

A Case Study of Bwandilo Drinking Joint Demonstrates the Effectiveness of Counselling as an Intervention Technique for the Rehabilitation and Reintegration of Prostitutes Society

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ABSTRACT

The research was conducted in Lilongwe city at Bwandilo drinking joint in area 47 and it sought to assess counselling as an intervention strategy in rehabilitation and reintegrating prostitutes into the society. The objectives of the study were to define counselling in relation to rehabilitating and reintegrating prostitutes into the society a case study of Bwandilo drinking joint, establish the intervention strategies surrounding rehabilitation and reintegration of prostitutes into the society, assess challenges faced in rehabilitation and reintegration of prostitutes into the society, evaluate the effectiveness of counselling in rehabilitation and reintegration of prostitutes into the society.

The research design used in this study was a case study. In addition, interviews and questionnaires were also used as research instruments. The data obtained from observations and interviews were presented in themes. The research revealed that counselling is an important intervention strategy in rehabilitating and reintegrating prostitutes into the society.

The study also found out that respondents understood the definition of counselling in regard to rehabilitation and reintegrating prostitutes into the society as a helping relationship where prostitutes shun prostitution and return back to the society to live their 'normal' life. Short lived projects such as poultry and donation of basic commodity hampers are some of the intervention strategies being done in rehabilitation and reintegrating prostitutes into the society.

Lack of sufficient funding and top-bottom approach are some of the challenges being faced in rehabilitating and reintegrating prostitutes into the society. Also, prostitutes input is being left out in coming up with intervention strategies to help them and a blanket strategy is being provided using the top-bottom approach regardless of different geographical settings among other considerations. This research also found out that counselling alone cannot be an effective strategy in rehabilitating and reintegrating prostitutes into society.

CHAPTER ONE

INTRODUCTION

In life, a human being may develop maladaptive behaviour which de-rails him or her from the normal rails of life. Prostitution is one of such maladaptive behaviours which call for the prostitutes the need for rehabilitation and reintegration back into the society to continue living their normal life. Counselling as a tool in rehabilitating and reintegrating these prostitutes into the society is a unique, one-to-one

relationship between a counsellor and a client who agree to meet privately and regularly for a period with the aim of restoring emotional well-being to the client through exploring difficulties which may include the stressful or emotional feelings of the client. It allows the client a safe place to be herself and to say what one truly feels in confidence without fear of judgment, criticism or unwanted advice.

The client is helped to see things from a different viewpoint so that the client will be enabled to focus on feelings, experiences or behaviour with a goal to facilitate positive change, (Schultz, 1989). Therefore, counselling can be seen as a bridge to bring back prostitutes to normal life. Prostitutes need to be rehabilitated where an effort is made to help bringing them out of sex trade by removing the maladaptive behaviour and into recovery from trauma and adversity, Schultz (1989). This research paper is going to look into the background of the study, statement of the problem, objective of the study, research questions, limitations and delimitations of the study, significance of the study, assumption of the study and last but not least, definition of terms.

BACKGROUND TO THE STUDY

Prostitution is the world's oldest profession and it varies widely from country to country and between jurisdictions within a country. United Nations International Labour Organisation (UN ILO) which is the official labour agency of the United Nations called for governments for recognition of the sex industry through its 14 February 1998 report. Governments were called to cash in on the booming profits of the industry by taxing and regulating prostitution as a legitimate job entitled "The Sex Sector" (ILO, 2008) This ILO report is being used as a justification for increasing the entry of women into "prostitution" to lower the unemployment rate and then for taxing women's earnings to rise desperately needed capital.

According to (Julie, 2010), prostitution is a form of exploitation of women and male dominance over women and a practice which is the result of the existing patriarchal societal order. The legal status of prostitution in Africa varies widely. Prostitution lacks the basic element of dignity and social justice. According to (Laura, 2009), prostitution has a very negative effect both on prostitutes themselves and on society as a whole as it reinforces stereotypical views about women who are seen as sex objects which can be used and abused by men. In other countries such as Algeria, prostitution is legal yet in Saudi Arabia prostitutes are lashed in public or stoned to death.

In Kenya, there is Kweta home of peace, rescue Dada and ST Martin's home which accommodates children rescued from prostitution from streets temporarily for not more than three months whilst tracing the parents of these children before commencing family therapy to reintegrate the children back home. If the parents are not traced, the children are exit from the centres and placed in homes for long term care and shelter. In the same country there is an End Child Prostitution in Kenya (ECPIK), a sex worker outreach project which is a life project that seeks to empower girls living on the streets involved in prostitution with alternative life skills for survival and promoting their sex rights. ECPIK also train these girls under the project and provide Information, Education and Communication (IEC) materials to trainees. ECPIK also offer free medical treatment for those on training on HIV and AIDS and other sexual transmitted infections. Regardless of all these efforts, cases of prostitution remain on the rise.

In other countries relevant organisations forward to Police for interventions and expeditions determination issues of children and youth living and working on the streets for prostitution of which the Police will in turn offer support in eradicating of harassment of children and youths in the streets for prostitution. Relevant stakeholders also team up and carry out campaigns to help prostitutes seek alternative income generating activities as compared to prostitution. Besides all these efforts, the issue of prostitution remains uncontrollable.

There are contributing factors to prostitution with poverty on the apex. The prostitutes are being paid cash or kind though most of the times they fall victims as a result of the unregistered status and as such they cannot turn to authorities for help when exposed to violence or other criminal acts, (Harcut, 2005)

In some countries, prostitution is controversial. Members of certain religions oppose prostitution, viewing it as contrary or a threat to their moral codes, while other parties view prostitution as a "necessary evil", (John, 2000). In countries such as Argentina and Belgium, prostitution is regarded as a profession, while in other parts such as Nigeria and Zimbabwe it is a punishable crime since it is considered not a desirable economic and labour sector. Civic organisations such as NGOs, churches and law and order enforcement agencies in Zimbabwe play a pivotal role in trying to deal with prostitution. This include religious counselling such as group and individual counselling as well as carrying out awareness campaigns and enforcing the law by the Police.

Here in Malawi no provision in the Malawi Penal Code criminalises the selling of sexual services by a sex worker. Yet, some police officers in Malawi appears to be operating under the assumption of section 146 of the Penal Code which prohibits a woman from living on the earnings of prostitution. Such an interpretation is then used to justify an arrest under section 184(c) of the Penal Code, which provides that a person found in a place in circumstances which led to the conclusion that such person is there for an illegal purpose, is deemed a rogue and vagabond.

In 2016 a high court dismissed charges against sex workers because the arrests were carried out to embarrass and harass Section 146. It said the law does not criminalise sex work but seeks to protect sex workers from those who exploit them. In other words, it was clarified that section 146 applies to the earnings of others. However, there are reports that arrests under the rogue and vagabond law have not stopped entirely as a result of this case. Sex workers and NGOs have reported serious, frequent violence and other abuses that are not dealt with by police and are often perpetuated by them.

Linda a well-known prostitute at Bwandilo, was once given all the comfort by Prophetic Healing and Deliverance ministry as a way of rehabilitating her from prostitution, but she resorted back to her old profession and left all the treasures for good. This indicates that regardless of every effort made so far, prostitution practices continue ballooning.

In trying to deal with this global issue of prostitution, a lot of strategies have been tried but despite all these efforts, there is still an increase in prostitution and the researcher aims at finding the extent to which counselling is effective in rehabilitating and reintegrating prostitutes into the society, a case study of Bwandilo drinking joint.

STATEMENT OF THE PROBLEM

It has been reported that in Lilongwe, particularly at Chigwirizano in Likuni, there are high levels of young girls involved in prostitution, even below the age of 15, who use prostitution as a way to earn an income. Some of the girls are trafficked to Likuni from Thyolo and Mulanje in Southern Malawi and they work in bars and rest houses. The Ministry of Labour has admitted that prostitution rates in Lilongwe are worrying as most children involved in prostitution in the district are under the age of 14 and are trafficked from the Southern Region of the country thus, according to the Ministry, the district labour office also withdrew five girls under the age of 13 from bars at Nsungwi, in Area 25 Township in Lilongwe. (ECPAT, 2015) There are reports of hundreds of girls, many as young as 10, who are being exploited through prostitution in brothels in places like Blantyre's Ndirande and Bangwe townships and at Biwi in Lilongwe, among other places in the country¹.

Malawi is experiencing high rate of child prostitution characterised by school dropouts, drug abuse, teenage pregnancy and child marriages. Despite efforts being done to deal with this issue of prostitution once and for all, prostitution seem to be fueled and therefore, the researcher would like to assess the extent to which counselling can be a useful tool towards rehabilitation and reintegration of prostitutes into the society.

¹ "Lilongwe Registers Increase in Child Prostitution", Malawi News, 1 August 2015, accessed 15 June 2016, <http://malawinewsnow.com/2015/08/lilongwe-registers-increase-in-child-prostitution/>

OBJECTIVE OF THE STUDY

Main Objective

The main objective of this study is to find out if counselling can be best way to rehabilitate and reintegrate prostitutes into the society.

Specific Objective

- Establish strategies to improve the effectiveness of prostitutes rehabilitation interventions in Lilongwe.
- Assess challenges faced in rehabilitation and reintegration of prostitutes into the society.
- Evaluate the effectiveness of counselling in rehabilitation and reintegration of prostitutes into the society.

Research Questions

- What are the effective strategies surrounding intervention, rehabilitation of prostitutes into the society?
- What are the challenges faced in rehabilitating and reintegrating prostitutes into the society?
- To what extent is counselling effective in rehabilitating prostitutes into the society?

SIGNIFICANCE OF THE STUDY

The study is of significance to the society because it is aimed at removing maladaptive behaviour from the community thereby promoting decency in the society as well as promoting family unity. The prostitutes themselves will also benefited from the study since they will be rehabilitated and reintegrated back into the society which might also be their wish thereby removing stigma and discrimination. The prostitutes will also helped to learn other positive measures of earning a living as compared to resorting to prostitution.

Stakeholders such as policy makers, the Police, social welfare, Non-Governmental Organizations (NGO) and counsellors will also benefited from this study. Policy makers will be guided by the research results when making their policies aligned to prostitution. There will also be reduction in crime such as infidelity, deliberate transmission of sexual transmitted diseases which will be a benefit to the Police as well as the society. The Police will also benefit from the research by seeing the other side of the coin regarding prostitution and channel their effort to the grassroots as the Police currently considers prostitution as one sided offenders not taking into cognizance the issue that these prostitutes are sometimes victims of circumstances as well as victims in their profession.

