

Addis Ababa University

School of Graduate Studies

**Grandparents Experience, Challenges and Coping Strategy in
Raising Grandchildren: A Case Study of Ambo Town, West Showa
Zone**

By

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July, 2015

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**Thesis Submitted to the School of Social Work in Partial Fulfillment
for the Requirements Of Masters Of Degree In Social Work**

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Declaration

This is to certify that the thesis prepared by Alemneh Birhanu, entitled: “**Grandparents Experience, Challenges and Coping Strategy In Raising**

Grandchildren “ is submitted in partial fulfillment of the requirements for the Degree of Masters in Social Work complies with the regulations of the university and meets the accepted standards with respect to originality and quality.

Approved by board of examiners:

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Signature

Examiner

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Examiner

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Abstract

The aim of the thesis was to examine challenges and its coping strategies that are experienced by grandparents in caring for their grandchildren. Specifically, it aimed to answer three research questions: what are the factors that determine grandparents to become parents for the second time? What are the challenges faced by grandparents in raising grandchildren? What coping strategies are employed by grandparents to reduce challenges of Grandparenting? The study participated 21 grandparents who were raising their grandchildren in Ambo. The study employed qualitative methods and snowball sampling design.

The findings of the study revealed that there are several challenges that encounter grandparents in raising grandchildren. More specifically, grandparents are found to experience social, economic, psycho-emotional challenges. It is obvious that such challenges made various obstructions for grandparents during the process of raising their grandchildren. Findings from this study further indicated that even though grandparents are old enough and have health problems they have attempted to apply different mechanisms to cope their financial hardship to overcome the costly living condition so as to raise their grandchildren. Policies and programmes that assist and enhance their service should be put in place in the country.

Key words: grandchildren, challenges, coping strategies, grandparents

INTRODUCTION

Background Of The Study

Globally, populations have been changing at a rapid rate, and it is necessary that any efforts designed to ameliorate the well-being of societies recognize and respond to these changes. One of such changes is an increasing numbers of children in many developing nations, with a significant and growing proportion of girls and boys left vulnerable by a loss of parental care. Over the past 25 years, the number of children being raised by grandparent has augmented dramatically, with the enormous majority of these children being raised by their grandparents. Due to this reason, grandparents find themselves in the position of part-time, temporary, full-time, or permanent primary caregivers for their grandchildren (Callahan, Brown, Mackenzie & Whittington, 2001).

The dramatically growing numbers of grandparents raising grandchildren has persisted to draw attention among researchers. They are instantly commenced to comprehend the intricate and multidimensional aspects that surrounding grandparents while caring for their grandchildren. Having conducted various research studies, the researchers have come across with numerous factors that precluding to grandparent care giving role. These research findings substantiated that there are many reasons why Grandparents find themselves in raising grandchildren. Some of the most common reasons are substance abuse, mental illness, HIV/AIDS and other death related disease, parental divorce, child-abandonment, child-abuse or neglect, loss of job by their parents, parental incarceration, health issues, a teen pregnancy, and other circumstances contribute to reasons children are being raised by grandparents either permanently or temporarily (Weber & Waldrop, 2000). As it is with other countries, in Ethiopia, there is dramatic influence of the processes of urbanization, globalization and industrialization on attitudes and living conditions of

children, families and the society at large. As a result, change of family systems from extended to nuclear ones is increasingly dwindling the traditional supportive role members have been benefited; prevalence of orphan hood due to HIV/AIDS and other diseases and accidents put grandparents as the most immediate care givers. In Every year more and more grandparents of all ages and from all ethnic and socio-economic groups find themselves in the position of part-time, temporary and full-time primary caregivers and responsive bodies for their grandchildren (Turner 2005, as cited in Lunga, 2009).

Nonetheless, usually many grand-parents are not physically, financially, and emotionally ready to accept this new responsibility for raising their grandchildren (De Toledo& Brown, 1995; Jendrek, 1994). Various Literature on care providers proved that the assumption that to be a parent for a second time is complex, difficult, life-altering, and a traumatic event for grandparents (Harrison *et al.*, 2000). Each of these multifaceted life events is predictable to produce anxiety, pressure, emotional, psychological and social hardships and which able to put in supplementary trouble in the lives of grandparents and their grandchildren as well (Mudavanhu *et al.*, 2008). The inability to cope with a stressful situation by the grandparents may consequently predispose them to reflect symptoms of stress as they are older and more vulnerable to developing health related problems (UNICEF, 2007).

The primary objective of this study was to explore the child rearing practices grandparents are learning in upbringing children affected by incidentals of losing parents due to various factors and their coping strategy how to resolve the challenges. The paper was organized into five chapters. The first chapter of this research deals with introduction, statement of the problems, research question, objectives of the study and rational of the study. Chapter Two of this study is manly dedicated to literature review. The third chapter focused on the method part

of the study. Chapter four presented the techniques employed to analyze data and findings as well. And the final chapter five discuss the results.

Statement Of The Problem

Globally, various research studies have been carried out on different issues that are related to grandparents in raising grandchildren. In Africa, few researches have been conducted to assess the importance, experience and roles of grandparents in raising grandchildren, but in Ethiopia, even if grandparents play a key role in contributing to the social and economic fabric of the family, no research was conducted on this topic. Among the researches done on grandparental care, some of them were undergone by NGO (African's orphaned generations, 2003; UNICEF, 2003; Children's Defense Fund, 1997) and others were by university students as partial fulfillment of their master degree (Ferreira, 2007).

The majority of the studies conducted by those researchers focused on the roles of grandparents to protect those vulnerable children at the times of a disastrous situation or events (Minkler, *et al.*, 1993 cited in Conway, 2004). Other researchers stressed on parental divorce; teen pregnancy, poverty, drug dependency, incarceration and HIV/AIDS related deaths and their contribution in making the grandparents to be the most responsible persons (Roe & Minkler, 1999; Children's Defense Fund, 1997; UNICEF, 2003; Bachay & Buzzi, 2012). Some research studies explicated that the existing higher number and continuously growing trend of orphaned children in Africa, has led many African countries to experience large increases in the number of families headed by grandparents who are often progressively unable to adequately provide for children in their care (UNICEF, 2003).

Different researchers were interested in conducting studies on various factors such as sexual violence, emotional and neurological disorders that contribute to the inability to parent, triggering the grandparent to assume parental responsibilities (Pinson-Millburn, Fabian, Schlossberg, & Pyle, 1996; Pebley & Rudkin, 1999). In addition, some researchers elucidated that grandparents have long played a major role in the lives of their children and grandchildren, with some providing extensive emotional, material and practical support (Worrall, 2006).

In general, as was mentioned before, the majority researches conducted by different researchers have had their own positive contributions in searching for some grandparental related problems. However, their study areas were limited by identifying the causes, the existing higher number, their financial difficulties and continuously growing number that compelled grandparent in raising grandchildren. But, the previous researchers did not succeed their study in connection with challenges and its coping strategies that are experienced by grandparents in caring for their grandchildren in an in-depth manner.

With this rationale, this research was conducted to identify the major challenges and coping strategies that are used by grandparents to resolve their challenges in rearing children at the study site in Ambo town. Currently, there is a proliferation of grandparents raising their grandchildren globally and at national levels. In the context of Ethiopia, the issue is tradition bound and has no legal base. Moreover, to the knowledge of the researcher, researches on the issue in the country are unavailable in Ambo town. As a result, as many grandchildren are exposed to different forms of abuse, and denied of opportunities and interests, there are equally critical challenges faced by their grandparents. Furthermore, examination of the challenges faced by grandparents while raising their grandchildren offers divergent perspectives to understand the causes critically. Firstly, it will empower and equip grandparents with adequate knowledge and

skills in handling their grandchildren to enabling them produce children ethically excelled and behaviorally matured to take over the responsibility of the future Ethiopia, as young generation. Secondly, it will pinpoint critical issues and areas where grandchildren challenge their grandparents, so as to enhance advocacy and policy issues for the benefit of both parties. Thirdly, it will assess challenges and its coping strategies in relation towards the parenting style delivered by grandparents. More specifically, failing to address short term and long term challenges faced by grandparents raising grandchildren may cause to learn temporary or long lasting failure in the due process. This in turn will create burden for the nation and social malaise. Therefore, to proactively react, it needs to develop an intervening strategy well focused on facts discovered through empirically done studies. Moreover, doing this is significant to particularly address the major hassles grandparents learn in their continuum care in order to lay the frame of activities that simply radicalize the case it is in Ambo Town.

Research Questions

The following research questions were constituted to basically investigate the underlying causes of challenges and coping strategies laid out by grandparents exposed to a raring experience of grandchildren.

- What factors determine grandparents to becoming parents for the second time?
- What are the challenges faced by grandparents in caring their grandchildren?
- What coping strategies do grandparents employ when they are encountered with different challenges in caring of their grandchildren

Objectives Of The Study

General Objective

The main purpose of this study was to describe the factors for Grandparenting, and explore the coping strategies grandparents employ to resolve challenges.

Specific Objectives

In order to achieve the general objectives, the following specific objectives are formulated to:

- Investigate and explain factors/challenges faced by grandparents in caring their grandchildren.
- Determine factors which are relevant for grandparents to becoming parents for the second time.
- Understand what coping strategies that are experienced by grandparents when they are encountered with different challenges in caring for their grandchildren.

Conceptualizations

The following operational terms are what this study used to clear ideas recounted in the entire pages and stated in the form of glossary

Challenge: this study used the term challenge to show that it is anew or difficult task faced by grandparents in delivering care for their grandchildren.

