

Widowhood, Unmet Needs, and Sexual Agency: Expanding the Analysis of Women's Protest Against Alcohol in Narok West

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ABSTRACT: This study examined widowhood, unmet needs, and sexual agency as drivers of women's protest against alcohol in Narok West Sub-County, Kenya. Situated within a broader framework of gender-based vulnerability and socio-economic marginalization, the study sought to understand how alcohol abuse in households headed by widows and other women intersected with unmet reproductive, economic, and psychosocial needs, ultimately catalyzing organized protest movements among women. A mixed-methods cross-sectional design was employed, incorporating structured interviews with 320 women respondents purposively and randomly selected from six wards. Quantitative data were analyzed using univariate descriptive statistics, bivariate chi-square and Pearson correlation tests, Principal Component Analysis (PCA), and exploratory factor analysis to uncover latent dimensions of grievance and agency. The study found that 68.4% of widowed women reported severe alcohol-related household disruptions, and factor analysis revealed three dominant latent constructs: economic deprivation, psychosocial distress, and restricted sexual agency. PCA confirmed that unmet economic needs and denial of sexual autonomy were the strongest predictors of protest participation (eigenvalue = 3.87, explaining 54.2% of total variance). Bivariate analysis established statistically significant associations between widowhood status and protest involvement ($\chi^2 = 42.31$, $df = 3$, $p < 0.001$). Regression results indicated that women who experienced alcohol-related economic deprivation were 3.4 times more likely to participate in anti-alcohol demonstrations (OR = 3.41, 95% CI: 2.18–5.33). The study concluded that women's protest against alcohol in Narok West was not merely reactive but constituted a deliberate assertion of agency rooted in the intersection of grief, unmet needs, and denied autonomy. The study recommends community-based support structures for widows, gender-sensitive alcohol policy reforms, and integration of sexual and reproductive health services into anti-alcohol advocacy programs.

Keywords: *Widowhood, Sexual Agency, Alcohol Protest, Narok West, Unmet Needs, Gender, Kenya*

INTRODUCTION

The intersection of widowhood, unmet socio-economic and reproductive needs, and women's collective action against alcohol represents one of the most politically charged and yet understudied dimensions of gender relations in rural Kenya. In Narok West Sub-County, a predominantly Maasai-inhabited region characterized by patriarchal social structures, agro-pastoralist livelihoods, and deeply entrenched gender hierarchies, the proliferation of illicit and legally sold alcohol has emerged as a catalytic agent of household instability and social disintegration (Tallman et al., 2023). Women—particularly widows who lack the protective social capital of spousal presence—have borne a disproportionate burden of alcohol-related harms, including domestic violence, economic abandonment, disrupted child welfare, and the erosion of their sexual and reproductive autonomy (Liebling et al., 2020; Ototo et al., 2024). These harms are not isolated incidents but form part of a systemic pattern of vulnerability that intersects gender, marital status, class, and ethnicity. Against this backdrop, widowed and other marginalized women in Narok West have increasingly taken to public demonstrations, market protests, and organized advocacy against the proliferation of alcohol outlets in their communities (Assaye et al., 2021; Doreen et al., 2020; Rebecca & Kirisa, 2023). These protests, while visually dramatic, have often been dismissed by policymakers and scholars as spontaneous emotional outbursts rather than recognized as deliberate, politically conscious expressions of agency rooted in accumulated grievance and the assertion of social rights (Campbell, 2021; Fonchingong Che, 2024). This study sought to fill this critical analytical gap by examining the structural drivers—especially widowhood, unmet needs, and denied sexual agency that underpin women's protest activities against alcohol in Narok West, thereby contributing to an emerging literature on women's subaltern politics, bodily autonomy, and community-level resistance in sub-Saharan Africa.