Social welfare will benefit by channeling resources to more productive field which they used to channel to prostitution. Also, issues of abandoned children, dumped babies and child offenders which had been a burden to the social welfare due to unwanted pregnancies from prostitution will be a thing of the past after the prostitutes in the area under study will be rehabilitated and reintegrated into the society. NGOs will also benefited by shifting their attention to positive living programmes such as cooperatives for the community to earn a better living.

SCOPE OF THE STUDY

The study focuses on counselling as an intervention strategy towards rehabilitation and reintegration of prostitutes into the **society** in Lilongwe city at Bwandilo drinking joint. This is a comprehensive study of 58 prostitutes at Bwandilo drinking joint and are to be selected randomly.

LIMITATIONS OF THE STUDY

The study will attracted some finances in conducting the research, internet bundles and presentation of the whole project and also one of the biggest challenge is that the variable (prostitute) is uncountable as they don't found at a strategic place but they move from one place to another to find customers. However, the researcher saved some funds specially for this project. The researcher also tried to make

use of the DMI St John the Baptist University library campus though it is restricted to working hours only.

Another foreseeable challenge to the study is the time resource due to other commitments such as work and family commitment since the researcher is married as well as employed. However, he will be worked during weekends and during nighttime, utilise his time offs; work lately and vocational leave to carry out his study and try by all means to meet the due date of submission. Since the researcher will be carrying out the research for the first time hence lack sufficient experience, the researcher will also need help from the supervisor.

DELIMITATIONS OF THE STUDY

The study focused on Lilongwe city especially Bwandilo drinking joint only not the whole city, Lilongwe city comprising of high density, medium and small portion of industrial area. The area is 727.8 square kilometers in size with an estimated population of 1.1 million people in 2015, and Bwandilo is policed by Lingadzi Police station which is located within the city.

The period of study of this project covered from year 2015 when prostitution in area under study showed a significant rise as shown by total number of prostitutes arrested by these Police stations comparing with previous period and before the courts interprets the law on prostitution and rogue and vagabond.

DEFINITION OF KEY TERMS

Counselling: - Is a type of psychological therapy designed to address the major aftereffects of sexual abuse, dissociation from the body and sexuality in general, a profound sense of powerlessness, critically law valuation of the self and mistrust and fear of intimacy (Schultz, 1989).

Intervention - An attempt to convince an addicted prostitute with a behavioural or psychological problem to seek professional help and change of behaviour (Schultz, 1989).

Rehabilitation- rehabilitation is a treatment or treatments designed to facilitate the process of recovery from injury, illness or disease to as normal a condition as possible.

Reintegration- Is the restoration of harmonious mental function after disintegration of the personality in mental illness

Prostitute- Every male or female person who - (a) knowingly lives wholly or in part on the earnings of prostitution; or (b) in any public place persistently solicits or importunes for immoral purposes, (Gazette, 2004).

Sex workers- Includes male, female and transgender adults who receives money or goods in exchange for sexual services, either regular or occasionally. (Gazette, 2004).

Society – Is a system of usage and produces, of authority and mutual aid, of many groupings and divisions, of controls of human behaviour and liberties. (Maciver, 1937)

CHAPTER TWO

LITERATURE REVIEW

INTRODUCTION

This paper examines the effectiveness of counselling as an intervention technique for the rehabilitation and reintegration of prostitutes society. The author through substantial amount of research by other scholars on sex workers relevant to this paper find out that different strategies have been used to help prostitutes not to be stigmatized, they have to be protected, but none has been done to try rehabilitate and reintegrate them into the society the researcher also tried to investigate the challenges faced in

rehabilitating and reintegrating prostitutes into the society and the author also try to understand to what extent is counselling effective in rehabilitating prostitutes into the society.

MAIN LITERATURE REVIEW

According to (Mukumbang, 2017) research done in Cape Town South Africa the on actions taken immediate after condom failure by sex workers, 36% of the respondents continued with the sexual encounter after noticing that the condom was broken. Another 36% stopped immediately when they noticed that the condom had failed, but replaced the condom; 13% of the participants stopped the sexual encounter completely; 3% applied vaginal spermicidal foam; and 5% of the respondents stopped immediately and took a douche when they had the chance. For the actions within the next 24 hours of experiencing condom failure with a client, 53% of the participants did nothing; 4% sought counsel from a professional; 3% of the respondents took alcohol or drugs to forget the incident, 25% went to the clinic for assistance and 8% offered other responses.

While continuing the sexual encounter without replacing the condom, taking alcohol and drugs or doing nothing could increase the risk of contracting HIV; however, actions like stopping the sexual encounter completely and visiting a clinic or a professional could make a difference between staying HIV negative or seroconverting. There is a need for targeted intervention to address issues of inappropriate behaviours after experiencing condom failure.

Female Sex Workers (FSWs) remain an important yet often overlooked strategy of the HIV epidemic in many African countries. Often considered to occupy the peripheries of society, both FSWs and their male clients are yet represented in every socio - economic strata in every sub - Saharan country. In Africa, there is a long - established epidemiological perspective viewing FSWs as a population with important public health needs, particularly in light of the African HIV/AIDS pandemic (E.N. Ngugi, 2012). Nguni further argued that increasingly, greater awareness and recognition of FSWs as citizens, wives and mothers are present. In all of these roles, FSWs deserve legal protection and adequate social/health care including highly active antiretroviral therapy for those who are HIV positive. This essay offers some research suggestions that we hope stimulate discussion around these goals. It is not arguable that these women are displaced and, therefore, more vulnerable to exploitation. They should be part of the equation of understanding more their vulnerability and possible responsive intervention.

Richter saw that there is a need for a strong response by governments, accountability by funders, policy reforms and support for sex worker led initiatives. Tailored sex work interventions should explicitly include male and transgender sex workers, sex work-specific clinics, focus on the risks of unprotected anal sex, and include interventions to reduce harm caused by alcohol abuse. (M Richter, 2013)

According to Twizelimana (2015) research he found that there were mixed perceptions of risk to HIV infection among the sampled sex workers. While some of the study participants perceived themselves as at higher risk of acquiring infection, some considered themselves to be at no higher risk than the general population. Some study participants suggested that married women in stable relationship were at higher risk of infection than the female sex workers. Prayer and belief in God were reported to be protective from HIV acquisition while predestination or mere talking about HIV was perceived to result in vulnerability to infection. In terms of overall knowledge about HIV, this was assessed as high. Several barriers to consistent condom use were reported: non availability at all times, high cost and unacceptable instructions of the female condom, offers of higher pay for unprotected sex by male clients and harassment and forced unprotected sex by police. (D. Twizelimana, 2015)

Stigma theorists investigated and found out that, the available evidence indicates that prostitution stigma originates in cultural norms about gender and sexuality, is often unrecognized by stigmatizers, results in social exclusion, and reduces life chances for sex worker. (Jansson, 2017)

Given the necessity of reducing HIV related stigma and discrimination for achieving an AIDS free generation, Javalker's report presents the effects of an intensive stigma reduction intervention

implemented for female sex workers and their families in two northern districts of Karnataka. (P. Javalkar, 2015)

Here it a true indication that research has been done by different scholars on issues related to sex workers but there is still a gap that needs further research, like what the researcher needs to do by demonstrating the effectiveness of counselling as an intervention technique for the rehabilitation and reintegration of prostitutes society

THEORETICAL FRAMEWORK

Humanistic approach was created by Carl Rogers and it ultimately sees human beings as having an innate tendency to develop towards their full potential. However, this ability can become blocked or distorted by our life experiences - particularly those that affect our sense of value. This is a humanistic approach that deals with the ways in which individuals perceive themselves consciously rather than how a counsellor can interpret their unconscious thoughts or ideas, (Schultz, 1989). It is about ensuring clients with maladaptive behaviour such as prostitutes in this study to be at the centre of decisions which relate to their life. A person-centred process involves listening, coaching, sharing ideas, and seeking feedback.

The researcher in this study worked to understand the prostitutes experience from their point of view, value the prostitutes as human beings in all aspects of their humanity, while aiming to be open and genuine. This is vital in helping the prostitutes feel accepted and better understand their own feelings - essentially helping them to reconnect with their inner values and sense of self-worth. This reconnection with their inner resources enables them to find their own way to live a normal life thereby promoting rehabilitation.

The core purpose of the person-centred approach is to facilitate the client's actualising tendency (self-actualisation is the belief that all humans will pursue what is best for them). This type of therapy facilitates the personal growth and relationships of an individual by allowing them to explore and utilise their own strengths and personal identity. A person-centred counsellor will aid this process and provide vital support, (Laura, 2009). This approach has been selected by the researcher for this study because of its three core conditions which are congruence, unconditional positive regard and empathy.

A variety of factors can affect rehabilitated prostitutes' ability to live a normal life, including low self-esteem, a lack of self-reliance and very little openness to new experiences. The person-centred approach recognises that the prostitutes' social environment and personal relationships can greatly impact these, so therapy is offered in a neutral and comfortable setting where a client can feel at ease, authentic and open to learning about themselves. In this way, the approach offers individuals the opportunity to counteract past experiences that affected conditions of worth (the circumstances under which we approve or disapprove of ourselves), (Schultz, 1989).

DEFINITIONS AND TERMS

Rehabilitation of prostitutes.

(Calhoun P. S., 1995) Describes rehabilitation as an intensive, insidious and deliberate strategy intended to equip prostitutes undergoing rehabilitation program with new skills to cope with rapid changes in the world. In other words, rehabilitation is a form of re-socialization where prostitutes learn new norms, values, attitudes, and behaviours to match their new situation in the society where they will be reintegrated. According to (James, 2013), re-socialization occurs by learning something contrary to our previous experience and as in this study, prostitutes will learn to live a normal; life by divorcing themselves from the maladaptive behaviour.

Rehabilitation entails the counsellor helping the prostitute to restore to her former state using the counselling as a bridge to cross over from the maladaptive behaviour side to normal life. This assertion had been buttressed by (Schultz, 1989) who indicated that prostitution need to be dealt with in order to

restore the prostitutes back to their former state, reputation, possession and status. Prostitution can leave permanent marks on an individual, as he/she adapts to the ways and demands of the prostitution as such rehabilitating prostitutes from the street will prevent dangers associated with prostitution including these permanent marks, (James, 2013).

