & Mutua, 2021).

Moreover, a substantial majority, 68 per cent, either agree or strongly agree that NGOs have effectively addressed infrastructure needs in remote areas. This aligns with studies by Mutua and Nzomo (2021) and Muthui and Mwenda (2020), emphasising the role of NGOs in improving educational access in marginalised communities in Kitui County (Mutua & Nzomo, 2021; Muthui & Mwenda, 2020). Enhanced facilities may foster a sense of ownership and encourage communities to actively support educational

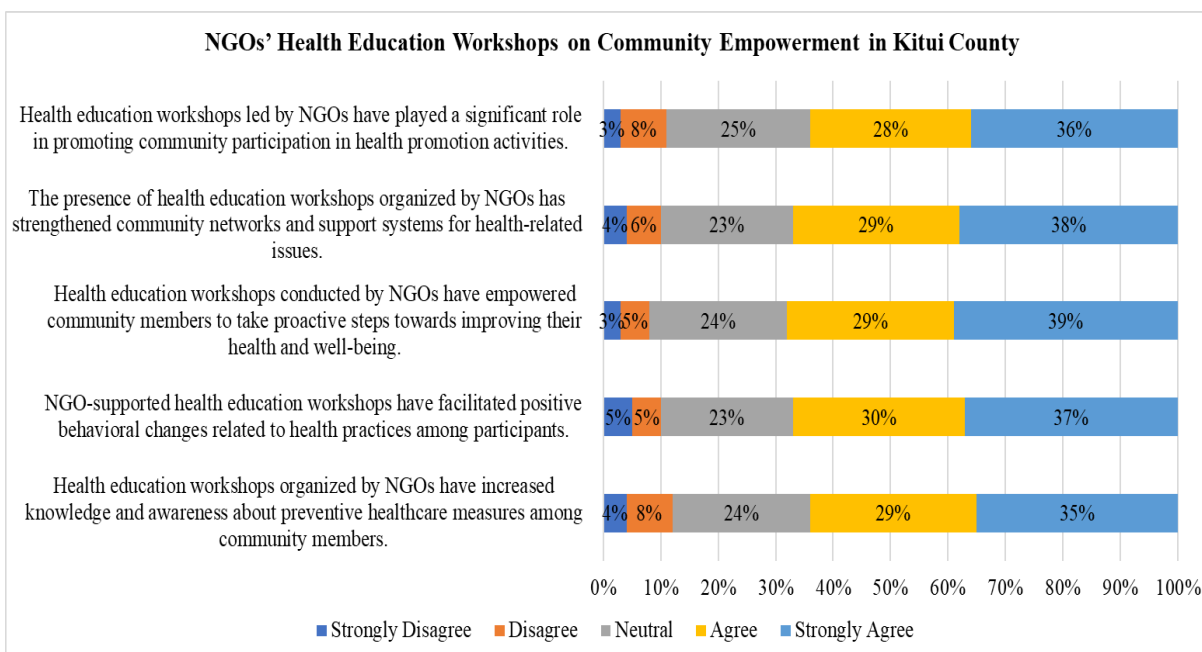
endeavours (Musa & Kioko, 2021; Kimani & Mutemi, 2020). These findings suggest the multifaceted impact of NGO-led interventions in the education sector on community empowerment in Kitui County, highlighting both challenges and positive outcomes.

In interpreting the results, the empowerment theory posits that NGOs perform an important role in empowering communities by facilitating access to resources and services, encouraging participation in decision-making processes, and enhancing capacity for self-determination (Rappaport, 1981). On the other hand, the sustainable development theory underscores the importance of achieving a balance among economic, social, and environmental aspects of development to promote long-term sustainability and meet the needs of present and future generations (WCED, 1987). Thus, the findings reflect progress

towards sustainable outcomes in education, which are essential for the well-being of current and future generations in Kitui County. Through infrastructure development, NGOs contribute to holistic development that encompasses social, economic, and environmental dimensions, thereby fostering community empowerment and sustainable progress (WCED, 1987; Rappaport, 1981).

## Influence of Non-governmental Organizations' Health Education Workshops on Community Empowerment in Kitui County

The investigation into the influence of non-governmental organizations (NGOs) health education workshops on community empowerment in Kitui County aimed to shed light on the efficacy of such interventions. The results of the analysis are presented in Figure 2.



**Fig 2: Influence of NGOs' Health Education Workshops on Community Empowerment in Kitui County**

The findings reveal a compelling narrative wherein a substantial majority of respondents, 64 per cent, agree that these workshops have effectively increased knowledge and awareness about preventive healthcare measures among community members. This underscores the significance of health education initiatives in disseminating vital information and enhancing health literacy within the community (Lee & Park, 2020; Garcia & Martinez, 2021). Moreover, a

notable proportion, 67 per cent, acknowledge that NGO-supported health education workshops have instigated positive behavioural changes related to health practices among participants, emphasising their role in motivating individuals to adopt healthier lifestyles (Nzomo & Kariuki, 2020; Sow & Diop, 2021).