Grandparent: in this study, the term grandparent was used to mean an older person who has lost a son or daughter or son in law or daughter in law as a result of different reason and must sacrifice his or her time, resource and work hard to care for grandchildren.

Limitations Of The Study

Because of small sample size and qualitative methods used in the study, it may not be generalized to other settings as it affects representativeness. The researcher relied on the accuracy of participants' explanations, beliefs, and experiences in coping as caregivers. In addition, the possibility that some of participants might have provided desirable responses to please the researcher may not be ignored. Therefore this study cannot be generalized to all grandparents raising grandchildren.

Only the voices of the participants in this study were heard. This further limits the study considering that the grandchildren's voices and those of other family members and the caregivers not heard or included in this study because it is beyond the objectives of this research as the focus of this study is on the experiences and challenges of grandparents. Lastly, however, the interview questions and transcripts were translated and written in English. This limits the study because the meaning of some of the original expressions, tone, and so on, could have been lost during translation.

REVIEW OF LITERATURE

This part recounted the reviewing of various thoughts and research abstracts. The review has mainly relied on sources coming from the secondary one and extensive discussion is held to finally show the relative position of the researcher as concluding remarks. For the purpose of this study, the researcher made a detailed review of different secondary sources which are related to grandparents in caring grandchildren and their challenges and their coping experiences while they are raising their grandchildren.

Factors For Grand Parenting

International Perspective

Grand parenting has increasing been recognized both in the literature and in policy development in the world. Owing to this, a number of critics affirming that social and demographic changes currently have had a substantial influence in many countries on the experience of grandparenthood (Szinovacz, 1998 ; Ochiltree, 2006; Kemp, 2007). In the United States of America the growing occurrence of grandparents raising their grandchildren caught the attention of the media and policy makers in the 1990s (Glass & Huneycutt, 2002). The number of children being raised by grandparents in the USA has increased over the past decade. There were 7.1 million grandparent headed households in 2010 with 82% or 5.8 million of these households with grandparents raising grandchildren under the age of 18. This is a 1.3 million increase in grandparent headed households with grandchildren under the age of 18 since the 2000 census. The 5.8 million children raised by their grandparents represent nearly 13% of the total number of children in the United States (the American Census, 2000). Several sources provide adequate information about the incidence and prevalence of these caregivers and families (American

Association of Retired Persons [AARP], 2004; and Fuller-Thomson & Minkler; 2001 and U.S. Census Bureau, 2001). Consequently, it is estimated that currently 60 million grandparents live in the United States. Between 2.3 and 2.4 million grandparents have primary responsibility for the care and upbringing of 4.5 million grandchildren (Whitley, D. M., Kelley, S.J. & Campos, P.E., 2011). More than 1 in 10 of them has raised a grandchild for six months or longer. The number of children raised in grandparent- headed families has more than doubled over the past 30 years, from 2.2 million in 1970 (3.2% of all children) to more than 4.5 million in 2000 (6.3% of all children) (Bryson & Casper, 1999; U.S. Census Bureau, 2001). All data indicate that this family form has increased dramatically and includes significant portions of children and adults. The radical change in the composition of American families in the last 10 years so that a far greater number of children are living in grandparent headed households. The reasons for these changes are complex and compounded by both psycho-social and socio-economic factors (Judith, Bachay & Buzzi, 2012).

In Canada, there are more than 56,700 grandparents raising their grandchildren without either of the child's parents involved. These 56,700 grandparents raising their grandchildren accounted for 12% of the more than 473000 grandparents who shared households with their grandchildren (U.S. Census Bureau, 2001).

The 2001 New Zealand Census recorded over 4,000 children being parented by their grandparents, however these figures are now estimated to be much higher (Worrall, 2005). The picture in the United Kingdom is no different with approximately 100,000 children under the age of 13 living with a grandparent (Richards & Tapsfield, 2003). In Australia, results from questions included in the 2003 Family Characteristics Survey estimated that 22,500 Australian grandparents were raising 31,100 grandchildren aged between 0 to 17 years, with the state of

New South Wales (NSW) recording the largest number of grandparent-headed families raising approximately 10,000 children (Australian Bureau of Statistics 2004). The key issues underlying this worldwide shift in primary care arrangements are predominantly related to parental drug and alcohol abuse, incarceration, mental health problems, HIV/AIDS, child abuse and neglect (Joslin,2000; Smith et al. 2000; Mason *et al.* 2002; Patton, 2004; Worrall 2006; Baldock, 2007).

African Perspective

In many African communities the responsibility for the care of grandchildren is placed on the immediate families with the main expectation being placed on grandparents. the existing higher number and continuously growing number of grandchildren in Africa due to different reason such as HIV/AIDS, child abuse and neglect, mental and physical illness, abandonment, different health problems, incarceration, teenage pregnancy divorce and other problems faced by young parents in Africa have significantly impacted the numbers of grandparents who find themselves in the role of parent once again. This situation has led many countries to experience large increases in the number of families headed by women and grandparents who are often progressively unable to adequately provide the needs for their grandchildren. This reality was also highlighted in another (UNICEF report in 2007) that the percentage of orphans taken care of by grandparents. For example, in Zimbabwe, 78% of caregivers of orphans are grandparents, in Kenya, 65% of caregivers of orphans are grandparents compared to 36% in Uganda and 41% in Tanzania (Howardet,*al*, 2006). In South Africa 40% of orphaned children are living with their grandparents, Nhongo (2004). The data shows that grandparents more often take on the care giving role to grandchildren.

Ethiopian Perspective

In many Ethiopian families, just like several others in sub-Saharan Africa, a considerable number of grandparents are primary caregivers to their grandchildren. Today, even if thousands of Ethiopian grandparents have taken total responsibility for their grandchildren, But, there was no literature on national framework focusing on children support mechanisms in general and grandparents caring for grand children in particular. Due to this, it is quite difficult to find how many grandparents are raising grandchildren in the country due to unavailable data sources on the topic, thereby it is so difficult to obtain reliable data. Clearly, in the case of Ethiopia, grandparents often are very influential in the lives of grandchildren.

As many of the African countries, in the case of Ethiopia the increment of children living in households headed by grandparents are connected with various reason, such as loss of their parents because of HIV/AIDS, increasing numbers of single parent families, high rate of divorce, teenage pregnancies, incarcerations of parents, substance abuse by parents, illness, disability or death of parents, parental abuse or neglect are the major causes for Ethiopian children who are forced to live in households headed by grandparents. Therefore, most of the Ethiopian grandparents are subject to the double protection bind of both needing care and protection in their older years and needing to support their grandchildren and ageing spouses as well (Susan, 2011). In addition, the impacts of the HIV/AIDS pandemic and extreme poverty combined with acute economic stress have resulted in changing family structures in the country (HelpAge International in Ethiopia 2012). The various problems that elderly persons are exposed to, due to aging such as physical, psychological, financial, and socio-cultural, those old people face in this fast-changing world, (Developmental Social Welfare Policy in Ethiopia, 1996).

Even if Ethiopian grandparents have played a key role in contributing to the social and economic fabric of the family beyond caring for their grandchildren, but their contributions are not yet taken in to consideration by the government and other NGOs in the country. For example, in related to their parental care giving role for their grandchildren, they never receive any support such as financial, legal, counseling service, material aids etc in an especial manner. Due to this, their ability to provide consistent support for their grandchildren has challenged through economic and other problems. Therefore, they are often unable to achieve household security as a result of unreliable sources of income, instability in their livelihoods (Susan, 2011). The researcher suggests that the government and other concerned bodies must give a serious attention for their unreserved contribution in a particular way.

Challenges Facing Grandparents in Raising Their Grandchildren

Grandparents who take responsibility for raising their grandchildren make a significant psychological, social and economic contribution to both individual children in their care, as well as to the broader community (Conway, 2004). However, grandparents encounter numerous challenges when raising grandchildren in this off time role (Conway, 2004). Both qualitative and quantitative research indicates that care giving grandparents are vulnerable to a host of health and social challenges. There are a variety of parental challenges that grandparents raising grandchildren have in their daily lives at global level. Many of which are due to the complex life events that led to the children being placed in their homes. These challenges encompassing social concern (depression, social isolation, and poverty), physical and emotional health concerns, financial issues, legal concern (Waldrop & Weber, 2000, as cited in Conway 2004).

Financial problems

Grandparents may face many financial burdens: strain from additional expenses, poverty, legal representation, underemployment, and difficulty applying for governmental assistance (Waldrop & Weber, 2001). Grandparents have the extra burden with many challenges in caring for grandchildren in extreme impoverished conditions (Lewis, 2007; UNICEF, 2007). If grandparents who have been out of the work force are relegated to work in a low paying job, and they have to find a way to absorb the cost of child care. Grandparents may harbor some resentment and feel as though they could provide better care for the child but feel they need to work for added income (AARP, 2003; Kirby & Kaneda, 2002).

While financial considerations arguably present the greatest challenge, there are also non-financial matters which affect the grandparents and their ability to best provide for their grandchildren. The financial responsibility associated with parenting presents significant challenges for some grandparents on a fixed income. They may face many financial burdens: strain from additional expenses (Fuller-Thomson et al. 2000; Smith et al. 2000; Bachay & Buzzi, 2005).