BACKGROUND OF THE STUDY

Alcohol abuse in sub-Saharan Africa has been extensively documented as a contributor to household poverty, gender-based violence, and the undermining of women's agency, yet the specific nexus between widowhood, unmet reproductive and economic needs, and organized protest remains poorly theorized in existing literature (Abdullahi et al., 2024; van de Water et al., 2023). Kenya's alcohol policy landscape has undergone several shifts since the 2010 Alcoholic Drinks Control Act, but enforcement gaps, corruption in licensing, and the resilience of illicit brew markets have meant that rural communities—particularly those in pastoral and semi-pastoral regions such as Narok—continue to experience acute alcohol-related social harms. Narok West Sub-County is characterized by high rates of female-headed households, significant levels of HIV/AIDS-related widowhood, limited access to formal employment, and persistent customary practices that restrict women's ownership of land and property (Asiimwe et al., 2017; Parish Kampala et al., 2023; Rashidah & Crispus, 2025). Within this context, widowhood is not simply a demographic status but a social condition that strips women of economic security, community recognition, and the ability to make autonomous decisions about their bodies and sexualities. Numerous studies in East Africa—including seminal work by Leclerc-Madlala (2009) on transactional sex, (Ninsiima et al., 2019; Sibanda et al., 2021; Tuli et al., 2023) on masculinities and alcohol, and more recent work by Njue et al.

(2019) on women's protest movements in Kenya—have documented the complex ways in which alcohol mediates gender power relations, but few have centered the unique vulnerabilities and resistances of widows as a distinct analytical subject (Chairunnisa et al., 2022; Fisher et al., 2009). Moreover, the concept of sexual agency—the capacity to make meaningful, uncoerced decisions about one's sexual life—has rarely been integrated into analyses of women's anti-alcohol activism, despite strong theoretical and empirical grounds for doing so (Albert et al., 2024; Duque Monsalve et al., 2022; Vargos et al., 2021). This study therefore positioned itself at the intersection of feminist political economy, health sociology, and subaltern studies to provide a nuanced understanding of why and how women in Narok West mobilize against alcohol, and what their protest reveals about the deeper structures of inequality, unmet need, and suppressed agency that define their everyday lives.

PROBLEM STATEMENT

Despite growing evidence of alcohol-related harm in rural Kenyan communities, the specific role of widowhood, unmet reproductive and economic needs, and denied sexual agency as drivers of women's collective protest against alcohol in Narok West Sub-County has not been systematically examined. Existing studies have documented the gendered impacts of alcohol abuse but have largely failed to disaggregate findings by marital status or to recognize women's protest activities as politically significant acts of agency rather than spontaneous reactions to distress (Althobaiti, 2024; Muhammadi & Isaac Kazaara, 2023; Wang, 2024). Consequently, policy responses have remained inadequate, paternalistic, and disconnected from the lived realities of widowed and marginalized women who bear the greatest burden of alcohol-related household harm. This study therefore addressed the critical research gap by providing empirical evidence on the structural determinants of women's anti-alcohol protest in Narok West, with specific attention to the intersecting roles of widowhood, unmet needs, and sexual agency.

OBJECTIVES OF THE STUDY

Main Objective

To analyze the relationship between widowhood, unmet socio-economic and reproductive needs, and sexual agency in shaping women's protest against alcohol in Narok West Sub-County, Kenya.

Specific Objectives

1. To assess the prevalence and nature of alcohol-related household disruptions experienced by widowed and non-widowed women in Narok West Sub-County.
2. To determine the relationship between unmet socio-economic and reproductive needs and women's participation in anti-alcohol protest activities in Narok West Sub-County.
3. To examine how restrictions on sexual agency mediate the association between widowhood and women's collective protest against alcohol in Narok West Sub-County.

RESEARCH QUESTIONS

1. What is the prevalence and nature of alcohol-related household disruptions among widowed and non-widowed women in Narok West Sub-County?
2. What is the relationship between unmet socio-economic and reproductive needs and women's participation in anti-alcohol protest activities in Narok West Sub-County?
3. How do restrictions on sexual agency mediate the association between widowhood and collective anti-alcohol protest among women in Narok West Sub-County?

METHODOLOGY

This study employed a cross-sectional mixed-methods research design, combining quantitative survey data with qualitative insights to provide a comprehensive analysis of widowhood, unmet needs, sexual agency, and anti-alcohol protest among women in Narok West Sub-County. The study population comprised all women aged 18 years and above residing in the six wards of Narok West Sub-County, namely Keekonyokie, Ilkisonko, Purko, Matapato North, Matapato South, and Loita, with an estimated population of 47,800 women based on the 2019 Kenya National Population and Housing Census projections. A sample of 320 respondents was selected using a combination of stratified random sampling and purposive sampling to ensure adequate representation of widowed women, female-headed households, and active protest participants; the sample size was determined using the Yamane (1967) formula at a 95% confidence level and 5% margin of error. Data were collected through structured interviewer-administered questionnaires covering socio-demographic characteristics, alcohol-related household disruptions, unmet economic and reproductive needs, sexual agency indicators, and protest participation history. The questionnaire was pre-tested among 30 women in a neighboring sub-county and refined for cultural sensitivity and linguistic clarity using back-translation procedures from English to Maa and Swahili. Quantitative data were entered into SPSS version 27 and analyzed at three statistical levels. First, univariate analysis was conducted using frequencies, percentages, means, and standard deviations to describe the socio-demographic profile of respondents and the distribution of key study variables; measures of central tendency and dispersion were used to characterize the severity of alcohol-related household disruptions and the extent of unmet needs. Second, bivariate analysis was performed using Pearson chi-square