Other partners who participate in rescuing prostitutes from the street such as Youth Net and Counselling (YONECO), Don Bosco just to name a few, have a different approach of first talking to the prostitutes in the street and encouraging them to abandon prostitution for a better life in a rehabilitation center. All such methods lack counselling because when rehabilitating through counselling, the client has to be willing and not compelled since compelling them put the prostitutes at risk of relapse as they would not have appreciated the bad side of prostitution which can only be achieved through counselling.

Rehabilitation is achieved through de-socialization where the individual unlearn inappropriate behaviour and through re-socialization an individual acquires new and appropriate cultural norms, skills, value, roles and self-image that were quite different from the previous ones which will help her to be reintegrated into the society, (Preston, 1989). Reintegrating prostitutes into the society which is free of dangers of prostitution helps the prostitute to unlearn all the prostitution behaviours which she had learnt. As such, the researcher assessed the effectiveness of counselling since it involves the prostitutes de-socialise themselves from their maladaptive behaviours and adopt normal behaviour.

Reintegration in relation to prostitution.

After the rehabilitation process is done where maladaptive behaviour have been dealt with, the client(s) have been transferred to a different environment from which she used to live. This time the clients were geared up to live a normal life and as such, they can be faced with challenges which can prevent the normal life to be a practical one. It is when counselling was used to ensure that the client has her fears addressed as well as her expectation in the new world. The counsellor had a mammoth task in ensuring that the client does not return back to prostitution. Issues such as withdrawal, boredom, stigma among others were discussed in preparing the client to go and join the society as stated by (Schultz, 1989).

Therefore, this process of reintegration involves the prostitute who is due for reintegration and the society which were receiving back the prostitute after rehabilitation. The study is going to assess the effectiveness of counselling in reintegration to ensure safety and sustainability in the society otherwise the rehabilitated prostitutes will not stay in the society but rather will eventually go back to the street even after spending time and resources rehabilitating them.

CAUSES OF PROSTITUTION

Many women that are seen in the act are not happy with the profession. Some are forced into the act while some are engaged in it because of some unavoidable factors and conditions. Below are few of the reasons why women engage in prostitution:

Poverty

Poverty is the state of being poor which force women to resort to prostitution. The poverty rate is increasing at an alarming rate and people, especially those that are not disciplined venture into other means of making money. Some young ladies who are in school with no parental support or any other means of funds to fend for themselves see prostitution as a means of survival and continuity of their education, (Brink, 2001).

Victims of Rape, Child Labour, and Trafficking

Some of the prostitutes are victims of sex slavery, rape, child labour, and trafficking. Those who are sexually abused or raped when they are young see nothing great, divine or important about sex. Their conceptions about sex have been derailed due to their childhood experiences. Some have low-self-

esteem and other sexual disorders that later lead them into prostitution. Some young ones are forced and forced into sex slavery, pornography and prostitution, (Brink, 2001).

Peer Pressure

Most people or ladies that are in this act are being lured by friends, siblings or family members. Peer group has the highest influence on a child. The people a child move with determines who he or she will become. Youths are majorly influenced by people around them since they have not really mapped out the partway of their life, (Brink, 2001).

Laziness and Thirst for Quick Wealth

Youths and students nowadays are lazy, they want to make money and live in luxury without hard work. (Sanders K. , 2010), stress the importance of financial drivers which often push people into prostitution. Those that work with little wages are being intimidated by their colleagues that are making money without no work. This drains the morale of the innocent ones thus making them to be involved in prostitution. Some young ones that are from wealthy families are also involved in this act. They are greedy to have more wealth and money apart from the ones given to them by their parents.

Lack of Parental Care

Most children become wayward when they have no one to guide and monitor them. Those with busy or care-free parents tend to be lured into various social vices. The ladies are free to attend parties where they are exposed to bad influence and girls already involved in prostitution will deceive and lure them into prostitution.

Low education

The literature suggests that poor education, as well as a lack of training and qualifications, impacts on vulnerability; driving entrance into prostitution and reducing the chances of finding alternative forms of employment. In (Jeal, 2008) study, they found one-third of interviewees had left education at the age of 14 years or younger. Similarly, (Bindel, 2010) found 39 per cent of respondents had no training or formal qualifications. Poor education could affect the ability to find mainstream work meaning opportunities to earn an income are limited.

EFFECTS OF PROSTITUTION

Sexually transmitted infections

Due to the nature of the prostitution work, sexually transmitted infections are inevitable risk which a number of outreach programmes aim to combat, (Jeal, 2008). Whilst it is widely acknowledged that many prostitutes still engage in risky behaviour, such as having sex without a condom. The numbers of other sexually transmitted infections also remain low; however, the potential for transmission is high. Prostitutes must continue to get the sexual health support. HIV and Aids as an effect of prostitution has not spared people in prostitution. Those in prostitution are at a higher risk of HIV than those who do so infrequently. Prostitutes in the area under study are not spared to these sexually transmitted infections hence they benefited from this study.

School dropouts

Since girls as young as twelve in Malawi are resorting to prostitution, this is a school going age and as such this result in high rate of school dropouts thereby affecting the future of this generation. ZBS news on 28 August 2018 by Ronex Chiwanda had a headline which stated that 'High School Dropout Worries Authorities'. A lot of primary school children were failing to pull through to secondary school due to early marriages and prostitution. Some of those who resorted to prostitution were among those who

would have been left in financial positions through death or illness of the family breadwinner which they felt can only be remedied through prostitution.

Violence

Physical, sexual and verbal violence are common experiences for many prostitutes. Majority of studies looked at, indicates that violence is a prominent feature in the lives of prostitutes in almost all prostitution settings. (Spice, 2004) Argued that physical violence is the single greatest threat facing prostitutes. A study by (Harding, 2002), which examined the experiences of female prostitutes in Nottingham, found that all the women interviewed had experienced some form of violence, whether physical, emotional or sexual. This seem to be a global issue to all prostitutes hence the need to try other efforts such as counselling to rehabilitate and reintegrate these prostitutes into the society as sought by this study.

A study by (Bindel, 2010), found that two-thirds of the prostitutes they interviewed experienced violence, whilst another study by (Sanders K. , 2010) says that many prostitutes have experienced increasing levels of violence and complained of harassment by police even though reporting of violent crime is low among prostitutes.

The consequences of physical violence can often lead to poor physical health, as well as poor mental health due to trauma, (Rossler, 2004). At its most extreme, violence against prostitutes leads to death. An example of this is the high-profile case of Steve Wright who murdered five prostitutes in the area of Ipswich around 2006.

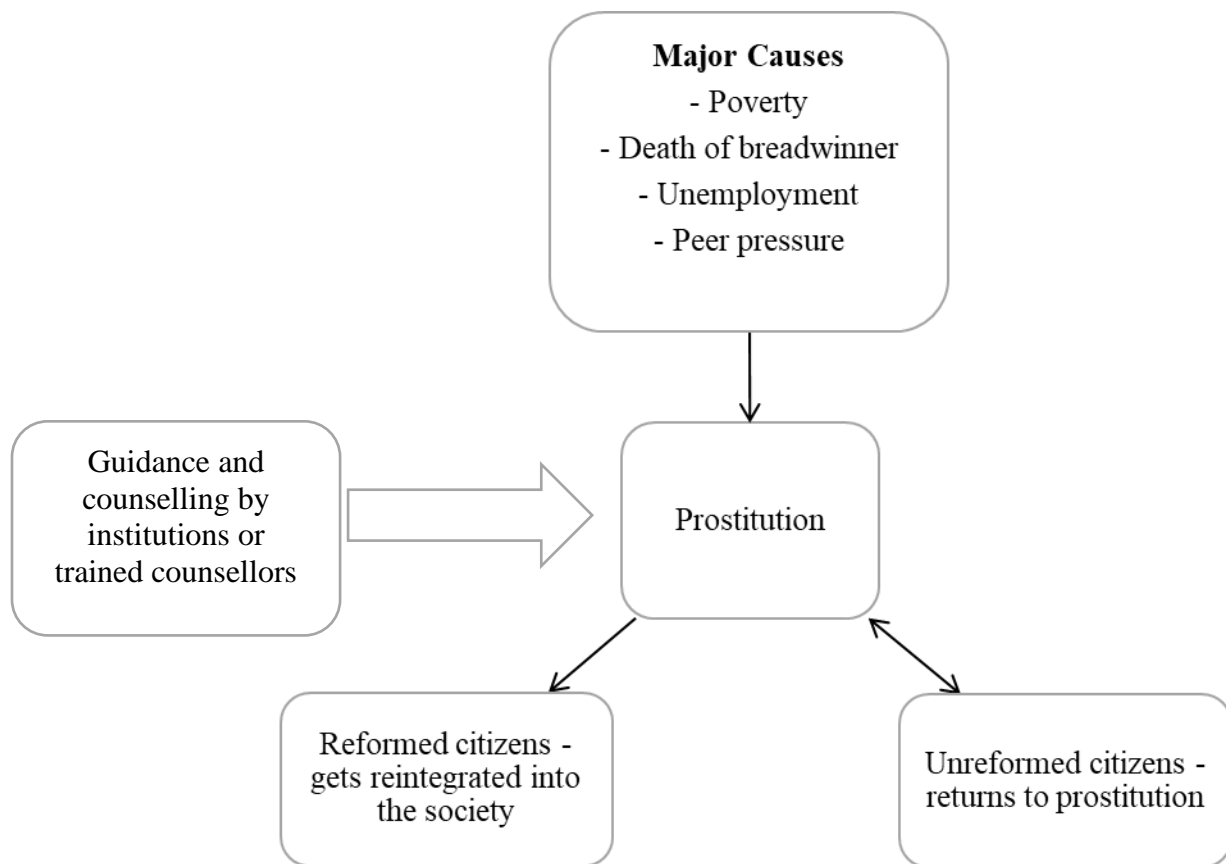
Unwanted or teenage pregnancy and miscarriage

According to (Schultz, 1989), prostitution is physically harmful to women. Such physical effects of prostitution include unwanted pregnancy and miscarriage. Since some of the prostitutes do not use protection for various reasons, this put the prostitutes at risk of having unwanted pregnancy and may result in miscarriage or abortion.