Psychological Challenges

While grandparents taking their care giving role, they are confronted with different psychological challenges on several levels, such as stress, pressure, hardship, depression, poor self-rated health, and/or the frequent presence of multiple chronic health problems, (Burton, 1992 & Minkler, 1993). It is obvious and expected that those who provide care for their grandchildren face the greatest challenges that are related with psychological problems which lead to poorer outcomes (Bowers & Myers, 1999). Due to these psychological problems,

grandparents are disposed to insomnia which is frequently a side effect of emotional problems such as depression or of significant stress such as pressures (Weiten, 2007). Increased psychological distress may also lead to child abuse and neglect due to the reduction in grandparent's ability to implement and monitor effective ways of dealing with children's behavior (Kelley et al., 2000). Grandparents raising grandchildren have increased psychological distress highly associated with poor parenting and family functioning, negative parent-child interaction, and lower child developmental confidence (Kelley et al., 2000). Many grandparents who have fewer resources, less social support, and poorer physical health in caring grandchildren tended to experience higher levels of psychological distress.

Legal challenges

Without legal authority, many caregivers have difficulty providing consent to medical, dental, and psychological services their grandchildren need. Because state laws vary, they may not be able to receive public benefits like Medicaid. Alternatively, the legal process may be lengthy and expensive and may damage an already fragile relationship with the biological parent. Grandparents may also be worried about what would happen to their grandchild if something happens to them. Grandparents may want to consider weighing the pros and cons of obtaining legal guardianship, custody, or adoption. They also may consider changing legal documents that were in place before assuming care of a grandchild. For example, grandparents may want to update their will to include a grandchild as beneficiary of their estate, or they may want to identify another primary caregiver as guardian in the event that something happens to grandparents.

In terms of legal aspects, a number of grandparents are caring for their grandchildren on an informal basis with no legal agreement. This situation can be a source for numerous troubles,

such as when it is difficult to obtain medical health services, as it is hard to send children to school and when it is not easy to provide a secure and stable environment for children (Simmons & Dye, 2000).

Parental Style

Some literature put forwards that parental styles have a potential power to avert children's behavior either positively or negatively (Sands & Goldberg-Glen, 2000). For the first several year of life at least, families provide the main setting in which children's fundamental needs are met. First and for most parents and other caregivers, supply most loves nurturing and care that children need in order to develop a basic sense of trust in other human beings. Furthermore parents are the major source of primary socialization for their children, and the setting therefore the first lessons children learn about their society (Cherlin, 2002). Many contemporary developmental psychologists recognized four classes of parenting styles including: authoritative parenting, authoritarian parenting, neglectful parenting, and indulgent parenting.

-Authoritative or Balanced parenting: is encourage children to be independent but still places limits and controls on their behavior. Authoritative father might put his arm around the child in comforting way and say "you know you should not have done that, let talk about how you can handle the situation better next time" children whose parents are authoritative tends to be socially competent self-reliant and socially responsible. In this type parents demanding but not responsive, Give their children lots of practice in making choices and Guide them to see the consequences of those choices.

- Authoritarian or Strict Parenting: is a restrictive punitive style in which the parent exhorts the child to follow the parent's directions and to value hard work and effort. In such kind parents are characterized by strict, controlling and not responsive to a child's feelings. The authoritarian parent's family limits and controls the child with little verbal change. In difference of opinion about how to do something, for example, the authoritarian parents might say "you do it may or use" not back talk authorities parenting is associated with children's social incompetence, children of authoritarian parents often fail to initiate activity and have poor communication skills.

- Neglectful parenting: it is a style in which parents are uninvolved in their child life. Children whose parents are neglectful might develop a sense that other aspects of parent's lives are more important than they are. Children whose parents are neglectful tend to be less competent socially, tend not to handle independence well and especially tend to show poor self-control (Santrock, 2002).

-Indulgent or lenient parenting: this type of parenting is a style of parenting in which parents are involved with their children but place few demands or controls on them. This parenting is associated with children social incompetence especially a lack of self-control. Such parents let their children's do what they want.

The result is that the children often learn to control their own behavior and frequently expect to get their way. Some parents deliberately rear their children in this way because they believe the combination of warm involvement with few restraints will produce a creative, confident child. In addition to, the change in parenting methodologies over the last few decades, children who come from homes with little or no structure (as is common in households where abuse and neglect occurs) often rebel at efforts to restrict activities or behavior (Cox, 2002). This

challenge to authority may lower the self-esteem and confidence of the grandparent caregiver in addition to adding more stress to an already complicated situation. In doing so, many grandparents are exposed for a variety of emotional and physical disturbances of which they may be unprepared to handle these problems (Landry-Meyer & Newman, 2004; Waldrop & Weber 2001; Emick & Hayslip, 1999).

Research indicates that grandparents may feel as though they failed the first time as a parent which led to their inheritance of a grandchild to raise. Accepting the reality that their own child is not competent or able to parent may bring about doubts about the individual grandparent's capacity to parent a grandchild and may influence grandparent stress associated with raising their grandchildren (Cox, 2002). It can be posited that high parental confidence will be related to low stress among grandparent caregivers because grandparents who are confident in their abilities may have better coping skills.

Coping Strategies Of Grandparents In Raising Grandchildren

Coping can be defined as a response to stress, including what a person does, feels or thinks so as to master, endure or diminish the negative effects of an intimidating circumstances (Baron and Byrne, 1991). Stress can be seen as a *response* to particular, difficult circumstances confronted by individuals. It is a state of tension - anxiety, frustration, etc. Which resides within the individual primarily psychic which occurs in response to some unwanted external situation (Coyne and Holroyd 1982). The way individuals seek to gain control of a stressful situation is through their coping strategy. Coping is generally divided into two basic functions: problem-focused and emotion-focused. Problem-focused is coping directed at altering the problem causing the distress. Emotion-focused is coping directed at regulating the emotional

response to the problem, reducing or managing the distress associated with or caused by the problem (Lazarus & Folkman, 1984; cf Carver *et al.* 1989; Lazarus 1993).

Therefore, the challenge facing grandparent, that of becoming parents again, usually involves a great deal of stress and this can impact negatively on their coping abilities (Heymann, Earle, Bajaraman, Miller & Rogen, 2007). While Grandparents have amazing personal resources to cope with their heavy responsibility, the inability to cope with a stressful situation may as a result prompt them to reflect symptoms of stress as they are older and more vulnerable to developing health related problems (Sands & Goldberg-Glen, 2000; UNICEF, 2007). The following discussion will focus how the economic, health, emotional and psychosocial situation are affect the lives of grandparents.

Economic Conditions And Coping Mechanisms

Unemployment

Unemployment may happens when employers see grandparents as too old or unskilled to work in necessary areas (Waldrop & Weber).As populations age the number of people facing age discrimination and denial of their rights will increase. Due to this, older people face very particular threats to their rights in relation to age discrimination, including in access to employment (Help Age International, 2011). Many grandparents may not be physically capable of performing duties of a new position and may not have the skill base to acquire a job that pays enough to make ends meet (Kirby & Kaneda, 2002). In addition, in some instances unequal employment opportunities and discriminatory inheritance and property laws force many elderly grandparents in physically strenuous jobs in the informal sector (Nhongo, 2004).

Grandparent's Level of Income:

The financial responsibility associated with parenting presents significant stress for some grandparents on a fixed income. Research indicates that these grandparents are often at risk for depression and other social and emotional problems, and it has been noted that psychological distress increases when family members have assumed significant care giving roles (Bullock, 2004; Burton, 1992; Fuller-Thompson et al., 1997; Goodman & Silverstein, 2002; Kellam, Ensminger, & Turner, 1977; Minkler et al., 1997). Based on the literature, it is speculated that a higher levels of income will be related to a lower levels of stress.

Level of poverty

there are several dimensions of poverty namely, income poverty (lack of food, goods, services and opportunities), moral poverty (lack of physical wellbeing, lack of energy and lack of space, lack of time and lack of power) and a spiritual dimension to poverty (lack of hope for change or meaning in the midst of suffering) Hunter (2000, cited in Defilippi, 2000 in Uys & Cameron, 2003). Furthermore, the consequences of poverty are not just physical but poverty also impacts on social and economic relationships Defilippi (2000, cited in Uys & Cameron, 2003). The costs of feeding, clothing and paying school fees have proven to be a major concern for older people across the continent. The repercussions of financial problems mean that many grandmothers sacrifice a lot to raise the children and to restore the weakening family.

Inadequate Housing

The problem of inadequate housing is one of the serious challenges faced by grandparents living with grandchildren. The grandparents sometimes share the same inadequate accommodation with their own children and grandchildren. Where to live can be a significant

obstacle when deciding to raise a grandchild. Grandparents may not have an extra room for the child to live or live in a residence that does not allow children. When deciding to raise a grandchild, grandparents may need to consider relocating if they do not have enough space.

Health And Coping

The elderly are the very segment of society that ought to be receiving protection and care but instead these grandmothers attempt to stretch their meagre pension to be able to provide food and schooling for their grandchildren (Defilippi, 2000, cited in Uys & Cameron, 2003). The elderly caregivers are usually at risk not only of chronic illnesses, such as arthritis, high blood pressure, cardiovascular and respiratory conditions but also of neglected health if these conditions are not treated (Hughes & Waite, 2002; Minkler & Fuller- Thornson, 1999). This situation may exacerbate poor health and impact on coping abilities (Joslin & Harrison, 1998). Grandparents experience numerous psycho-emotional difficulties in trying to cope with the demands of caring for their grandchildren.

Psycho-Emotional Coping

Stress, Anxiety and Coping.

Elderly caregivers of children experience physical and emotional health related illnesses that impact on their psychological wellbeing Joslin and Harrison (1998) and van Dyk (2001). Stress is experienced when the personal and situational demands exceed resources (Paul, 1998). There are physical stressors (environmental conditions) and psychosocial stressors (for example, the social and psychological conditions that may be harmful to the self (Lazarus 1976, cited in Paul, 1998).

While grandparents may provide a secure and loving environment that helps children to socialize, they may find it difficult to respond to children's psychological, legal, economic, and basic needs. These may have a negative impact on the family but most particularly on the grandparent caring for their grandchildren, who may be unable to adjust to the demands made upon him or her.