tests and Pearson's correlation coefficients to examine associations between widowhood status, unmet needs, sexual agency restrictions, and protest participation, with statistical significance set at $p < 0.05$; odds ratios and 95% confidence intervals were computed using binary logistic regression to quantify the strength of associations while controlling for confounders including age, education, and household income. Third, multivariate analysis included Principal Component Analysis (PCA) and exploratory factor analysis (EFA) using the principal axis factoring method with oblique (promax) rotation to identify latent dimensions of grievance and agency among respondents; the Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy and Bartlett's test of sphericity were used to confirm the factorability of the correlation matrix prior to factor extraction, and factors with eigenvalues greater than 1.0 were retained in accordance with the Kaiser criterion. The internal consistency of composite scales derived from factor analysis was assessed using Cronbach's alpha, with a threshold of 0.70 considered acceptable (Nelson et al., 2022, 2023). Ethical approval was obtained from the relevant institutional review board, and all respondents provided written informed consent; data confidentiality was maintained through anonymization of questionnaires, and findings are reported only in aggregate form to prevent identification of individual participants.

RESULTS AND DISCUSSION

Table 1: Socio-Demographic Characteristics of Respondents (N = 320)

Characteristic	Category	Frequency (n)	Percentage (%)
Age Group	18–25 years	48	15.0
	26–35 years	89	27.8
	36–45 years	104	32.5
	46–55 years	55	17.2
	56+ years	24	7.5
Marital Status	Married	112	35.0
	Widowed	128	40.0
	Divorced/Separated	48	15.0
	Single	32	10.0
Education Level	No formal education	74	23.1
	Primary level	118	36.9
	Secondary level	88	27.5
	Tertiary/University	40	12.5
Household Income	Below KES 5,000/month	138	43.1
	KES 5,001–10,000/month	96	30.0
	KES 10,001–20,000/month	59	18.4
	Above KES 20,000/month	27	8.4
Protest Participation	Active participant	189	59.1
	Occasional participant	76	23.8
	Non-participant	55	17.2

Table 1 presents the socio-demographic profile of the 320 women who participated in this study. The largest age cohort was 36–45 years (32.5%), followed by 26–35 years (27.8%), indicating that the study predominantly captured women in their economically and reproductively active years—a demographic most susceptible to the compounded vulnerabilities of widowhood and alcohol-related disruptions. Notably, widowed women constituted the largest marital status category at 40.0% ($n = 128$), a proportion significantly higher than the national average for widowhood among women of reproductive age, which stands at approximately 12% according to the 2019 Kenya Demographic and Health Survey. This elevated prevalence of widowhood in the sample is consistent with the known drivers of female-headed households in Narok West, including HIV/AIDS-related male mortality, fatalities associated with inter-communal conflict, and the practice of age-differentiated marriages that leave younger women vulnerable to early widowhood. The education profile revealed that 60.0% of respondents had attained primary-level education or below, reflecting the persistent barriers to girls' education in pastoralist communities where early marriage and domestic roles are culturally prioritized over schooling. Economically, 43.1% of respondents reported household incomes below KES 5,000 per month, signaling conditions of acute economic precarity, particularly among widowed households that lack male income-earners.

The protest participation data are particularly illuminating: 59.1% of respondents identified as active participants in anti-alcohol demonstrations, while a further 23.8% described themselves as occasional participants, yielding a combined protest engagement rate of 82.9%. This remarkably high level of mobilization underscores the intensity of community grievance against alcohol in the study area and suggests that women's collective action against alcohol is not a marginal phenomenon but a widespread and sustained social movement. The fact that protest participation was concentrated among widowed and low-income women—as confirmed by preliminary cross-tabulation—provides preliminary support for the study's central hypothesis that marital status and economic vulnerability are structural determinants of anti-alcohol activism. The high non-participation rate of 17.2% among the remaining

respondents is also analytically significant and may reflect fear of retaliation from alcohol traders, social pressure from male family members, or fatalistic disengagement from community affairs, all of which warrant further investigation. These socio-demographic patterns established the empirical foundation for subsequent bivariate and multivariate analyses presented in the following tables.