In Lilongwe and Dowa district of central Malawi (FIPAM, 2004) 61 percent of young sex workers solely depended on earnings from sex work for a living. Worse still, these young girls are subjected to unprotected sex for various reasons which include failure to access condoms and pressure from their clients who bargain to pay more if they do not use condom. The consequences that arise from this situation includes infection with STIs including HIV, adolescent/teen age pregnancy leading to young motherhood or unsafe abortions.

CONCEPTUAL FRAMEWORK

In this research, the researcher assesses counselling as an intervention strategy towards rehabilitation and reintegration of prostitutes into the society, the concept below explains that prostitution is as a result of poverty, death of breadwinner in the household, unemployment and sometimes peer pressure. But then if these prostitutes are subjected to counselling and guidance, those that get satisfied with it gets reformed and go back to normal living whereas those who don't feel satisfied with the counselling go back to prostitution.



Conceptual framework

Defining Variables

Counselling

Counselling is a unique, one-to-one or group relationship between a counsellor and a client(s) who agree to meet privately and regularly for a period of time with the aim of helping the client to resort back to her previous normal life after dealing with the maladaptive behaviour before the client can be accepted back into the society where one used to live. It allows the client a safe place to be him/herself and to say what one truly feels in confidence without fear of judgment, criticism or unwanted advice.

The client is helped to see things from a different point of view and enabled to focus on feelings, experiences or behaviour with a goal to facilitate positive change, (Schultz, 1989). The client is empowered to brace up for the forthcoming change in her life and adaptation to the pending normal life. In this study, the prostitute was dealing with his/her maladaptive behaviour and adapt to his/her normal life back into the society after rehabilitation with the assistance of a counsellor using counselling as a bridge to cross over.

According to (Calhoun P. S., 1995), counselling can be viewed as an interpersonal relationship between someone actively seeking help and someone trained and willing to give help in an environment that allows help to be given and received. The researcher concurs with this definition because in counselling as a tool to rehabilitate and reintegrate prostitutes into the society, the client needs to be actively seeking help which shows his/her readiness to deal with the maladaptive behaviour and readiness to live a normal life with less chances of relapsing. The phrase “you can take the donkey to the river, but you cannot force it to drink water” also applies to counselling. If a client is forced into counselling, this will result negatively since the client will not fully cooperate and cannot be forced to implement any assignments. In view of this, the prostitute client needs to be willing to be counselled, rehabilitated and reintegrated back into the society for counselling to be an effective tool. The counsellor assists the client in understanding her problems by taking them out in a nonjudgmental atmosphere. As buttressed by

(Brink, 2001) it is also through this dialogue that the counsellor helps the individual find ways of changing her maladaptive behavioral and thought patterns so she can manage the conflict, fear, anxiety, depression, or addiction that is hampering her from living a full, normal and satisfying life. Counselling is often considered working with specific issues and finding solutions and resolution to the client's problems.

There are many different approaches or therapies that a counsellor can use to help a person resolve his/her issues. Any or all of them may be effective, depending on their suitability for the individual's unique personality and circumstances. Sometimes a counsellor may find it appropriate to integrate or blend specific types of techniques. At other times, a counsellor may use an eclectic approach in which he or she chooses elements from different therapies and combines them in the treatment method used. What makes integrated therapy different from the eclectic method is that the first type uses a blend of theories in their entirety while the second approach uses only parts of the theories, (Haralambos, 1994). In this study, counselling was used as a tool to divorce the prostitutes from their maladaptive behaviour so that they revive their normal life into the society.

Prostitution

Prostitution include exchange of sexual activity for money or other forms of rewards though some prostitutes fall victim of this world's oldest profession as referred to by the English speaking world because not all their customers pay for the sex as the norm and some of them can even be battered for demanding their dues. This researcher's definition buttresses (Garner, 1999) who defined prostitution as the act or practice of engaging in sexual activities for money or its equivalent. However, (Brink, 2001), define prostitution as one branch of the sex industry, along with pornography, stripping, and erotic dancing.

In Malawi despite all other efforts done to curtail prostitution, it is ballooning to unexpected figures each day. Scores of young girls have been queuing up to have sex with willing men in exchange for money to fund their survival. Some of the girls, many of which whom have been forced into the sex trade by their relatives, are driven by harsh economic conditions.

Despite sex work being illegal in the southern African country, those who engage in prostitution have exercised their rights in recent times, with a Malawian court having ruled in their favour over a dispute in 2014.

According to Malawi 2017 Human rights report, transit, and destination country for women and children subjected to sex trafficking. As such this study aims to assess the effectiveness of counselling as an intervention strategy in rehabilitating and reintegrating prostitutes into the society.

Moderating variable is the variable that interlink dependent and independent variables, in this study Policies are our moderating variable that brings a positive change in the society.

CHAPTER THREE

RESEARCH METHODOLOGY

INTRODUCTION

This section describes the research design and methodology that was used to collect and analyze the data for the study. Theoretically, research design shows how the research was conducted. Research design is the conceptual structure within which research is conducted; it constitutes the collection, measurements and analysis of data and validity of the data gathering tools used.

3.2 RESEARCH DESIGN

In this study, the descriptive survey was used because people were studied in their natural setting and collected data was described in terms of summary frequencies. Data set collected from a sample was

summarised using descriptive statistics. The researcher chose this design because descriptive statistics consists of methods for organising and summarising information clearly and effectively. General overview of the subjects was obtained.

3.3 RESEARCH INSTRUMENTS

Research instruments can be viewed as the techniques used in soliciting data for interpretation and analysis in a research. This study applies much on the use of more than one research instrument of data collection. The semi-structured interviews, observations (where possible) and the questionnaire, making triangulation possible, were used in collecting data for the study. Triangulation according to (Punch, 2003) enables cross checking of data from multiple sources to search for regularities in the research data. This was done so as to have a total assessment on the use of counselling as an intervention strategy in rehabilitating and reintegrating prostitutes into their society, a case study which was carried at Bwandilo drinking joint. The use of questionnaires combined with interviews as data collection instruments enabled the validity and reliability of data as the short comings of one instrument used are addressed by the other.

3.4 SAMPLE

A sample is a portion of elements of a population, (Leedy, 1995). It is a small population selected for observation and analysis. Through a representative sampling design, one can make inferences about the characteristics of the population from which it is drawn. If the phenomenon under study is homogenous, a small sample is sufficient. (Muchengetwa, 2012) Upon the sample propound that the researcher needs to carefully plan the sampling procedure to avoid making distorted conclusions.

3.5 SAMPLING DESIGN

The study made use of stratified random sampling as well as the purposive sampling designs. This helped the researcher to find credible and rich information. Participants were selected for a specific purpose, (Leedy. E., 1995) Purposive sampling design was used to select the prostitutes from the entire group of prostitutes at Bwandilo for interviews as well as completing the questioners, as representative of the whole prostitute population in the area under study. From this sample, the researcher made generalisations from in assessing the use of counselling as an intervention strategy in rehabilitating and reintegrating prostitutes into the society, a case study of Bwandilo.

A total of fifty eight prostitutes from Bwandilo was used in carrying out the study. A successful research depends on the choice of a more suitable research design. This normally depends on the situation in which the research is carried out, subjects and the amount of control the researcher has and the nature of questions.

3.6 SAMPLING PROCEDURE

This however marks the steps the researcher takes in selecting the despondences to be used as a sample from the whole population of prostitutes at Bwandilo. (Borg, 1979), on sampling it is all about selecting a given number of people from a defined population as a representative of that population.

The researcher used the probability (random) sampling technique. Simple random sampling was used where the names (numbers) of all the prostitutes who agreed to become respondents were written on pieces of papers and put into a hat, after reshuffling, one piece of paper with the names (number) was picked at a time without replacement until the required sample size of fifty eight respondents was obtained.

The researcher chose this technique because according to (Nkala, 2014), simple random sample is used for homogeneous populations. Also, in random sampling, every member of the population has an equal chance of being selected into the sample and the chance of each member being chosen into the sample is known.

3.7 SAMPLE SIZE

The researcher chose a total number of fifty eight prostitutes using the probability (random) sampling technique. The members of the sample group have the same characteristics as those of the total population and basing on this sample, the sample information obtained was used to draw conclusion about the use of counselling as an intervention strategy in rehabilitating and reintegrating prostitutes into the society.

3.8 DATA COLLECTION

Data collection is the core of research. Without it, there cannot be results, findings and or conclusions. (Muchengetwa, 2012) observed that it is essential to follow correct procedures in collecting the data. If the procedures are incorrect or faulty, the data becomes invalid and so are the results. Data collection procedures are very pertinent to research and its utilization and or collection. This research used the semi-structured interviews and observations where possible for qualitative and questionnaires for quantitative as data collection instruments.

3.9 INTERVIEW

Interviews are often used in collecting data in various studies. (Waters, 1979) describes an interview as a face to face meeting at which the interviewer asks the interviewee questions about his or her experience, feelings and achievements. An interview therefore seeks to obtain information by gaining access to what is inside the interviewee by probing. Upon this view, (Muchengetwa, 2012) stated that interviews can gather facts about people's belief, perspectives, feelings, motives, past and present behaviours and events.

Fifty eight prostitutes in this study made up the sample to be interviewed. For the sample, the respondents were selected basing on them being in the field of prostitution to answer the researcher's questions which were structured and unstructured depending on the situation on the ground.

3.10 THE QUESTIONNAIRE

This instrument is mainly to be used in research to collect quantitative data which has to be presented and analysed statistically. Questions for the questionnaires are greatly used in survey researches and data quantifiable, (Leedy, 1995). Questionnaires enable respondents to answer the set of questions at own time under a free and relaxed atmosphere.

3.11 DATA COLLECTION PROCEDURE

Primary data was collected through Interviews and questionnaires which were used for key sample categories like; prostitutes, interview guides for key informants like representatives of various NGO's in respect to activities that prostitutes are involved, the researcher engaged prostitutes in participatory discussions through individual and group counselling according to the research questions as detailed above.

3.12 DATA ANALYSIS

The procedures in the analysis of the data mark one of the most important parts in the research planning and execution. On data analysis, (Heppner, 1992) posits that it involves the organisation, manipulation and consideration of the meaning, only part of the information gathered would appear in the final report and this would usually be presented in the forms which differ considerably from raw data.

To draw conclusion, the data was entered in the excel database and the contextual analysis was done using Statistical Package for Social Scientist (SPSS)

3.13 DATA PRESENTATION

Data presentation according to (Babbie, 1979) is the process of processing raw marks or data to make them meaningful. In this study data was presented in tables, figures and narrative.