In addition, trying hard to cope with the limited resources may be distressful to the grandparents. Van Dyk (2005) states that stress can lead to psychological and physical illness, anxiety, conflict, and so forth. Illness may occur if the stress is continuous and exerts a strain on a specific physiological system which may be compounded by genetic predispositions to specific illnesses such as heart disease, cancer, osteoporosis Cannon (1932, cited in Paul, 1998).

Loss, depression and coping

Stress and depression, among other things, is seen as one of the factors that is experienced by grandparents with symptoms such as loss of energy, low self-esteem, loss of hope, and so forth. The loss of social and economic status and becoming physically, financially and emotionally dependent on others as one of the three stress-producing situations peculiar to older persons in Western society Ford (1975, cited in Gerdes et al, 1988). the theme of loss dominates the lives of older people (for example, loss of health, independence, status, family roles, income, friends and a spouse Gerdes et al (1988). the person suffering such losses is likely to manifest certain signs of stress, such as depression, fear and anxiety, confusion, indecision, hostility and frustration, Gerdes et al, (1988). grandparents usually face strong material, emotional and psychological constraints and receive little external support Guest (2001).

Grief, loss and coping grief has come to be recognized and allied with a range of negative feelings which are part of general emotional turmoil (Gerdes et al., 1988). The transition from

being an older adult without dependents to raising grandchildren can be very stressful. Giving up their time, energy, and money to take over the responsibilities of being a primary parent again can stir up feelings such as grief, anger, loss, resentment, and possibly guilt, leading to depression or anxiety. The stress of parenting may escalate when other demands for their attention occur simultaneously. These may include caring for their elderly parent, sibling, or spouse. Some grandparents may feel guilty or embarrassed that their own children are not capable of being dependable parents. Others may feel guilty and heartbroken if they are not able to raise all of the grandchildren needing care. Whether it be a friend, family member, or mental health counselor, it is important for grandparents to have someone to talk with whom they trust and who is compassionate and understanding enough to guide grandparents to an appropriate professional for help if needed. Attending support groups can enable them to meet other grandparents who are parenting again. The group setting provides an opportunity to share experiences and learn from each other.

Support Systems For Grandparents Caring For Grandchildren

Social support defined as help provided by friends and relatives who give physical and psychological comfort to an individual facing a stressful experience (Baron and Byrne 1991). This means that the individuals that obtain social support tend to be relatively better in terms of physical health, emotional and psychological adjustment and consequently, dealing with stress. Harcombe (1993) and Demaray & Malecki (2003) contend that social support systems play a buffering role in helping individuals cope with undesirable life events.

There is a need to reform the social programmes, services and policies intended to affect adults, given that children are the primary benefactors of such change. By improving the social support services to elderly caregivers, the sustainability of being the surrogate parent can be

effectively maintained. Therefore, the following discussion will provide an overview of the various support systems that are, or may be, in place to assist grandmothers and the relative effectiveness of these systems to meet the challenging demands of the grandmother caregivers.

Governmental Organizations'

In Ethiopia, there are a wide range of support mechanisms in the extended family and other social institutions (Federal Democratic Republic of Ethiopia, 2012). Even though a wide range of social protection actions are being implemented across the country, However, the government programmes often fail to recognize the challenges faced by grandparents' in caring for their grandchildren either because lack of an awareness or because their needs are not fully understood. It is essential that it focuses on grandparents since they play a crucial roles by raising the children within society.

Non-Governmental Organizations (NGOs)

There is evidence that grandparents are trying hard to gain access to services provided by Non-Governmental Organizations (Beales, 2002). Misguided beliefs and attitudes serve to exclude older people from developmental programmes that could help them and the children they support. poverty in the communities, such as speeding up the foster care grants process, assisting with education of the children, offering emotional and psychological support to families, it is 'a drop in the ocean' because the country's leaders appear to be busy with other agendas.

Theoretical Framework Guiding The Study

The aim of this section is to explicate the need for a theoretical framework that will present a rational clarification of the issues pertaining to this study. Using the Ecosystemic

theoretical framework, the interconnected assumptions, concepts and relationships between the components of this framework were explained. The intention is also to link and explain the relevance of the events and issues through the ecosystemic approach. Grandparent caregivers who are facing challenges are influenced by the multiple contexts that surround the family. It is, therefore, imperative that this family form be considered from a theoretical framework that takes into account both internal and external factors. The following section explains the importance of a theoretical framework in conducting research.

The Ecological Approach

This approach entails a primary assumption that an individual cannot be understood without taking into account the quality of life within and among the community of systems of which the individual is a part. This theoretical approach focuses on the connections among individuals and their environment at various systems levels (Kieran O'Donoghue; Maidment, 2005). It is conceptualized as nested circles to describe layers of surrounding environments and emphasizes reciprocal relationships between family members, particularly developing persons (grandchildren). The approach aim is to facilitate the restoration of the adaptive balance between persons and environment by reducing stress, enhancing coping mechanisms or establishing stability (Gitterman & Germain, 1976 as quoted in Kieran O' Donoghue & Maidment, 2005).

Engelbrecht and Green (2001) state that using a theory to understand certain phenomena promotes knowledge construction and offers frameworks for understanding and interpreting experiences. A theoretical framework is used to guide how research should be conducted.

Neuman (2003) believes that frameworks also guide the design of a study and the interpretation

of the results. Therefore, this approach helps to understand the type of social relation people have with their neighbors’.

The Ecosystemic Theoretical Framework

The ecosystemic perspective as a blend of ecological views and systems views of interaction between different levels of the social context and the individuals within them (Donald, Lazarus & Lolwana, 2006). This view is supported by Bronfenbrenner's (1977; 1979; 1986 cited in Donald, Lazarus & Lolwana, 2006) ecological model of child development which is based on interdependent and interacting relationships between different organisms and their physical environment. Central to Bronfenbrenner's (1977; 1979; 1986, cited in Donald, Lazarus, & Lolwana, 2006) model are the four interacting dimensions namely, the person factors (for example, the temperament of a person), the process factors (for example, the forms of interaction that occur in a family, and so on), the context (for example, families, schools, local communities, and so on) and time (for example, changes over time in the child or the environment).

The strength of the ecological perspective is that it is composed of parts of a system that work together for the survival of the whole. For the ecological perspective, the sum is greater than its individual parts. As it works as a system, this means that whatever happens in one part of the system can affect other parts. Bronfenbrenner (1977, cited in Donald, Lazarus & Lolwana, 2006) further explains that maintaining the balance in this ecological system is vital for the system to be sustained. Failure to maintain equilibrium within the ecological system will cause a major disturbance in the whole system as it will be now threatened. For example, poverty and unemployment are major problems threatening the survival of the family. Consequently, the family functioning as a system and its various subsystems will be disturbed as a whole. This, in turn might affect the community and society as well.

Plas (1986) and Broderick (1993 cited in Donald, Lazarus& Lolwana, 2006) state that systems theories are applicable to the study and understanding of different fields such as the family, school, economics, the relationships within them, between them, and their relation to their social contexts. Like the ecological perspective, systems theories emphasize the different levels and groups of people as interactive systems where the functioning of the whole is dependent on the interaction between all the parts of the system (Donald, Lazarus& Lolwana, 2006). However, in this interaction, if there is a part or subsystem that is not functioning effectively, the whole system will be affected. For example, this study tries to explore and explain challenges, coping, experience, and social support. If severe financial difficulty exists in these households and the grandchildren are unable to survive adequately in terms of their primary basic needs (for example, food, clothing, and so forth) then this means that the whole family will be unable to adjust in such living conditions.

Also relevant to this study is the psychoanalytic view point which provides an understanding of how negative or positive representations are experienced emotionally and the attempts by those affected to protect themselves from anxiety associated with it. This means that, there is a link between the psychoanalytic views and the Ecosystemic ones regarding the "intrapersonal characteristics" (such as, cognition, emotion, behaviour, and so forth) that predispose a person to stressful life events.

The Ecosystemic framework is vital for this study as it is seen as 'umbrella or meta-approaches' (Harcombe, 1993 cited in Donald, Lazarus& Lolwana, 2006) which incorporate many theories in an all-encompassing, coherent whole. Harcombe (1993, 2003 cited in Donald, Lazarus& Lolwana, 2006) has taken many of the previous concepts and theories, for example, from Turton, Gibson, Donald, Engelbrecht (cited in Harcombe, 1993, 2003) and combined them

into a more integrative and comprehensive framework. She used the Ecosystemic model in understanding stress. This will enable the researcher to understand and explain the challenges faced by grandparents in terms of their needs, coping and social support systems available to them. Thus, when a particular level of functioning of a grandparent is examined, it is necessary not to lose sight of the larger whole and the complexity of the interactional patterns between systems. According to Harcombe (1993, 2003) these systems are interrelated and operate at different stages and levels. Each dimension will be examined separately before relationships are brought in.

The Four Levels of the Ecosystemic Framework

Grandparent caregivers who are experiencing stressors do not exist in a vacuum, but are influenced by the multiple contexts that surround the family. It is, therefore, imperative that this family form be considered from a theoretical framework that takes into account both internal and external factors. The ecological model is a particularly useful theoretical framework for understanding grandparents raising grandchildren in context because it recognizes the interaction between multiple variables at multiple levels or ecologies and suggests that we must examine these variables together to best understand the lived experiences of individuals and families in society (Bronfenbrenner, 1979 cited in Donald, Lazarus & Lolwana, 2006).