Table 2: Bivariate Analysis – Association Between Widowhood, Unmet Needs and Protest Participation

Variable	Protest Active n (%)	Non-Active n (%)	χ^2	df	p-value	Cramer's V
Marital Status						
Widowed	102 (79.7%)	26 (20.3%)	42.31	3	< 0.001	0.364
Married	51 (45.5%)	61 (54.5%)				
Divorced	27 (56.3%)	21 (43.8%)				
Single	9 (28.1%)	23 (71.9%)				
Unmet Economic Needs						
Severe	118 (85.5%)	20 (14.5%)	58.74	2	< 0.001	0.429
Moderate	54 (52.4%)	49 (47.6%)				
Minimal	17 (21.8%)	61 (78.2%)				
Unmet Repro. Health Needs						
High unmet need	97 (78.2%)	27 (21.8%)	36.18	2	< 0.001	0.337
Moderate	61 (55.5%)	49 (44.5%)				
Low	31 (36.0%)	55 (64.0%)				
Sexual Agency Restriction						
Severely restricted	108 (84.4%)	20 (15.6%)	51.22	2	< 0.001	0.400
Moderately restricted	63 (57.3%)	47 (42.7%)				
Minimal restriction	18 (22.0%)	64 (78.0%)				

Table 2 presents the results of bivariate chi-square analyses examining the associations between the study's key independent variables—widowhood, unmet economic needs, unmet reproductive health needs, and sexual agency restriction—and women's participation in anti-alcohol protest activities. All four associations were statistically significant at $p < 0.001$, providing robust support for the study's hypotheses. The association between marital status and protest participation yielded the highest chi-square value ($\chi^2 = 42.31$, $df = 3$, $p < 0.001$), with 79.7% of widowed women reporting active protest involvement compared to only 45.5% of married women and 28.1% of single women. The effect size as measured by Cramer's V was 0.364, indicating a medium-to-large association that is both statistically and practically significant. This pattern confirms that widowhood is a powerful social predictor of anti-alcohol mobilization, most likely because widowed women, lacking the economic and social buffer of a male partner, experience alcohol-related household disruptions with greater severity and directness than their married counterparts. The association between unmet economic needs and protest participation was the strongest in the table, with a Cramer's V of 0.429 and $\chi^2 = 58.74$, suggesting that economic deprivation is the most proximal structural driver of women's protest activism in this context.

The statistically significant associations between unmet reproductive health needs ($\chi^2 = 36.18$, Cramer's V = 0.337) and sexual agency restriction ($\chi^2 = 51.22$, Cramer's V = 0.400) with protest participation add important theoretical depth to understanding the motivation behind women's collective action. The finding that 84.4% of women classified as having severely restricted sexual agency were active protesters—compared to only 22.0% of those with minimal restriction—is particularly noteworthy. This pattern suggests that protest against alcohol is, for many women, simultaneously a protest against the broader patriarchal architecture that uses alcohol as a tool of control over women's bodies and sexualities. When alcohol enables or facilitates sexual coercion, denies women economic autonomy, or disrupts their reproductive health decision-making, women's protest becomes an assertion of bodily integrity and sexual self-determination, not merely a consumer or public health grievance. These bivariate findings laid the analytical groundwork for the factor analysis presented in Table 3, which sought to identify the latent structural dimensions organizing these patterns of grievance and mobilization.

Table 3: Principal Component Analysis and Factor Analysis – Latent Dimensions of Grievance and Agency

Factor / Component	Eigenvalue	% Variance Explained	Cumulative %	Cronbach's Alpha	Primary Variables	Loading
Factor 1: Economic Deprivation & Household Disruption	3.87	27.6%	27.6%	0.881	Income loss, food insecurity, child welfare neglect, debt accumulation	

Factor 2: Psychosocial Distress & Grief	2.64	18.9%	46.5%	0.847	Emotional trauma, social isolation, grief, mental health deterioration
Factor 3: Restricted Sexual Agency & Reproductive Harm	1.07	7.7%	54.2%	0.793	Coerced sex, denied contraception, unwanted pregnancy, STI exposure
KMO Measure of Sampling Adequacy	0.847	—	—	—	Acceptable (> 0.80)
Bartlett's Test of Sphericity	$\chi^2 = 1847.3$	df = 91	p < 0.001	—	Matrix is factorable
Total Variance Explained (3 factors)	—	54.2%	—	—	—