3.14 ETHICAL CONSIDERATIONS

Ethical issues are of paramount importance in every research and call for careful attention from the beginning of the research. Ethics has to do with respect for human rights which includes right to life, (Tuckman, 1978). Research ethics refer to moral principles that govern or influence a researcher's behaviour. It involves considerations such as honesty, respect for the integrity and dignity of the individual and confidentiality of certain information.

This project is for academic purposes all the views to be discussed and data to be collected will confidentially be treated fairly.

CHAPTER FOUR DATA PRESENTATION, ANALYSIS AND INTERPRETATION

INTRODUCTION

In this chapter, the data derived from the research is presented using tables, graphs and pie charts. Qualitative presentation of data shall be given. Qualitative data will be used to add value to qualitative data in order to come up with sound conclusions. The major findings are highlighted in the light of the research problems and the literature review outlined earlier.

PRESENTATION AND DISCUSSION OF DATA.

Frequency of respondents by age

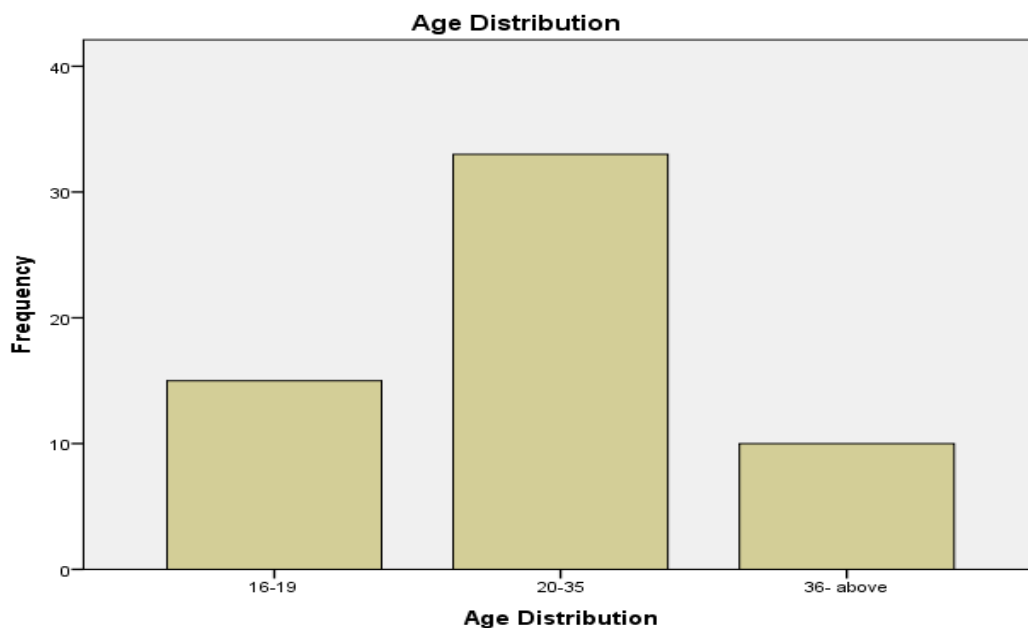


Figure 1: Age Distribution of Respondents

Graph above indicate that respondent's ages range from 16 to over 36 years. 15 respondents' age vary from 16-19 years and contribute as 27% of the total number of respondents whilst respondents whose age range from 20 to 35 years are 33 and contribute to 57% to the total respondents and finally respondents whose ages range from 36 above years are 10 who contribute to 16%. This implies that a lot of youths are the ones actively engaged in prostitution, a situation which is retrogressive in as far as national development is concerned.

Respondents’ level of education

LEVEL OF EDUCATION	FREQUENCY	PERCENTAGE
Primary	26	44.8
Secondary	30	51.7
Tertiary	2	3.4
TOTAL	58	100

Table 1: Respondents Level of Education

The table above shows that 26 did only primary education and 26 of the respondents went up to secondary education and 2 went further to tertiary education.

Marital status of the respondents

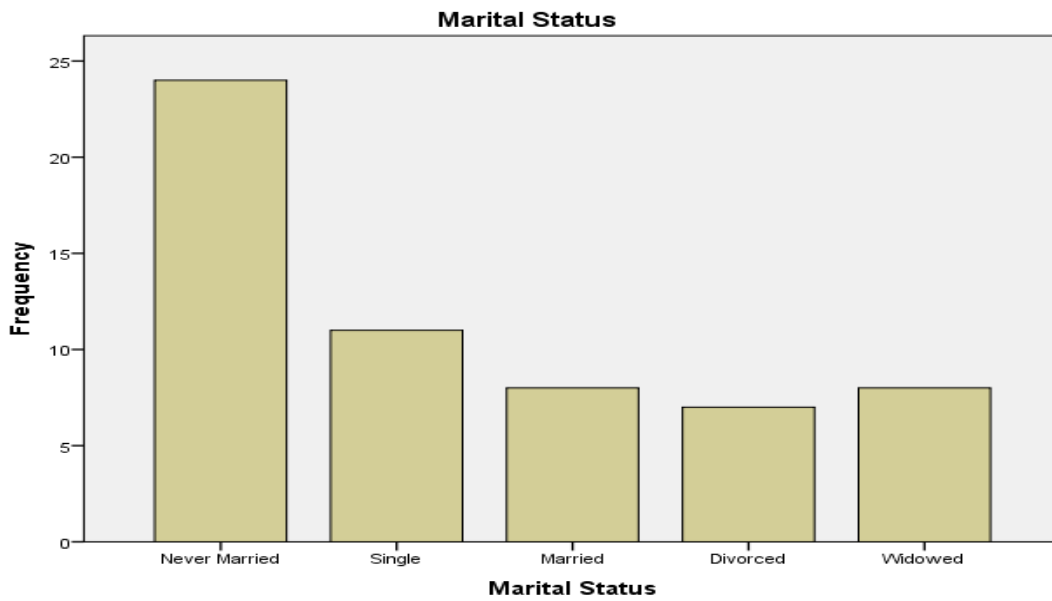


Figure 2: Marital Status of Respondents

The graph above shows that amongst the 58 respondents 07 were divorced, 08 of them were married, 24 never got married, 08 were widowed and 11 were single mothers.

Condom usage

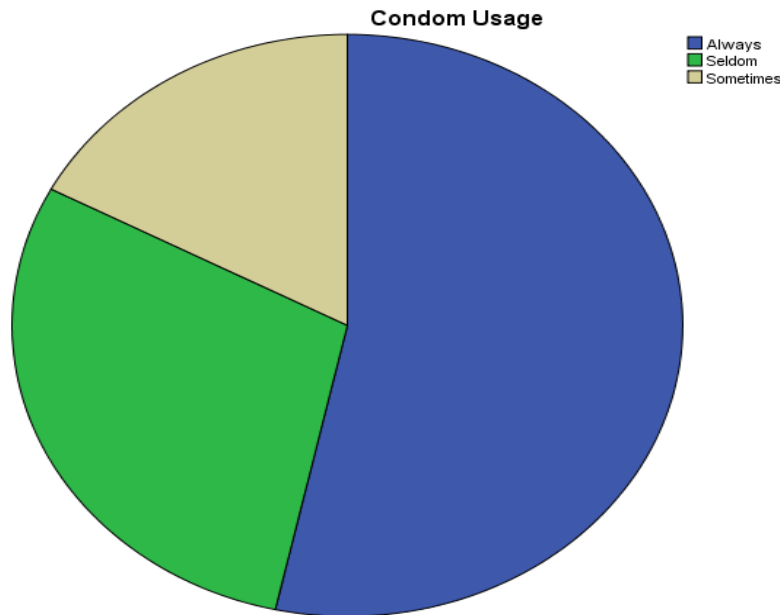


Figure 3: Condom usage

On the above pie chart, 53% of the respondents reported to be using condom always whilst 17% reported that they never use condoms, yet 30% reported use of condom as ‘seldom’. However, ‘seldom’ is almost as good as ‘never’ in these days of the HIV/AIDS pandemic. This is particularly worrisome as this will make efforts being put towards the fight against the spread of the virus almost futile.

Definition of counselling in relation to rehabilitating and reintegrating prostitutes into the society

PERCEPTION TOWARDS COUNSELLING	RESPONSE	PERCENTAGE
Helping to desist from prostitution and return to society	35	60
Guidance on how to leave prostitution and join the society	17	30
Assistance in dealing with prostitution and start living a ‘normal life’	6	10
TOTAL	58	100

Table 2: Perception towards counseling

35 respondents defined counselling in relation to rehabilitating and reintegrating prostitutes into the society as a helping relationship to desist from prostitution and returning to the society. 17 respondents defined as a guidance on how to leave prostitution and join the community whilst 06 respondents defined as an assistance in dealing with prostitution and start living a ‘normal’ life.

Main drive into prostitution

MAIN REASON FOR PROSTITUTION	FREQUENCY	PERCENTAGE
Death of breadwinner	12	20
Poverty	19	33
Unemployment	17	30
Peer pressure	10	17
TOTAL	58	100

Table 3: Main Drive into Prostitution

The study went further to find out what were the major causes or the reasons that drives women into prostitution. According to the findings, 12 respondents stated death of bread winner as their main drive into prostitution, 19 was poverty, whilst 17 cited peer pressure and 10 indicated unemployment as the main drive into prostitution.

Strengths of counselling

STRENGTHS OF COUNSELLING	FREQUENCY	PERCENTAGE
Confidentiality	12	20
In-depth analysis of a problem	12	20
It is non-judgmental	7	13
It is unbiased	27	47
TOTAL	58	100

Table 4: Strengths of Counselling

12 respondents stated that strength for counselling is unbiased counsellor, 12 also stated in-depth analysis of the problem other 07 indicated the issue of confidentiality yet 27 stated the importance of non-judgemental counsellor.

Weaknesses of counselling

WEAKNESSE OF COUNSELLING	FREQUENCY	PERCENTAGE
It does not bring food on the table	22	38
No material assistance	17	30
It is not a permanent solution to the problem	19	32
TOTAL	58	100

Table 5: Weaknesses of Counselling

Table above indicates that a total of 22 respondents indicated that counselling doesn't bring in permanent solution to the problem whilst a total of 17 also stated that counselling does not bring food to the table whilst 19 stated that counselling does not offer material assistance

Effects of prostitution

EFFECTS OF PROSTITUTION	FREQUENCY	PERCENTAGE
Contracting HIV/AIDS and other STIs	23	40
Unwanted pregnancies	12	20
Discrimination from the society	10	17
Victimization by the society and other authorities	13	23
TOTAL	58	100

Table 6: Effects of Prostitution

12 respondents cited unwanted pregnancy as an effect of prostitution, 13 cited victimisation whilst 10 cited discrimination in the society yet 23 cited HIV / AIDS and other STIs.