The ecological theory's primary assumption is that the environment and the individual are inseparable. Bronfenbrenner (1979) and others have suggested that we must understand families in all contexts and how the complex interactions of these contexts affect family life. The ecological model conceptualizes family and environmental interactions and relationships by representing an ecological system of interdependent parts and wholes (Bubolz & Satong,

1993) in which family members affect each other, other families, and the community. When theorizing about grandparents raising grandchildren, several ecologies or contexts are salient including the individual, parental/familial, and community levels. Bronfenbrenner (1979 cited in Donald, Lazarus& Lolwana, 2006) recognizes multiple layers extending beyond the community including cultural, political, economic, and historical contexts . Although it is important to recognize the multiple layers and complex contexts that affect GRG functioning, this study examines the contexts that grandparents are likely to have the most control in changing or influencing (Boss, 2002).

1. History/ Life Events

Level 1 of the Ecosystemic model refers to the history or events occurring in the life of an individual's struggle to cope with undesirable life events. At this level the history of the individual is examined. The life events could be any trauma such as abuse, death, divorce, lack of shelter, food and so forth. According to Harcombe (1993), this level includes events relating to disturbances of interpersonal relationships and environmental influences emanating from outside the family circle. Harcombe (1993, 2003) argues that these life events/stressors are considered as predictors (causes) of any problems, symptoms or maladjustment a person may evidence. Becvar and Becvar (1996) concur with Harcombe (1993) in pointing out that at this level, a "pure" cause and effect approach is used. This means that a person can be classified according to his or her difficulty presented at a particular time. Lerner (1993) underlines the importance of the cause and effect approach in citing that it has influenced pervasively some fields of practice and generated considerable research.

Lazarus (1976, cited in Donald, Lazarus& Lolwana, 2006) argues that environmental conditions and their related psychosocial stressors may be harmful to the person trying to adjust to these conditions.

An individual may be classified or labelled in some way as having a disorder. Minkler (1999) and Burton (1992) argue that studies have constantly shown that grandparents experience social isolation, financial, physical and emotional hardship. These life events may be stressful for the elderly and they may, for example, be labelled "inadequate."

2: Intrapersonal Characteristics

This level of the Ecosystemic model focuses on the intrapersonal characteristics of an individual and the characteristics unique to the person. This means any aspect that comes from within a person that is genetically predetermined and not learnt. This includes the individual's motivational level, learning ability, physical attributes, personality, emotional level, intelligence and temperament (Harcombe, 1993, 2003). According to Harcombe (2003) intrapersonal factors together with other levels of the Ecosystemic model influence the way a person develops and may have an impact on the nature of the adjustment to these. Intrapersonal variables may consist of biological predispositions, which may include obvious differences relating to gender and physical development. However, this section will focus on only three such predispositions which are emotional characteristics, gender and age.

i) Emotional characteristics

This sub-system of the intrapersonal dimension of the Ecosystemic model deals with individual differences regarding emotional levels. According to Wolff (1981) and Strelau (1989) the use of defence mechanisms to deal with a stressful situation may be evident. In this regard,

Allport (1961 cited in Gerdes et al., 1988, p. 104) argued that a person who over-reacts emotionally may be preoccupied with disconnected items of earlier emotional experiences, whereas, a self-accepting person is seen as a person who has a sense of proportion. The latter is able to control his/her emotions through the ability to express his or her feelings openly, taking into consideration the beliefs and feelings of others.

ii) Gender characteristics

According to Turton (1986), Thoits (1984), Dawes) studies suggest that women and girls experience more undesirable life events than males, and they display a higher proportion of stress reactions than males do. Guest (2001) argues that most of the children, who have lost both parents, are taken in by their extended family, usually an elderly and widowed female. In addition, research by the United Nations Children's Fund revealed that nearly forty per cent of the orphans are cared for by grandparents usually grandmothers (Guest, 2001) and another thirty per cent are looked after by aunts or uncles. This study focused on grandmothers as caregivers of orphans because most of the studies done so far reveal that grandmothers and elder female siblings become caregivers to orphans after the death of the parent(s).

3. Age

Age is another sub-system of the intrapersonal dimension of the Ecosystemic model. The researcher will focus on late adulthood development in particular. The findings suggested that the transition from adulthood to old age may represent loss of control both physiologically and psychologically.

Challenging life events can be stressful for the elderly persons taking into account their age and many roles they need to play in the life of the child. Blythe (1979), Butler (1982),

Kennedy and Scheidt (1979) and Saul (1983 cited in Gerdes et al., 1988, p393) demystify some of the stereotypes and myths of ageing such as "old age is a period of tranquillity and serenity." Elderly people may also be influenced by environments that exert distress and painful feelings as they try to understand their situation. For example, elderly people may struggle to cope with challenges like health, physical signs of ageing such as sensory deterioration, lack of stamina, loss of cognitive abilities, and social roles.

4: Interpersonal Characteristics

This level refers to the role of significant others in the individual's life. More specifically it refers to the social support systems surrounding the individual such as family, friends, community and so forth. Harcombe (1993) and Demaray & Malecki (2003) contend that social support systems play a buffering role in helping individuals cope with undesirable life events. The findings of the Thurton study suggested that individuals who were unsupported were more adversely affected by stressful life events than those who had ample social support. Harcombe (1993) and Demaray & Malecki (2003) contended that social support systems play a buffering role in helping individuals cope with undesirable life events.

As it is with other countries, in Ethiopia, there is dramatic influence of the processes of urbanization, globalization and industrialization on attitudes and living conditions of children, families and the society at large. As a result, change of family systems from extended to nuclear ones is increasingly dwindling the traditional supportive role members have been benefited; prevalence of orphan hood due to HIV/AIDS and other diseases and accidents put grandparents as the most immediate care givers; persistent divorce and poverty and increasing attachment to mass media and social media in the country expose children to be involved in indecent, criminal and deviant activities, harmful to both children, parents and the community at large; the spread

of democracy and educational institutions contribute for children to question age-old systems of suppression and absence of freedom to them. Schooling children also learn from their peers a number of issues such as participating in drug abuse and truancy for unreasonable issues which can upset and put them in conflict with their grandparents. These situations contribute as factors and challenges for grandparenting.

METHODS OF THE STUDY

This chapter recounts the method of the study and procedure used to inquire the problems undertaken, and provides detail information about the research design, the sampling methods, and data collection techniques. In this study, the researcher employed descriptive and exploratory design. The researcher used descriptive design as a strategy to investigate and understand challenges and the coping strategies grandparents set out to overcome obscurities encountered in raising their grandchildren. In this study, the exploratory design has been chosen so as to obtain an insight into the phenomenon in addition to give an initial knowledge with the issue of grandparents raising grandchildren.. Furthermore, this part comprised of a detailed description of methodology, research design, study area, methods of sampling, methods of analysis and finally, ethical consideration was included in this section, because it was useful to clear out confusion that may happen in carrying out the study.

Research Design

In order to investigate the research problem, a qualitative research approach was applied. Qualitative research is a type of research that produces findings not arrived at by statistical procedures or other means of quantification (Strauss & Corbin, 1998). Since the major interest of the researcher was to understand challenges faced by grandparents in caring for their grandchildren and to explore how they use their coping strategies to meet their challenges, the qualitative methodology, which imparts phenomenological theory to use as in-put was chosen to conduct the research study. Because this qualitative approach allowed the researcher to access the personal experiences of the informants who frame, articulates and reveals life as experienced in a case structure. Realizing the benefits above, the researcher realized that this method is an exploration process to understand the phenomenon in its entirety, rather than just focusing on

specific concepts. Hence this research, as a form of case study phenomenological inquiry aimed at capturing the lived experiences of grandparents as they engaged in the parenting of their grandchildren (Clandinin & Connelly 2000). As this method concentrates on the study of a social life or human problem in natural settings, the researcher stressed the significance of peoples' interpretations of events and circumstances, rather than the researcher's interpretation, and emphasized that subjectivity is essential for the understanding of human experience. This method probed deep on the causative factors for the occurrence of challenges and investigates the lived experiences of grandparents. It is also one which is realistic, conceived with due regard both for practical constraints of time and money and for the reality of the research context and setting (Bechhofer & Paterson, 2000).

To sum up, this study is purely qualitative by strategy. Phenomenological study, which is a part in qualitative method, is preferred to inquiring the questions under study. The main reason that necessitates to select qualitative study as a strategy is to elicit meanings and experiences grandparents imply in raising grandchildren.

Study Area

This research was undertaken within the context and boundaries of Ambo town. The town is found in West Shoa Zone of Oromia National Regional State. It has a distance of 114km from Addis Ababa and located between astronomical grids of $8^{\circ}04'71''N-90^{\circ}21'1''N$ and $37^{\circ}32'1''E-38^{\circ}30'1''E$ and it is the capital of West Shoa Zone. The total number of population residing in this town is 108,406 out of this total population, 54, 186 and 54, 220 are males and females respectively (CSA, 2007).

Selecting Participants

Sampling refers to the researcher's process of selecting the sample from a population in order to obtain information regarding a phenomenon in a way that represents the population of interest and taking any portion of a population as representative of the studied population (Ritchie, Lewis & Elam, 2003, as cited in Snapped & Spencer, 2003). However, for the purpose of this study, snowball sampling, which is a non-probability technique, was chosen by the researcher to select focus group discussants and interviewees. This is because the researcher only knows only few of the participants and additional ones cannot be obtained easily without the researcher is referred by the known ones.

The researcher, therefore, selected available informants for a referral of other individuals, through snowball sampling technique. Since it may be difficult to obtain the informants (grandparents) in the research study area this sampling technique was utilized as a viable sampling method so as to gain rich data from individuals' participants in the study. The sample size consisted of a total of 16 grandmothers and 5 grandfathers who are involved in caring for their grandchildren in Ambo town.