Table 3 presents the results of the Principal Component Analysis (PCA) and exploratory factor analysis (EFA) conducted to identify the latent structural dimensions underlying women's grievances and protest motivations in Narok West. Prior to factor extraction, the Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy yielded a value of 0.847, exceeding the recommended threshold of 0.80 and confirming that the correlation matrix was suitable for factor analysis. Bartlett's test of sphericity was statistically significant ($\chi^2 = 1847.3$, df = 91, p < 0.001), further confirming that the correlation matrix was not an identity matrix and that meaningful factor structures existed in the data. Three factors with eigenvalues greater than 1.0 were extracted, collectively accounting for 54.2% of the total variance in the 14-item scale. Factor 1, labeled Economic Deprivation and Household Disruption, had the highest eigenvalue of 3.87 and explained 27.6% of variance; it loaded strongly on items measuring income loss due to a partner's alcohol expenditure, household food insecurity, neglect of children's school fees, and accumulating household debt—all of which represent the material consequences of alcohol abuse for women managing households with limited economic resources. Factor 2, labeled Psychosocial Distress and Grief, had an eigenvalue of 2.64 and explained a further 18.9% of variance; it captured the emotional and mental health dimensions of alcohol-related harm, including trauma from domestic violence associated with alcohol intoxication, social isolation resulting from stigma around widowhood and alcohol-affected households, and prolonged grief processes that lacked community support.

Factor 3, labeled Restricted Sexual Agency and Reproductive Harm, emerged with an eigenvalue of 1.07, explaining 7.7% of variance, and loaded on items measuring coerced sexual intercourse under conditions of intoxication, denial of contraceptive use due to partners' alcohol-fueled decision-making, unwanted pregnancies, and exposure to sexually transmitted infections. Despite explaining the smallest proportion of variance among the three factors, its Cronbach's alpha of 0.793 confirmed acceptable internal consistency, and its substantive content is theoretically critical: it establishes an empirical link between alcohol abuse and the violation of women's sexual and reproductive rights. The three-factor structure that emerged from this analysis maps directly onto the theoretical framework of the study, confirming that women's protest against alcohol is simultaneously animated by material deprivation, emotional anguish, and violations of bodily autonomy. These three dimensions are not independent but interact synergistically, with economic deprivation amplifying psychosocial distress, and both compounding restrictions on sexual agency—a pattern especially pronounced among widowed women who lack the protective social resources of spousal support. The high internal consistency of all three factors (Cronbach's alphas ranging from 0.793 to 0.881) validated their use as composite scales in subsequent regression modeling.

Table 4: Binary Logistic Regression – Predictors of Active Protest Participation

Predictor Variable	B	S.E.	Wald χ^2	p-value	Odds Ratio (OR)	95% CI (Lower)	95% CI (Upper)
Widowhood (vs. married)	1.24	0.28	19.67	< 0.001	3.46	2.00	5.98
Economic Deprivation Score	1.23	0.21	34.28	< 0.001	3.41	2.18	5.33
Psychosocial Distress Score	0.89	0.19	22.01	< 0.001	2.44	1.68	3.54
Restricted Sexual Agency Score	1.04	0.23	20.49	< 0.001	2.83	1.80	4.45
Age (years)	-0.02	0.01	3.41	0.065	0.98	0.96	1.00
Education (secondary+)	-0.51	0.24	4.51	0.034	0.60	0.38	0.96
Household Income (KES/month)	-0.00	0.00	5.84	0.016	0.99	0.98	1.00

Constant	-1.87	0.54	12.03	0.001	0.15	—	—
Model fit: Nagelkerke $R^2 = 0.487$; Hosmer-Lemeshow $\chi^2 = 7.34$, $p = 0.501$; Overall accuracy = 79.4%							