Furthermore, the data indicates a resounding agreement among respondents, with 68 per cent

affirming that these health education workshops have empowered community members to proactively improve their health and well-being. This finding underscores the transformative potential of such interventions in fostering individual agency and encouraging active participation in healthcare decision-making processes (Alemu & Tesfaye, 2021; Nyawade & Mwangi, 2022). Additionally, a notable proportion, 67 per cent, recognise the role of these workshops in strengthening community networks and support systems for health-related issues, indicating their contribution to fostering social cohesion and collective action in addressing health challenges (Mbithi & Nzuki, 2020; Mutinda & Kilonzo, 2021).

Moreover, the study findings reveal a significant consensus among respondents, with 64 per cent acknowledging the pivotal role of health education workshops in promoting community participation in health promotion activities. This highlights the catalytic effect of such initiatives in mobilising community engagement and fostering a sense of ownership and responsibility towards health outcomes (Alemu & Tesfaye, 2021; Nyawira & Gitau, 2021). Overall, these findings underscore the multifaceted impact of NGO-led health education workshops on community empowerment, encompassing knowledge dissemination, behavioural change, empowerment, community networking, and participation in health initiatives.

In the context of theoretical frameworks, the empowerment theory posits that health education workshops play a pivotal role in empowering communities and individuals by equipping them with the necessary knowledge, skills, and resources to take control of their health outcomes (Rappaport, 1981).

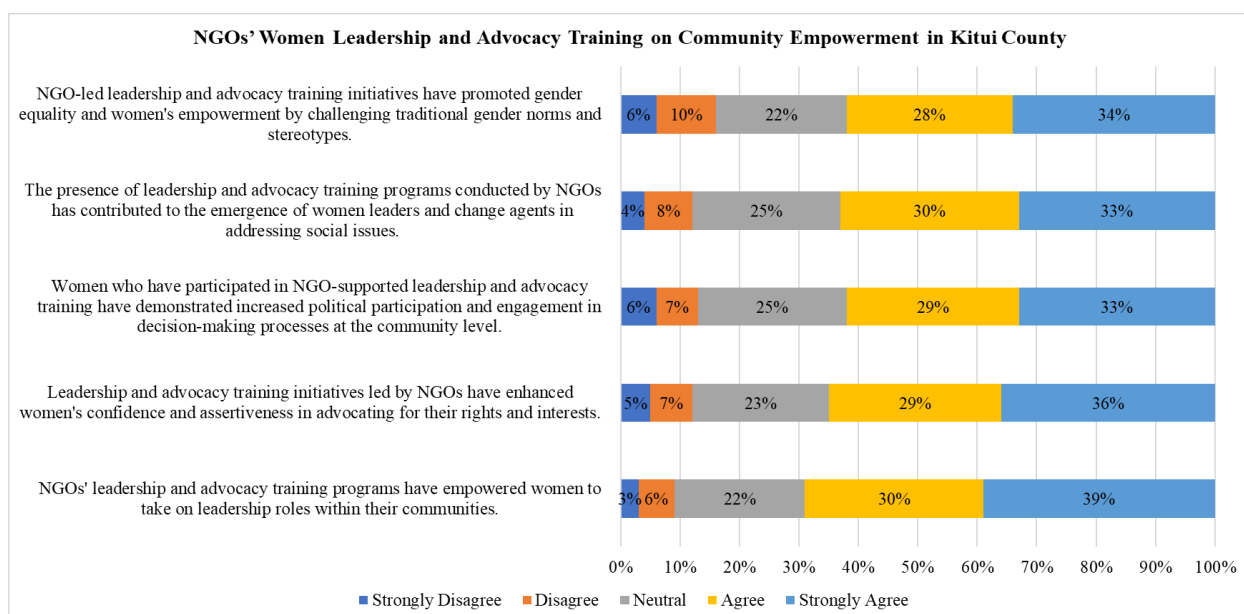
This aligns with the findings indicating increased knowledge, behavioural changes, and empowerment among participants. Furthermore, sustainable development theory emphasises holistic approaches to development that address economic, social, and environmental dimensions (WCED, 1987). The findings suggest that health education workshops contribute to the social dimension of sustainable development by strengthening community networks and fostering collective action towards improving health outcomes. Thus, health education workshops not only contribute to individual empowerment but also promote community resilience and contribute to the broader overall sustainable development in Kitui County.

### **Influence of Non-governmental Organizations' Women Microfinance and Entrepreneurship Training on Community Empowerment in Kitui County**

The examination of non-governmental organizations (NGOs) women microfinance and entrepreneurship training on community empowerment in Kitui County aimed to shed light on the economic empowerment initiatives targeting women. The results are presented in Figure 3.