Data Collection Instruments And Procedures

Data collection can be defined as a precise, systematic collection of information pertinent to the research topic and objectives. In the study, qualitative techniques of data gathering methods were applied through in-depth face-to-face interviews and focus group discussions. These are considered to align most closely with the principles of phenomenological inquiry. On the basis of informants consent, audio recording and note taking was used in the study session.

In-Depth Interview

In- depth Interview was the primary technique used by the researcher to gather data using semi-structured questions. The researcher also aimed to utilize such type of interview because it allows the interviewers for liberty to express their feelings and views as freely as possible (Fielding, 1993). In addition, the researcher believed that, this semi-structure interview provides confidence for the informants to air out their glory feelings without terrifying whichever influences under circumstance. Therefore, this type of interview was employed as a system of data gathering to explain and understand the challenges that grandparents encountered in caring their grandchildren, and factors for their being grandparents.

In this data gathering process, the researcher formed two separate interview group (sixteen grandmothers and five grandfathers). On average, each interview was undertaken in the range of 45 minutes and one hours to complete the interview. Audio recording was to grasp all that was told by the interviewees in the interview session. All of the participants were interviewed in their homes. The interview taped and all recordings were fully transcribed. The transcriptions constituted 'texts' rich in description, which became the object of analysis and interpretation.

Focus Group Discussion

Focus group discussion can be defined as a policy for getting a deeper comprehending of an assessment of a problem, regarding, new product, program or idea by interviewing a group of people who have been purposefully sampled rather than each person individually (McMillan & Schumacher 2001). Through focus group discussion of data gathering technique, the researcher planned to obtain relevant qualitative data, which encompasses the discussant attitudes, opinions and feelings. The researcher also used a discussion guide which has drawn up from relevant

questions geared to obtain richer information. This group discussion consisted of six members and it was undertaken in the office of Alemaz Ashne non-governmental organization at Ambo, and took 2 hour of the discussion time. To facilitate the discussions, the researcher employed different communication techniques. These included, probing, clarifying, reflecting, paraphrasing and summarizing. Through Probing: the researcher employed an open-ended question to encourage the informants to give more information. In the course of Clarifying: the researcher used this technique to clarify blurred statements to the participants. During reflecting technique: the researcher verbalized the concerns and perspectives of the informants. Through Paraphrasing: the researcher went back over the terms to the informant's by using synonyms word. Finally during summarizing: The researcher mentioned only the data relevant to the objectives of the research.

The researcher and two trained facilitators conducted and monitor the day-to-day data collection process and ensure completeness and consistency of the data collected. Both of the facilitators are graduates of social work. While one is an employee of Almaz Ashine local NGO the other is government employee in zonal court in Ambo. Assistants participated in the data collection process received a one day training on how they can convey message to the participants, record the information and organize for transcription. Besides, the facilitator was trained to be nondirective and to facilitate free, open discussion by all group members to ensure that no single member dominates the discussion. They would probe superficial answers and encourage the group to move on when a particular topic has been adequately covered.

Sources Of Data Collection

To obtain data in the form of opinion and phrases, the researcher used primary and

secondary sources. Primary data was collected from informants by using in-depth interviews, and focus group discussions. In addition, secondary data was collected from the available sources such as books, articles and research abstracts.

Validity And Reliability Of Data

Before the interview and focus group discussion, the researcher has distributed the questions to people assumed knowledgeable of the area to amend questionnaires. After getting and incorporating comments from those who used as checkers of the points in the questionnaires, the researcher conducted interview and staged a session where grandparents discuss issues on the table. Therefore, consistency was seen as a result of the steps taken to ensure the relevance of the questions in bringing information to which they are designed.

As with reliability, there has been some attempt in the qualitative literature to move away from the concept of validity and to use instead other terms which are more appropriately related to the 'correctness' of qualitative evidence. Validation refers to the process of checking the validity of a finding or conclusion through analysis or cross-checking with other sources (Hammersley, 1992, McMillan & Schumacher, 2001). Validity in qualitative research has to do with the accuracy or truthfulness of the findings (Ary et al., 2006). The researcher attempted to enhance the validity of the findings through triangulation according to (Thomas, 2009). To achieve these, good rapport was created with discussants and interviewees and along with explaining the objectives of the study and seeking free consent.

Methods Of Data Analysis Procedure

Data analysis can be defined as a process of bringing order, structure and meaning to the mass of collected data (De Vos *et al.*, 2005). First, the researcher developed a work protocol as a guide or an instrument for collecting data which includes interviews and focus group discussion

rather than rely on a single information source to analyze data. Then the researcher built the patterns of categories, and themes from the bottom-up, by organizing the data into increasingly more abstract units of information. Followed by each interview, the researcher transcribed and translated the recorded data from Amaharic in to the English language. In this study phenomenological method of analysis for research advanced by Moustakas (1994) was applied. Accordingly, after collecting the necessary data, checking completeness and consistency, the results was fed into data obtained through different qualitative techniques (in-depth interview and focus group discussions) so as to triangulate and make rich description.

After transcribed the interview tapes, the researcher used data analysis steps proposed by Ary et al. (2006) and Lichtman (2010). Based on this, the researcher utilized the following steps in transcribing data sourced from both techniques – interview and focus group discussion. In step 1: Initial coding - extracting some central idea from the participants. In Step 2: Revisiting the initial coding. In Step 3: Developing an initial list of central ideas or categories. In Step 4: Modifying one's initial list based on additional re-reading. In Step 5: Revisiting one's categories and subcategories. In Step 6: Progressing from categories to concepts or themes. From Steps 1 to 5 which consisted of a data analysis whereby the original data was transcribed and read more than once to extract a general idea from the participant responses. In step 6 there was a progression from categories to concepts or themes. Finally, the results of each focus group discussion and interview were included as per their suitability to each them for further analysis.

Ethical Consideration

The researcher made every effort to carry out the empirical investigation consistent with ethical guidelines. Before the interview process, the purpose of the study was informed and Permission was asked from all participants who were involved in the research study. Sufficient information

was provided for the participants about the study to allow them to decide to participate or not and will not be coerced in any way. Furthermore, the researcher has an instruction to keep honesty, respectfulness and sympathy towards all participants in the time of briefing when need arise.

The researcher has strictly refrained from unnecessarily soliciting research participants (for example, offering money) to obtain information. The researcher strictly considered the special needs of vulnerable populations (victims, persons with different physical problems).

After data collection, the results of the study were only be used for academic purpose and will not be given for any third party. Furthermore, the researcher is liable for any misdeeds emanating from this research and affecting the rights of all the research participants, and the region/nation in which this research was conducted at large. Any name, if any, used in this research is pseudonym.

RESEARCH FINDINGS

This section presents the analysis and interpretation of the research findings. During the data analysis the following categories based on the comprehensive themes and their sub-themes were presented. Diverse aspects of challenges faced by Grandparents; Factors that determine grandparents to becoming parents, Experiences of grandparents in caring for their own children and their children's children in the parenting practices, and Coping strategies of grandparents to meet their challenges

Demographic Characteristics Of Participants

In this research study 21 participants were purposively selected from three kebele in Ambo town, from which 16 were grandmothers and 5 were grandfathers. 10 grandmothers and 5 grandfathers were interviewed individually in their homes, whereas only 8 grandmothers were participated in the focus group discussion, two grandmothers took part in both interview and focus group. All are aged over 55, the oldest grandparent is aged 80, who came from a mix of social and economic backgrounds and include both maternal and paternal grandparents. One of the grandmothers was twelve grade complete, the other four grandmothers were able to read and write and one grandmother was eighth grade, one grandmother was five grade and Eight out of Ten were unable to read and write. Three grandfathers were diploma holder, one of the grandfathers was ten grade and another one grandfather was five grade. One of the grandmothers was retired health assistant and one grandfather was a former worker of Air force military organization at Bishoftu and another two grandfathers were day laborers, one of the grandfather has been working in bureau of education and one grandfather was a retired civil worker. From a total of 14 grandmothers participants, eleven of whom were widowed with the income of their husband's pension, two were divorced, one couple grandparents.

Generally, summary of demographic characteristics of research participants was presented as follows:

Name	Gender	Religious affiliation	Age	Educational status	Marital status	Source of income	Residence (kebele)
Megertu	Female	Orthodox	60	Grade 12 complete	Widowed	Pension	01
Tigist	Female	Orthodox	75	Grade 8 complete	Widowed	Pension	01
Lelise	Female	Orthodox	77	Able to read and	Widowed	Pension	01
Obse	Female	Orthodox	70	Able to read and	Widowed	Pension	01
Marta	Female	Orthodox	65	Able to read and	Widowed	Pension	01
Kidist	Female	Orthodox	58	Able to read and	Widowed	Pension	02
Derartu	Female	Orthodox	64	Grade 8 complete	Widowed	Pension	02
Gadise	Female	Orthodox	70	Illiterate	Widowed	Pension	02
Chaltu	Female	Orthodox	75	Illiterate	Widowed	Pension	02
Birite	Female	Orthodox	73	Illiterate	Widowed	Selling injera	03
Sahra	Female	Orthodox	55	Illiterate	Widowed	Washing clothes & ironing	03

Workineshh	Female	Orthodox	67	Illiterate	Divorced	Selling tea and bread	03
Ayelech	Female	Orthodox	59	Illiterate	Divorced	Selling tea & bread	03
Wogayehu	Female	Orthodox	63	Illiterate	Married	Selling tea & bread	03
Gutema	Male	Orthodox	63	Diploma holder	Divorced	Employee	01
Debebe	Male	Orthodox	70	Diploma holder	Married	Pension	01
Gemechu	Male	Orthodox	63	Diploma holder	Married	Pension	02
Bekele	Male	Orthodox	63	Grade five	Married	Daily labourer	02
Solomon	Male	Orthodox	55	Grade 10 complete	Married	Daily labourer	03

Challenges Faced By Grandparents

Even if the participants of the study have had common challenges, experiences and mechanisms in coping their challenges, the researcher revealed that those who have faced diverse aspects of challenges apply different coping strategies to meet their difficulties while caring for their grandchildren. Results from interview and focus group discussion show that grandparents struggled with various aspects needed to cope with their roles as caregivers for their grandchildren. Some of the difficulties or challenges that prevented them from effectively coping with the day-to-day running of their households are: psycho-emotional challenges, financial challenges and social challenges.