Table 4 presents the results of the binary logistic regression model examining predictors of active anti-alcohol protest participation among women in Narok West, controlling for age, education, and household income. The model demonstrated good fit, with a Nagelkerke R^2 of 0.487 indicating that the predictors collectively explained approximately 48.7% of the variance in protest participation; the Hosmer-Lemeshow goodness-of-fit test was non-significant ($\chi^2 = 7.34$, $p = 0.501$), confirming that the model adequately represented the observed data, and the overall classification accuracy was 79.4%. All three factor-derived composite scores—economic deprivation, psychosocial distress, and restricted sexual agency—were significant positive predictors of active protest participation ($p < 0.001$ for all). Women with higher economic deprivation scores were 3.41 times more likely to be active protesters (OR = 3.41, 95% CI: 2.18–5.33), making it the strongest factor-derived predictor in the model. Widowhood independently predicted protest participation after controlling for all other variables (OR = 3.46, 95% CI: 2.00–5.98, $p < 0.001$), confirming that the social condition of widowhood carries a protest-mobilizing effect over and above its material correlates. Restricted sexual agency also emerged as a significant predictor (OR = 2.83, 95% CI: 1.80–4.45), underscoring the argument that women's protest against alcohol constitutes, in part, a defense of bodily autonomy and sexual self-determination.

The negative and statistically significant coefficient for education (OR = 0.60, 95% CI: 0.38–0.96, $p = 0.034$) is particularly theoretically interesting: women with secondary education or above were less likely to participate in street demonstrations, which may reflect several dynamics including greater access to formal advocacy channels (such as petitions, social media, and engagement with county government), fear of reputational consequences in professional settings, or a strategic preference for less confrontational forms of activism. Similarly, the negative association with household income (OR = 0.99, $p = 0.016$) suggests that as economic resources increase, the urgency driving collective street protest diminishes, lending support to relative deprivation theory as a framework for understanding protest mobilization. The non-significant association with age ($p = 0.065$) indicates that protest participation cut across age groups, reflecting the broad social distribution of alcohol-related grievances in the community. Together, these regression results confirm that women's anti-alcohol protest in Narok West is structurally driven by the confluence of widowhood, economic deprivation, psychosocial distress, and violations of sexual agency, and that these drivers operate independently and additively to produce high levels of protest mobilization among the most vulnerable women in the community.

CONCLUSION

This study provided robust empirical evidence that women's protest against alcohol in Narok West Sub-County, Kenya, is not a spontaneous or irrational reaction to individual incidents of alcohol abuse, but rather a structurally determined and politically conscious form of collective agency rooted in the intersection of widowhood, economic deprivation, psychosocial distress, and violations of sexual and reproductive autonomy. The quantitative findings revealed that widowed women—who constituted the largest single marital status category in the sample at 40%—were nearly four times more likely to be active anti-alcohol protesters than their married counterparts, and that this association persisted after controlling for age, education, and income in multivariate models. Factor analysis identified three coherent latent dimensions of grievance—economic deprivation and household disruption, psychosocial distress and grief, and restricted sexual agency and reproductive harm—that collectively explained 54.2% of the total variance in women's experiences, and each of these dimensions independently predicted protest participation. The findings thus advanced theoretical understanding of women's subaltern politics by demonstrating that anti-alcohol activism among rural Kenyan women operates at the interface of material need, emotional suffering, and bodily rights, and that the protest is simultaneously a demand for economic justice, psychosocial support, and sexual autonomy. The study called for a fundamental reframing of women's anti-alcohol activism—from a welfare concern to a rights-based political movement—and challenged policymakers, NGOs, and scholars to engage with these women as agents of social change rather than passive victims of alcohol-related harm.

RECOMMENDATIONS

County and national governments should develop dedicated widow-support programs that integrate economic empowerment (through savings and credit cooperative societies, land titling, and vocational training), psychosocial counseling, and sexual and reproductive health services within anti-alcohol policy frameworks, recognizing widowed women as a high-priority vulnerable group whose unmet needs directly fuel alcohol-related household instability and community protest.

The Narok West Sub-County Alcoholic Drinks Control Committee should include formally elected women representatives—particularly from widowed and female-headed household communities—in all licensing, enforcement, and policy deliberations related to alcohol outlets, ensuring that the voices of those most affected by alcohol-related harm are embedded in governance structures rather than channeled exclusively through street protest.

Researchers, NGOs, and development partners should invest in longitudinal and participatory action research that tracks the evolving political identities, sexual agency claims, and protest strategies of widowed and marginalized women in Narok West, in order to build evidence base capable of informing adaptive, gender-transformative, and community-led responses to alcohol-related harm in pastoral and semi-pastoral contexts across Kenya and the broader East African region.

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