Other intervention strategies received

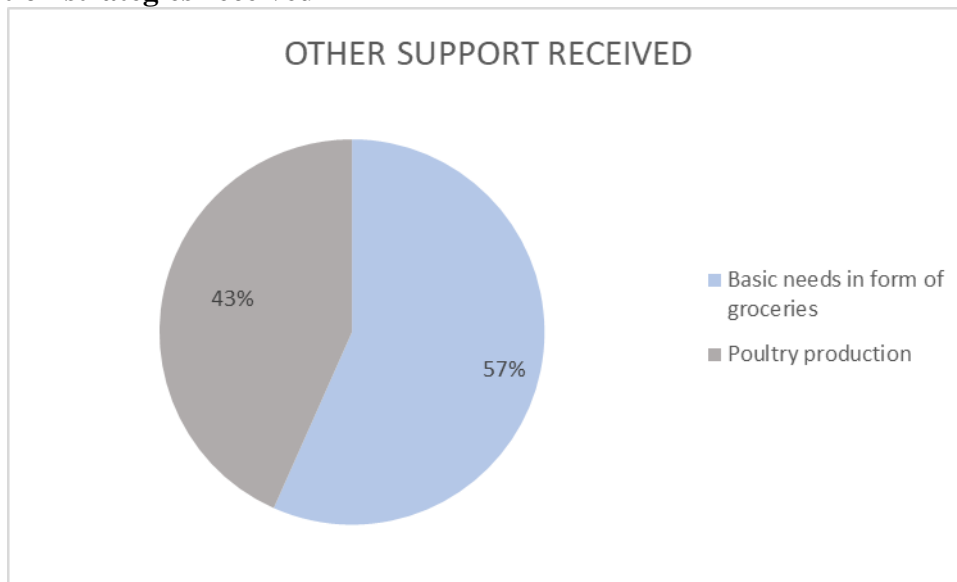


Figure 4: Support Received

The above fig indicates that the respondents have received some intervention strategies in rehabilitating and reintegrating them into the society. 33 had received short lived strategy of poultry project whilst 25 received donations of basic commodities.

Challenges in received intervention strategies

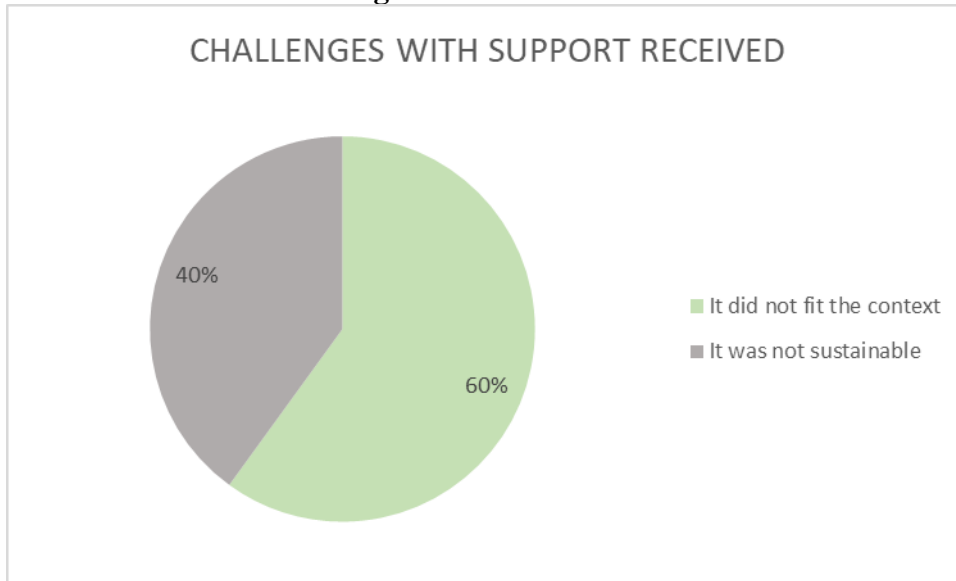


Figure 5: Challenges with Support Received

60% of the respondents indicated that financial challenges were faced during the received intervention strategies whilst 40% indicated top-bottom approach as to the challenge faced in rehabilitating and reintegrating them into society.

4.1.12 Effective strategies surrounding intervention, rehabilitation and reintegration of prostitutes into the society.

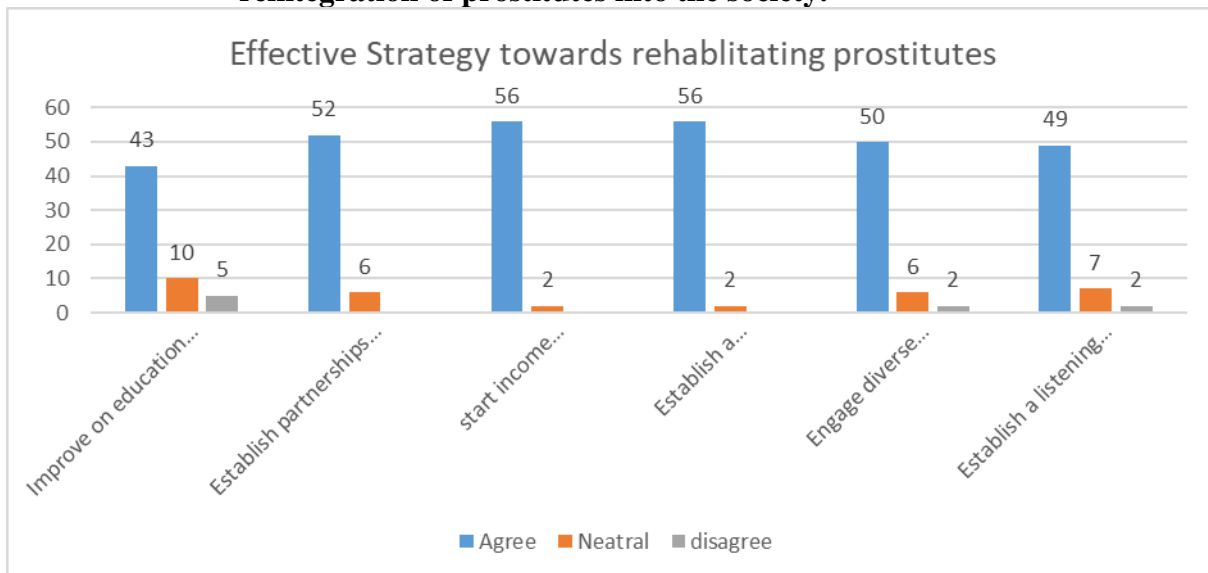


Figure 6: Effective Strategy towards rehabilitating prostitutes

The above graph depicts the participant’s response into the effective strategies surrounding intervention, rehabilitation and reintegration of prostitutes into the society were majority agreed that there is need to improve on education services and employable vocational skills out of 58 respondents 43 agreed, 10 were uncertain and 5 disagreed, 56 respondents agreed to a strategy of starting income generating activities in prostitutes interventions and establishing a comprehensive rehabilitation and dropping center while 2 were neutral, 50 respondents agreed with the strategy of engage diverse professionals in rehabilitating interventions, 06 were neutral and 02 disagreed with this. 49 respondents agreed to establishing of listening platforms for beneficiaries/stakeholders views in prostitutes rehabilitation

programmes while 07 were uncertain and 02 disagreed and 52 respondents agreed with establish of partnerships to help prostitutes interventions and 06 were uncertain.

Challenges faced in rehabilitating and reintegrating prostitutes into the society.

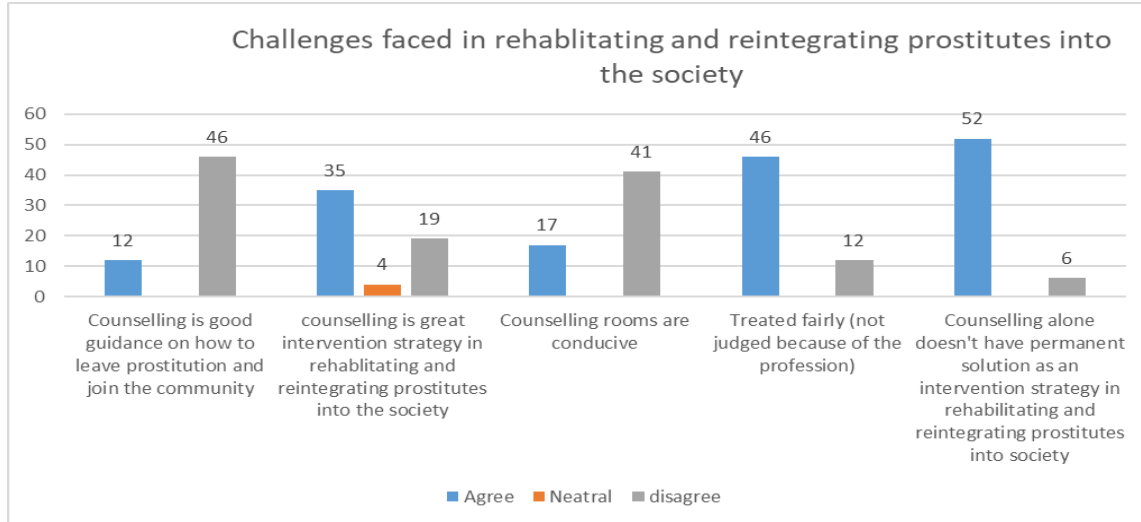


Figure 7: Challenges in rehabilitation

52 respondents agreed that difficulties in mending family and community relationships while 05 were neutral and 01 disagreed, 48, respondents agreed that unemployment is a challenge in rehabilitation and reintegrating them while 07 disagreed and 03 were uncertain, 52 respondents said inferiority complex is a challenge and 06 disagreed, all the 58 respondents agreed that struggle with change of environment is a great challenge and 50 respondents agreed that lack of after-care service is a challenge, 02 were uncertain and 06 disagreed.