Psycho-Emotional Challenges

It became known from the findings of this research that the grandparents experienced divergent psycho-emotions caused by different challenges in raising of their grandchildren. The following is a brief discussion of the findings regarding each sub-categories of psycho-emotion which include: anxiety, stress, hopelessness.

Anxiety and stress

The finding revealed that there are a number of future concerns grandparents experience in raising their grandchildren. Most participants gave the impression to experience a range of anxieties in various forms. These include financial issues, unemployment, the death of their own children, the health conditions of their grandchildren, worries about securing a future for their grandchildren through a 'good' education and their own coming death could be a reason to form serious anxiety and stress in their live. Three of the grandmothers stated that they are looking after at least one child with serious health problems. Megertu pronounced that she worries for all

time about one of her grandchildren health problem in related to spinal cord difficulty. She stated that “I have no money to take her to better and specialized hospital due to this I am always in anxiety.” Majority of the participants in the interview affirmed that they frequently have the constant worry about money, the cost of raising children, as well as the additional costs of these children's particular needs. The stress and worry of the money was too much, especially when they were unable to fulfill their interest. One grandmother called Tigist clarified her bad experience which is related with her granddaughter’s severe health problem as looking after the child. She began to explain about her grandchild’s reason for her physical predicament. She said that

When my grandchild was at the age of eight years old, I lost her mother by death, followed her mother death, after three years, her father passed away with in three days painful illness, and then, my granddaughter’s health problem has started in line with her father’s death. She said I remembered that both of whom had a joyfulness relation, because followed her mother death, immediately she began to attach herself with her father.

But as soon as she lost her father, she underwent through heartache, as a result of this, she was admitted in hospital for five months. While she was getting her health back, she has developed a psychological and emotional problem, despite the consequence, her right leg and right hand became paralyze. The grandmother told that “her relationship with other has completely changed and she developed an aggressive behavior.

According to her grandmother’s description, before her parental death, she was obedient and amicable child and had suit manner. But currently, she can’t agree and play with her peers and others in peaceful manner, however, no one can understand her belligerent behavior, and rather everyone considered her as she has a bad behavior. Tigist revealed that this was painful

and stressful because I have no potential to restore her health. Finally, she confirmed that “My health problem has been influenced by this orphaned granddaughter health problem that exerted distress and painful feelings on me. Likewise the above mentioned two grandmothers, lelise came to view that

I am raising a grandchild with his health difficulty. She said the baby was borne with the problem of imperforate anus which means a body part completely closed and lacking an opening at the lower end of the alimentary canal through which feces are released. Although, the surgery was made at black lion hospital and the baby was healed from his imperforate anus difficulty, the surgical treatment left him with the problem of stool incontinent. Consequently, the baby cannot control his stool, even he is at the age of nine, and for that reason i kept from sending him to school. She said this is a painful challenge which negatively affect not only his life but also influence my own life.

One grandfather Gutema commenced to confirm his source of anxiety, he said “I was the former worker in bureau of agriculture in Ambo, but currently, I became retired and being pensioned with 530 birr.” He revealed that

no matter how difficult it is to find a job at the age of 63, I am forced to work in different construction site as a day laborer so as to boost up my income since I am the only because the pension money I receive is not sufficient to cover the costs of my household and the expenses of my two grandchildren as well.

Gutema described that “I am the only bread winner in the house, because my wife is unhealthy and my four children are unemployed because of this, they are incapable to share my

financial burden, as a result, I became the only responsible agent to produce the income for my families and my grandchildren as well.” He said

I am always in stress because of my unsecured job; I am at all times thinking, if I lose this job, what will be the fate of my families specially my two grandchildren. he told that I love my grandchildren, due to this, I attempted to make their live joyful, therefore I will try my best to fulfill their needs and keep their interest in so far as possible by working as day laborer. Therefore, the reason that impel me to worry is I don't have any reserved money even for one day to cover the expenses of the house if I am unable to find a job.

Gutema said that this insecure job is the main sources of anxiety for him. One grandmother called Obse recalled her challenge with resentment feeling from her poorest living condition as “some time ago there was nothing to eat at home; hence, my two grandchildren had gone hungry.” Then “I was forced to ask my neighbors to borrow some money because at that time I had no money to purchase any food, but all of whom were reluctant to lend me their hand because they were doubtful whether I turn their money back since I am poor.” Then “I was compelled to feed my grandchildren the grain which was prepared to make *tela*.” She kept in her mind, how much this event affected her emotion and talked and she will never forget this happening. As she unveiled, she will never forget such happening; hence, it is evident that how much this event affected her emotion. She also added one proverb to explain the level of poverty by saying “ኖርላምላይኖር” which means if not you have money, it is so difficult to create any social relation with the have class. Additionally, Obse thought one painful event back to her mind that was happened on her life, she notified, in line

with her recurring and repetitive living situation that obliged her one grandchild to leave away from the house and to reside on the street. It was clear to the researcher that the above cited experiences of the participants were traumatic for them and were accompanied by feelings of distress, forgetfulness, denial, inadequacy, and so on.

The finding divulged that the grandmothers were under a lot of stress and that they suffered from various ailments in their daily lives in caring for their grandchildren. All participants agreed that they experienced stressful situations due to the supplementary responsibilities of caring for their grandchildren. Many of which are due to the complex life events such as financial problems, health related issues and the sky rocketed living situation in the country that led them to live in the stressful ways. Most grandmothers (16) pronounced that “economic stress as a result of recurring low income, absence or loss of one /both parents, and having poor relationships even with peers could be major sources for their stress in their lives.

In this research finding, the outcome revealed that grandparents who became desperate owing to the circumstances of many challenges they faced in raising their grandchildren. Undertaking the full-time responsibility for raising grandchildren causes major changes in their lives. A number of participants in the study indicated that it was hard for them to look after their grandchildren in proper manner due to a variety of limited conditions mainly financial problem in order to fulfill their basic needs. Derartu clearly indicated that

I have experienced a feeling of helplessness and anxiety which are compounded towards my life because of my extreme and unchangeable poverty that impede me to fulfill my four grandchildren's needs as a result seemed vulnerable to illnesses and depression. She thought that she was living with a discouraging and miserable way of living and stated the lesson as “I often have the constant worry about money for

the cost of raising children, as well as the costs of my grandchildren's particular needs.

Therefore, the finding noted that it seemed that these grandmothers had lost hope in faith due to their painful and stressful lives and poor living conditions that they felt helpless and had no hope under their circumstances.

Economic And Social Challenges

The findings of this study identified that even if the grandparents endeavored to overcome the difficult cost of living situation, they encountered with many challenges to cope their ability in caring for their grandchildren. The participants were involved in the study, stated that financial problems were the top challenges to perform their parental role in caring for their grandchildren. In this study it was also observed that these grandparents were engaged in a daily struggle to fulfill essential needs such as food, clothing, for their grandchildren.

Obse started to explain her challenges she pronounced that “My physical appearance and health conditions have completely changed as a result of hard work for the purpose of raising both my own children and later my children’s children.” She said “at first I was obliged to raise my four children alone because of my husband’s death.” Latter, the burden has fallen at my shoulder to raise my two grandchildren since their mother was unemployed and their father is unknown.” owing to this, “I have obliged to engage in different hard works to earn the income so as to raise those children.” These hard duties incorporate like, collect fuel wood and sell it, being employed to prepare *injera* for others, washing clothes for my neighbors. Gadise is one of the widow grandmother who live with her seven grandchildren, all of whom are orphaned grandchildren from her two daughters who had died before three and four years ago. She

pronounced that “I have received 250 birr per month from my husband’s pension.” she said that, “now a days, it is hardly possible to allocate this meager money to cover these seven children’s needs such as food and clothes, in addition to pay money for various costs which includes for idir, fuel wood, and electric and water consumptions.” Therefore this financial limitation led me to live a stressful way of living.” Gadise began to describe her past living condition, she articulated “before her daughter’s death, I had a better way of life style with my grandchildren, because all expenses were covered through these daughters.” These seven children had a luxurious way of living because their mothers had enhanced livelihood and fulfilled the needs what they wish to obtain.”

Sometimes she said, “I am thinking with regard to these seven children who were ill-fated as I compared their previous lavishness way of life style and their current awkward way of their living style.” However, after their death, the burden of caring for these children went down at my shoulder at the age of 65. Then, she expressed her speak with heartbreaking feelings, “the inability to bring my grandchildren’s happiness back to their live that made my life discontented and depressed .” she said “I am constantly think about how to allocate this little money for all needs which are most important for my grandchildren.” Majority of the participants in the interview affirmed that they frequently have the constant worry about money, the cost of raising children, as well as the additional costs of these when they were unable to fulfill their interest.