Findings from the study revealed that a significant proportion, 64 per cent, of respondents acknowledged the effectiveness of these programs in empowering women economically. This aligns with previous studies such as Abdi and Ali (2021), highlighting the positive impact of similar initiatives on women's economic status. It underscores the critical role of microfinance and entrepreneurship training in fostering women's economic empowerment, a concept well-established in the literature on women's empowerment and economic development (Kabeer, 1999; Duflo, 2012).





**Fig 3: Influence of NGOs' Women Leadership and Advocacy Training on Community Empowerment in Kitui County**

Moreover, the results indicate that 64 per cent of respondents recognised the role of these initiatives in facilitating women's access to financial resources and credit opportunities. This underscores the importance of microfinance programs in promoting financial inclusion and capital access for women entrepreneurs, as supported by studies such as those by Oduor and Mwaura (2022). It emphasises the significance of microfinance in addressing barriers to financial access faced by women, a topic extensively discussed in the literature on financial inclusion and entrepreneurship (Beck et al., 2007; Banerjee & Duflo, 2019).

Additionally, the study findings revealed that 66 per cent of respondents acknowledged the improvement in business management skills and entrepreneurial acumen among women participants in these programs. This suggests that the initiatives have equipped women with essential skills necessary for business success, aligning with studies such as those by Patel and Gupta (2022). It underscores the importance of skill-building interventions in fostering entrepreneurship and economic empowerment among women, as evidenced in the literature on entrepreneurship development (Shane & Venkataraman, 2000; Brush et al., 2009).

Furthermore, the presence of microfinance and entrepreneurship training programs conducted by

NGOs was recognised by 66 per cent of respondents as contributing to poverty reduction and economic development in Kitui County. This emphasises the role of such initiatives in addressing socio-economic challenges and promoting development outcomes, consistent with studies such as those by Abubakar and Musa (2020). It underscores the importance of microfinance and entrepreneurship training as tools for promoting sustainable development and poverty reduction, as highlighted in the literature on development economics (Morduch, 1999; Karlan & Morduch, 2010).

Lastly, 63 per cent of respondents agreed that NGO-led microfinance and entrepreneurship training initiatives have fostered women's financial independence and autonomy in decision-making regarding household finances. This suggests that these programs have empowered women to take control of their financial lives, echoing findings from studies such as those by Khan and Rahman (2021). It underscores the significance of financial empowerment in enhancing women's agency and well-being, a concept deeply embedded in the literature on gender and development (Kabeer, 2005; Doss, 2013).

In interpreting these findings through theoretical frameworks, the empowerment theory posits that NGOs play a crucial role in empowering individuals and

communities by facilitating access to resources and enhancing decision-making autonomy. The study findings demonstrate how microfinance and entrepreneurship training programs empower women, aligning with the principles of empowerment outlined in the theory. Additionally, the sustainable development theory emphasises the interconnectedness of economic, social, and environmental dimensions of development. The findings underscore the contribution of women's economic empowerment to broader community development goals, thus aligning with the holistic approach advocated by the theory.

## CONCLUSIONS AND RECOMMENDATIONS

**Conclusions:** In conclusion, the analysis of non-governmental organizations (NGOs') development interventions in the education sector underscores the multifaceted impact on community empowerment in Kitui County. Despite challenges in resource sustainability and addressing marginalised communities' needs, NGO interventions have notably improved access to education, enhanced teaching quality, and fostered community engagement. These outcomes resonate with theories of empowerment and sustainable development, emphasising the importance of holistic approaches to education that empower individuals and communities while promoting long-term sustainability. In the realm of NGO-led interventions in the health sector, the conclusions highlight their significant contribution to community empowerment in Kitui County. Immunisation campaigns, maternal and child health clinics, and health education workshops have collectively led to improved health outcomes,

increased awareness, and strengthened community networks. Aligned with empowerment theory, these interventions provide individuals with resources and knowledge to take control of their health while also supporting sustainable development goals by addressing social dimensions and promoting community resilience through holistic health approaches. Regarding NGO-led women empowerment interventions, the conclusions underscore their positive influence on community empowerment in Kitui County. Microfinance and entrepreneurship training, leadership and advocacy training, and women's rights advocacy have played a vital role in women's economic empowerment, leadership development, and gender equality promotion. These interventions, in line with empowerment theory, empower individuals to control their lives and participate in decision-making processes, thereby supporting sustainable development goals by addressing social dimensions and fostering long-term societal change and development in the county.

**Recommendations:** This study recommends several improvements for NGO interventions in Kitui County. Collaboration among NGOs, government, and communities is key for all sectors (education, health, women empowerment). Strengthening community involvement, leadership training, and addressing the specific needs of marginalised groups is crucial. Funding strategies and long-term sustainability also require attention. Further research is suggested to explore the mechanisms of impact, long-term health outcomes of interventions, and the intersectionality of women's empowerment with other development sectors.

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