Effectiveness of counseling in rehabilitating and reintegrating prostitutes into the society

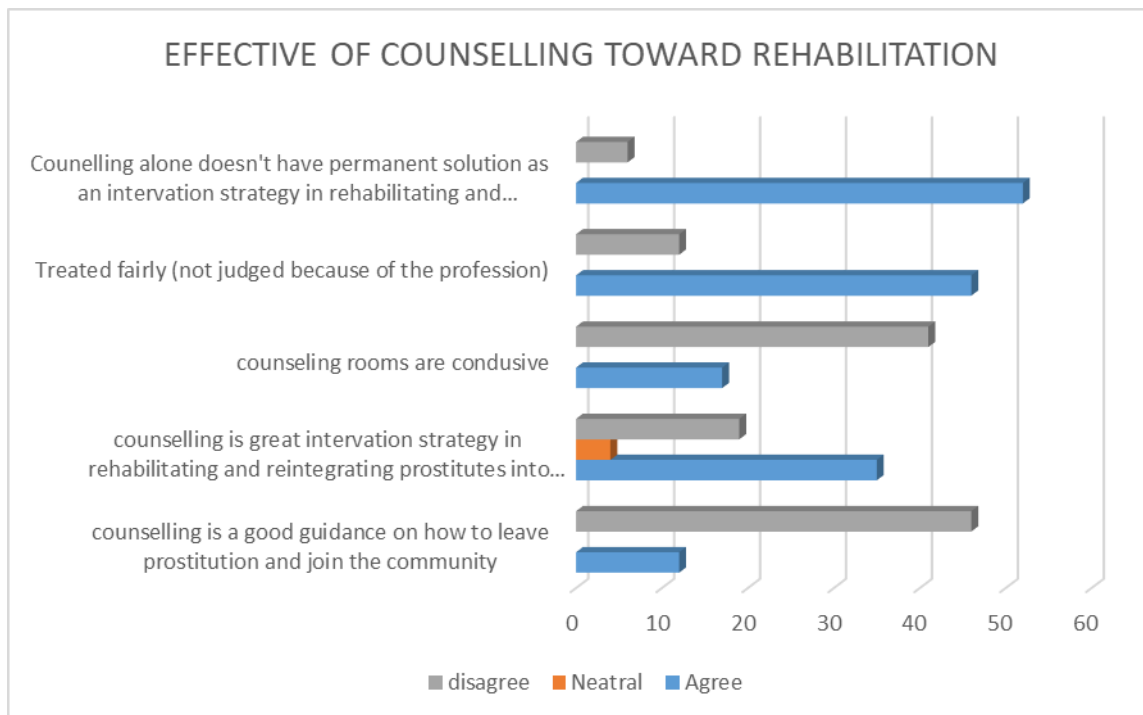


Figure 8: Effective of counselling toward rehabilitation

80% of respondents responded that they counselling is a good guidance on how to leave prostitution and join the community while 20% disagreed, 60% responded that counselling is a great strategy in

rehabilitating and reintegrating prostitutes into the society, 7% were neutral and 33% disagreed, 30% responded that counselling rooms are conducive while 70% said they are not, 80% responded that they were treated fairly (without being judged about their profession) while 20% were not treated fairly and 90% said that counselling alone doesn't have permanent solution as an intervention strategy in rehabilitating and reintegrating them into the society while 10 percent agreed to it.

SUMMARY

This chapter looked at the presentation of data derived from the research using tables, pie charts and graphs. Quantitative presentation of data was given. Qualitative data was also used to add value to qualitative data in order to come up with sound conclusions. The major findings were highlighted and discussed in the light of the research problems. A summary of the major findings was given to facilitate the drawing of conclusions.

CHAPTER FIVE

5.0 SUMMARY, DISCUSSIONS, CONCLUSIONS AND RECOMMENDATIONS

5.1 INTRODUCTION

This chapter presents a summary of the study, major findings and conclusions drawn from the findings and recommendations emanating from the research conclusions. It also presents areas for further studies.

5.2 SUMMARY

The study was conducted in order to assess the effectiveness of counselling as an intervention strategy in rehabilitation and reintegrating prostitutes into the society, a case study of Bwandilo drinking joint. The study looked at a brief background to the study, statement of the problem, purpose of the study. Objectives, research questions and assumptions of the study were outlined. The significance of the study, limitations and delimitations of the study, definition of terms and a chapter one summary were given.

A comprehensive review of both theoretical and empirical literature was carried out. It focused on the use of counselling as an intervention strategy in rehabilitating and reintegrating prostitutes into the society. The researcher also explained of the research methodology applied in carrying out the investigation. It focused on the research design which was used in the study together with its strength and short-comings and how the weaknesses are mitigated. Additionally, the research defined the population of the study, looked on sample and sampling procedures. Here the research looked on why the respondents were selected and why the sampling procedure was used instead of other procedures. Data collection methods and instruments used were included together with their strength and weaknesses. Questionnaires and interviews were used for data collection. A total of fifty eight questionnaires were distributed to fifty eight respondents. A return rate of 100% was attained from the respondents. No major problems were encountered during data collection.

Given the poor postal services nowadays, the researcher physically distributed questionnaires and collected the data. Other measures to stem up the weaknesses in these data collection instruments were looked at in chapter three on research methodology. Issues of validity and reliability of findings together with the data collection procedures as well as the data analysis plan were provided. The data was presented, analysed and interpreted with the use of tables, graphs and pie charts. Several findings and conclusions were arrived at and these are presented below.

5.3 DISCUSSIONS

5.3.1 Counselling in Relation to Rehabilitation and Reintegration of Prostitutes into the Society.

From the discussion obtained through interviews and the questionnaires schedule, responses given by the prostitutes on the definition of counselling in relation to rehabilitation and reintegration of prostitutes into the society often matched due to contextual meaning. From the discussions done, it was learnt that the prostitutes really know the meaning of counselling in relation to this study.

More than half of the interviewed prostitutes suggested that counselling is a helping relationship between a trained counsellor and the prostitute (client) where the client is being helped on how she can desist from prostitution and return back to the society to live a ‘real’ life expected by the society. This notion is concurred by (Schultz, 1989) who defined counselling as a unique, one-to-one relationship between a counsellor and a client who agree to meet privately and regularly for a period of time with the aim of helping the client to resort back to her previous normal life after dealing with the maladaptive behaviour before the client can be accepted back into the society where one used to live.

Schultz went on to mention that counselling allows the client a safe place to be herself and to say what one truly feels in confidence without fear of judgment, criticism or unwanted advice. The client is helped to see things from a different viewpoint and enabled to focus on feelings, experiences or behaviour with a goal to facilitate positive change. The client is empowered to brace up for the forthcoming change in her life and adaptation to the pending normal life.

According to (Geldard, 2005), counselling can be viewed as an interpersonal relationship between someone actively seeking help and someone trained and willing to give help in an environment that allows help to be given and received. The research findings concur with these definitions because in counselling as a tool to rehabilitate and reintegrate prostitutes into the society, the client need to be actively seeking help which shows her readiness to deal with the maladaptive behaviour and readiness to live a normal life with less chances of relapsing.

As buttressed by (Brink, 2001) it is also through this dialogue that the counsellor helps the individual find ways of changing her maladaptive behavioural and thought patterns so she can manage the conflict, fear, anxiety, depression, or addiction that is hampering her from living a full, normal and satisfying life. Counselling is often considered working with specific issues and finding solutions and resolution to the client’s problems.

There are many different approaches or therapies that a counsellor can use to help a person resolve her issues. Any or all of them may be effective, depending on their suitability for the individual’s unique personality and circumstances. Sometimes a counsellor may find it appropriate to integrate or blend specific types of techniques. At other times, a counsellor may use an eclectic approach in which he or she chooses elements from different therapies and combines them in the treatment method used. What makes integrated therapy different from the eclectic method is that the first type uses a blend of theories in their entirety while the second approach uses only parts of the theories, (Michael Haralmsbos., 2013).

5.3.2 Intervention Strategies Surrounding Rehabilitation and Reintegrating of Prostitutes into the Society

The majority of the prostitutes interviewed indicated they had once received short term projects such as poultry which do not sustain them permanently. Not enough have been done to provide permanent or long-lived projects for the prostitutes to earn a living and avoid relapse. According to Schultz (1989), role models and motivational speakers play a great role in helping to rehabilitate and reintegrate prostitutes into the society.

In most cases, a prostitute is more likely to speak with and listen to another individual who has experienced the same challenges and hardships in the prostitution and underwent rehabilitation and is now recovered and well fitted in the society. Therefore, a rehabilitation center which has existed for some time has success stories of former street children who have achieved in academic or career life,

these people need to be invited to talk to prostitutes and motivate them that they can as well make it with perseverance and effort.

Therefore, it becomes essential for rehabilitation centers to keep a database where they can trace and monitor the prostitutes whom they rehabilitated and reintegrated back to the society how they are performing outside there because these individuals can be a great resource to tap for rehabilitation program. However, this is one of the short-lived intervention strategies in rehabilitating and reintegrating prostitutes into society as it also does not make the prostitutes earn a living to avoid relapse. Role modelling do not bring food to the table for the prostitutes as also found by this research.

Civic organisations in Malawi such as churches and Police carry out alternative education programmes to assist girls in continuing or completing their education as a way of rehabilitating them. There are also social media programmes in Malawi which are done to rehabilitate and reintegrate prostitutes in the society.

Bwandilo, which is the area under study, Victim Support Unit (Police) together with Ministry of Youth and Sports and other stakeholders carry out outreach awareness. Such campaigns are done in areas such as night clubs with intend to rehabilitate prostitutes by verbally talking to them or distributing pamphlets.

5.3.3 Challenges Being Faced in Rehabilitation and Reintegration of Prostitutes into Society.

Prostitutes interviewed revealed that of the intervention strategies they once received, they did not long live due to financial constraints and as such, their effects were not felt. Such challenges were found not only to be peculiar from the results of this research but also according to (Schultz, 1989), rehabilitation is not an easy task and often there is a tendency to assume that all prostitutes are the same and should have the same rehabilitation plan, without considering the fact that each prostitute opted for prostitution because of a specific issue which is different from one prostitute to another that is, every prostitute experience is unique from another prostitute hence different rehabilitation plan.

Lack of financial assistance hinders the total rehabilitation and reintegration of prostitutes due to underestimation of the need's analysis, (Schultz, 1989). This assertion concurs with the finding of this study which largely indicate at financial constraints as the main hindrance to intervention strategies.

The generalization syndrome in attending to prostitutes in rehabilitation centres the same way hinders fully recovery to prostitutes and fully rehabilitation. Attention given to every prostitute helps them to develop self-worth and confidence, (Jill, 2002).

Poor planning and setting goals and objectives in many rehabilitation centers hinder the whole rehabilitation process. For instance, when there is no policy which is guiding when rehabilitation should be done, who to do it, how often, the type and age of prostitutes to be rehabilitated, will affect the rehabilitation plan for each prostitute as well as lack of financial support. The institution will be rehabilitating wrong clients as well as mismanaging the few financial factors available, (Schultz, 1989).

Furthermore, according to (Schultz, 1989), there are several challenges which rehabilitation centers experience in the attempt of reintegrating prostitutes back to their society. In most cases challenges for reintegration are similar to factors which contribute to prostitution. If prostitutes perceived that they are not needed and appreciated back in the society, they will resist reintegration and even when they accept to be reintegrated most likely they will go back to prostitution.

Society related challenges can be a big barrier towards a successful reintegration hence the need for a community counselling to prepare them for the reintegration of prostitutes. Community education through community counselling will be of paramount importance to deal with the issue of stigma because if this issue remains unaddressed, the rehabilitated prostitutes may relapse.

The problem of prostitutes relapsing from the society or even rehabilitation centers and going back to prostitution is common in many societies. This is commonly attributed to stigma and sex addiction which makes them run away back for prostitution. Sex addiction is something prostitutes keep struggling with and any small challenge they encounter in the rehabilitation center, due to lack of coping skills, the first thing to solve their problems they think of running back into the night clubs and streets where they

used to find their customers before rescue and it is possible to go and get them back to the rehabilitation process again though some prostitutes are clever and opt to relocate to another area especially if they do not want any more to go back to the rehabilitation program where they were, (James, 2013).

(Schultz, 1989) Went on to state that several challenges which are encountered by partners in the process of rehabilitating prostitutes from prostitution include the challenge of age. Prostitutes who do not fit age as stipulated in the policy of interested rehabilitation institutes are not assisted properly. For example, an organisation which need to assist prostitutes with basic needs may be targeting those between 20 and 35years, this entails that those prostitutes below and above the stipulated age will not benefit from the programme. However, such a challenge was not mentioned in this study but is peculiar to other rehabilitation centers.

5.3.4 Effectiveness of Counselling as an Intervention Strategy in Rehabilitating and Reintegrating Prostitutes into the Community

From the interviews and questionnaires used to extract data from the prostitutes, it was established that most of the prostitutes indicated that counselling alone cannot be effective into rehabilitating and reintegrating prostitutes into the society. This is as such because counselling has been said to failing to provide food on the table for the prostitutes and this lives the prostitutes with no option than to continue in prostitution thereby making it difficult for the successful of using counselling as an intervention strategy in rehabilitating and reintegrating prostitutes into the society. Prostitutes indicated the need to compliment counselling with long life permanent projects to sustain the prostitutes to earn a living.

(Tuckman, 1978) Concur with this research finding on the effectiveness of counselling in rehabilitating and reintegrating prostitutes into the society when he stated that therapy alone cannot be effective to deal with the issue of prostitution as it is just a drop in an ocean. He suggested multi-sectorial approach in the rehabilitation and reintegrating of these prostitutes as no one intervention strategy can do it all. This was also buttressed by the finding of this study when more than half of the prostitutes indicated that counselling needs to be complimented with other strategies.

5.4 CONCLUSIONS

The study was guided by research questions and the following were the conclusions from the research:

- Respondents understood the definition of counselling regarding rehabilitation and reintegrating prostitutes into the society as a helping relationship where prostitutes shun prostitution and return to the society to live their 'normal' life.
- Short lived projects such as poultry and donation of basic commodity hampers are some of the intervention strategies being surrounding rehabilitation and reintegrating prostitutes into the society. The research concluded that those organisations which give a hand in the rehabilitation and reintegrating of prostitutes into the society bring in long lie empowering projects for the rehabilitated prostitutes to earn a living rather than to bring in short term projects which will result in relapse after their expiry.
- Lack of enough funding and top-bottom approach are some of the challenges faced in rehabilitating and reintegrating prostitutes into the society. The research concludes that helping organisations are to seek enough donations first before coming to the ground and attempt to rehabilitate and reintegrate prostitutes into the society. Also, if its anything that has to do with the prostitutes, the organisations should first approach the prostitutes and make a research on what exactly they are interested in doing if they are to leave prostitution so that when these projects come, the prostitutes embrace them and feel ownership rather than for the organisations to design their own projects then expect the prostitutes to accept them. This is as such because needs differ with geographical settings among other considerations.
- Counselling alone is not effective in rehabilitating and reintegrating prostitutes into the society though it plays a pivotal role. The research concludes that counselling be complimented by long term empowerment to avoid relapse.

5.5 RECOMMENDATIONS

The study intended to assess the effectiveness of counselling as an intervention strategy in rehabilitating and reintegrating prostitutes into the society, a case study of Bwandilo drinking joint. About this issue of prostitution, the study suggested the following recommendations:

- The government should advocate for a multi-sectoral approach in rehabilitating and reintegrating prostitutes into the society. The approach includes encompassing counselling, Non-governmental organisations to build a fund for common purpose which will render long life projects to the rehabilitated prostitutes to avoid reintegrating them into society without empowering them. Government itself should realise that it is the major player in the rehabilitating and reintegrating prostitutes into the society and thus, should take a leading role.
- People join prostitution against different backgrounds; therefore, the research recommends that the government looks into these backgrounds and address them to avoid ballooning figures of prostitution
- Prostitute's involvement in rehabilitation programmes should be the backbone for such projects after needs assessment than to provide a blanket solution.
- Poverty and peer pressure are found to be amongst the factors which drive people into prostitution. Community empowerment through government initiative programmes should be promoted to address poverty as well as awareness campaigns in schools and societies need to be carried out to condemn peer pressure.
- There is need of follow ups by the counsellor, a measure that can be done to make counselling effective

5.6 AREAS FOR FURTHER STUDIES

Considering the above findings, the researcher recommends the following areas for further study:

- ✓ Establishing the needs analysis for rehabilitating prostitutes from different geographical areas with the inclusion of the prostitutes.
- ✓ Measures to trim control prostitution in the society.

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APPENDIX A:

A questionnaire schedule for a case study of Bwandilo drinking joint demonstrates the effectiveness of counselling as an intervention technique for the rehabilitation and reintegration of prostitutes into the society

My name is Joseph Kachikho, DMI St Eugen student and undertaking a master in Social Work majoring in Project Implementation, Monitoring and Evaluation. I am carrying out a research ***A case study of Bwandilo drinking joint demonstrates the effectiveness of counselling as an intervention technique for the rehabilitation and reintegration of prostitutes into the society***. The research is carried out in partial fulfilment of the requirements of a master in Social Work majoring in Project Implementation, Monitoring and Evaluation. You are kindly requested to respond to all items and be as frank as possible. Your responses will be treated with strict confidence and shall be used for the purpose of this research only. You may not write your name on this guide to safeguard your identity. Please note that you have the right to decide whether you want to participate in the research or not. You also have the right to withdraw from participating if you feel uncomfortable when answering the question. The information will be treated with and kept confidential and will be used for academic purposes.

A case study of Bwandilo drinking joint demonstrates the effectiveness of counselling as an intervention technique for the rehabilitation and reintegration of prostitutes into the society.

Section 1: please provide your answer by tick mark in the box

1. What is your sex?

Male Female

2. Indicate your age group

16 - 19 20 - 35 36 - Over

3. Indicate your highest level of qualification

Primary Sec Tertiary

4. Indicate your current marital status

Never married Married Widowed
 Single parent Divorced

5. Do you practice safe sex?

Always Seldom Sometimes

Section 2: Please indicate the extent of your agreement with the following statement 3 point scale (please circle your answer)

Agree Neutral Disagree
 1 2 3

What are the effective strategies surrounding intervention, rehabilitation and reintegration of prostitutes into the society?

Improve on education services and employable vocational skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Establish partnerships to help prostitutes' interventions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Start Income Generating Activities in prostitutes interventions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Establish a comprehensive rehabilitation and dropping centre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Engage diverse professionals in rehabilitation interventions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Establish a listening platform for beneficiaries/stakeholders views in prostitutes rehabilitation programmes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What are the challenges faced in rehabilitating and reintegrating prostitutes into the society?

Difficulties in mending family and community relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unemployment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inferiority complex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Struggle with change of environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of after-care services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

To what extent is counselling effective in rehabilitating and reintegrating prostitutes into the society?

Counselling is a good guidance on how to leave prostitution and join the community	1	2	3
Counselling is a great intervention strategy in rehabilitating and reintegrating prostitutes into society	1	2	3
Counselling rooms are conducive	1	2	3
Treated fairly (not judged because of the profession)	1	2	3
Counselling alone doesn't have permanent solution as an intervention strategy in rehabilitating and reintegrating prostitutes into society	1	2	3

APPENDIX B:

INTERVIEW SCHEDULE FOR PROSTITUTES

1. What do you understand by the term counselling in relation to rehabilitation and reintegration of prostitutes into the society?
 - a) Helping relationship to desist from prostitution and return to society
 - b) Guidance on how to leave prostitution and join the community
 - c) Assistance in dealing with prostitution and start living a 'normal' life
2. What was your main drive into prostitution?
 - a) Poverty
 - b) Unemployment
 - c) Peer Pressure
 - d) Death of the bread winner
 - e) Others
3. What are the strengths of counselling?
 - a) Unbiased
 - b) In-depth analysis of a problem
 - c) Confidentiality
 - d) Non-judgmental
4. What are the weaknesses of counselling as an intervention strategy in rehabilitating and reintegrating prostitutes into society?
 - a) No permanent solution to the problem
 - b) Does not bring food on the table
 - c) No material assistance
5. What are your suggestions on how counselling can be improved to be more effective?
 - a) Compliment with long term projects
 - b) Make follow ups to keep client on track
6. What are the effects of prostitution?
 - a) Unwanted pregnancy
 - b) Victimisation
 - c) Discrimination in the society
 - d) HIV / AIDS and STI
 - e) Others
7. What other intervention strategies did u receive if any?
 - a) Poetry
 - b) Basic
 - c) None
 - d) Others
8. What challenges were faced if any regarding the intervention strategies mentioned above?
 - a) Financial
 - b) Top bottom approach