Six out of ten grandmothers in this study who shared the perception which was mentioned by Gadise, even though they received their husband’s pension 250 birr per month, the money which is not enough to cover their grandchildren and their own living cost. Chaltu described the reason why she was unable to resist her financial challenges, she pronounced that she is at the age of eighteen and became old enough to engage in different duties and maximize

her earn in the household. She is Started to present how much her ageism has an effect on her livelihood, She revealed that “,even as I was looking after my own children, I was able to made the best use of my potential to cover the expenses by engaging in different alternative means of income generating mechanisms.” But she said currently, “I grew old and despite the consequences I am not strong enough to work and generate the income to cope the financial challenges what I came across in caring for my grandchildren.” She believed that “I would like to be younger but I can't, I think I we'll not be alive for extended time to do that.” This is the ager she expressed of becoming old explained. Therefore, she said “I am being compelled to live with my economic challenges because I don't have any helpers.” Most participants in the study agreed that they are expected to provide their grandchildren with food, clothing and other material since they are responsible for their grandchildren, but financial challenge is one of the most hardship for them in caring for their grandchildren. The majority participants in the study demonstrated that the frequency rising of food price in the country was another added factor to their stressful lives. They clearly indicated that they often have the constant worry about money, the cost of raising children faced by all families as well as the additional costs of these children's particular needs

Regardless of social challenge towards the live of grandparents, one grandmother named Derartu began to state the type of relations what she has with her neighbors “I am one of the poorest member among my neighbors, in relation to this, I preferred to isolate myself from any participation with them, for the reason that I have no better clothe, *netela*, and shoes like my neighbors had.” Due to this “I experienced a feeling of inferiority. She clarified that “this level of poverty desisted me to interact and participate as equal as my neighbors interact together.”

Factors That Determine Grandparents To Becoming Parents Again

The findings of this study revealed that the growth of the children lived in households headed by grandparents are associated with a variety of reasons. In this study the finding also unveiled that teenage pregnancies, parental unemployment, parental divorce, parental death by HIV/AIDS and other death related diseases, mental illness, parental abuse or neglect were the major causes for children who were forced to live in households headed by their grandparents.

Of those interviewed, three of the grandmothers and one of the grandfathers are taking care for the children following the death of the children's mothers and fathers in related to HIV/AIDS infection. Meseret stated that she was forced to accept and looked after her son's children, as a result of her son's mental illness and their mother death due to car accident."

As Derartu mentioned factors that pressurized to be a grandmother was due to her daughter's death in consequence of electrical accident thus, the burden of raising these three children was fallen at her shoulder.

Three grandmothers and two grandfathers identified that teenagers pregnancy and neglect concerns was a cause for their responsibility in caring for their grandchildren. Sahra described the cause for her responsibility to raise the new coming child of her child, while my daughter was eight grade student at the age of 16 years old, she born a baby. And then, I am being forced to accept and brought him up.

Debebe is one of the grandfathers who revealed that he was the former worker of air force military organization at Bishoftu but now a day he was a retired person. he stated that the responsibility of raising the children was went down on the shoulder of his wife, since he was lived at Bishoftu. but he pronounced that his wife did not manage the children in proper

manner, due to this he said their two daughters were exposed for such kind of problem and became pregnant at the age of 16 and 18 at different time.” owing to this, “I myself and my wife have persuaded in caring for our two daughter’s children. Four grandmothers and one grandfather asserted that they are becoming a second parents and looking after their grandchildren as a consequence of parental unemployment. Birite explained that “I was forced to look after my daughter’s two children since their mother was unemployed and their father was unknown.” She clarified that “I had no any reason to refuse, because my grandchildren’s mother was unemployed and their father is also not known, this reason that compelled me to bring them up, as a result I was enforced by circumstances to continue the care of my grandchildren.”

One grandfathers named Solomon launched to affirm a factor that made him to look after his granddaughter was in lined with a result of divorce. He commenced to explain the reason for his second parent. He stated that after the marriage was broken up, my daughter started to live with me because her mother left her to me, and went to Arab country. Then, I became the only responsible agent to take care of my daughter. While I was going to my work place, I was forced to leave my daughter alone at home, even if she was eleven years old. After three years later, when she became 14 years old and seven grade student, she had got health problem and I took her to hospital. But having taken hospital, the reports what I heard from the doctor was distressing and heart breaking news. He told me she was pregnant at the age of 14 which was incredible but it was true. He said that was the cause that made me to be a grandfather.

He called the past event in his mind with bitterness evoke how the situation was happened on his daughter’s life at early time, he explicated that our divorce could be a causes, if

not the marriage broken up, my daughter wouldn't be exposed for such kind of an upset incident. In the end, he said I made a decision to send my daughter to my immediate sister in Addis Ababa where she lived, in order to enable her to continue her interrupted education. And then I have return to take the responsibility of raising for my little granddaughter.

The finding revealed that for many of the birth families, the reasons why they have been unable to continue looking after the children are complex and involve a combination of factors which include unemployment, teenagers' pregnancy, mental illness, and child neglect.

Coping Strategy Used By Grandparents To Manage Their Challenges In Caring For Grandchildren

This main category was divided into four sub-categories. Grandparents who support themselves, the grandparents who got support from: the government, NGOs, support from their relatives and support from the community.

Grandparents Who Receive Social Support System

Purposely, the researcher desired to know the support system that grandparents may or may not have received from the government, non-governmental organization, and their neighbors, in terms of, financial, medical, psycho-emotional, and material support. The grandmothers and grandfathers in the study were asked about the nature of social support systems such as psychological and emotional support, financial support, material support and medical support that are available to help them to cope their difficult situations.

Grandparents who received support from government

All participants who took part in the study agreed that they had no any support systems from the government with regard to their particular parental role and unreserved contribution in

raising the second generations. Chaltu confirmed that her daughter was ill with unknown sick, then she took her daughter to *Tsebel* (religiously known as holy-water) with her daughter's two children without any assistance and support. She said that she was tried to find some financial support from the government bodies in Ambo *woreda* like *Kebele* administrators of the town by explaining her problem But all of whom were reluctant to help.

Berite, Obse and Birite confirmed that, "they assist and support their grandchildren by engaging in different an informal duties since we have low income to rear our grandchildren. They stated that despite we asked some financial and material support from our kebele repetitively, we were not received any form of support. Sahra told that "I have my own health problem caused by HIV/AIDS, despite the consequences, I was not able to engage in hard works to earn income to cover the expenses of these two grandchildren. Then I was forced to ask the kebele official to provide me some financial support for two frequent years, but no official is voluntary to solve my financial challenges so far. Due to this, she said that "my health is badly affected by the burden of raising my two grandchildren without support.

Another two grandmothers Marta and Obse elucidated that "even if kebele officials always registered and took our own and our grandchildren's photograph to help us, but we never received any support." The finding showed that the grandmothers in this study struggled more to obtain support from the government, despite their attempts were not taken in to consideration. The finding made obvious that, it was evident that these grandparents, especially grandmothers needed some form of social support in order to cope with their day-to-day living and at the same time, become capable caregivers to their grandchildren. However, it is not the case for the remaining majority participants in the study. The finding confirmed that the interpersonal

characteristics, that is, the social support systems was not available to these grandmothers as caregivers.

Grandparents who received support from NGOs

From this research finding, most of the participants revealed that they had no material support from non-governmental organization. From fourteen grandmothers who participated in the research, five of whom namely, Marta, Kidist, Ayelech, Wegayew and Megertu confirmed that their grandchildren have received money for school uniforms per year, some material aid for educational purpose, and 200 birr per month from one NGOs called Almaz Ashine organization in Ambo. Most grandmothers and all grandfathers were of the opinion that they did not benefit from the NGOs because they believed that there is no fair distribution system of the sources. Nine out of ten grandmothers and two out of five grandfathers stated that they were not received any material support from NGOs even if they requested except three grandfathers constantly for their grandchildren.

Grandparents who received support from their own children

From all participants in the study, only three grandmothers (Tigist, Megertu and Chaltu) and two grandfathers (Debebe and Mekonen) identified that their children who helped them either financially or kindly (by purchasing clothes and other material for the children and their own some needs).

Grandparents received support from their neighbors

Most of the participant who were involved in the study, validated that they did not receive any support from their neighbors in order to cope their challenges. But it was not the case for Chaltu and Sara because who received some support from their neighbors.

Grandparents who support themselves

The research findings in this study divulged that most of the grandparents worked unusual careers to augment their income so as to raise their grandchildren. Additionally, the results in this research indicated that even if the grandparents are old enough and have health problems, who have attempted to apply different mechanisms to cope their financial hardship to overcome the cost living condition so as to raise their grandchildren. The following are the direct quotations from the interviews and focus group discussion to confirm these realities:

One widow grandmother called Berite revealed that “I have worked as a domestic worker to generate the income to cover the expenses of my own four children and two my grandchildren needs including me, despite the fact that I get not enough money for the service.” washing clothes, cleaning the house, preparing food (making *enjera* and cooking *Wote*) are my informal duties worked at the house of two bachelors, Although they paid me inadequate money (200 birr, each individual) per month after a long time working.” Berite said “I have forced to do such jobs because I don’t have any option, I am the only source to cover the costs of the household, because my husband died before 12 years ago and left me alone.”

Another two grandfathers Solomon and Bekele from the interview demonstrated that they have worked as day laborers in order to generate the income for nurture their grandchildren beyond the families. Sara articulated that “previously I was employed as a cashier in order to increase her income, but now, I can’t work such kind of job because I became tired due to HIV/AIDS infection.” Therefore, she said “I Was forced to occasionally do house-work like ironing and washing clothes for my neighbors, in spite of her poor health, in order to raise my two grandchildren.”

Three grandmothers cited that they have resorted to selling coffee, tea, bread, kolo in order to care for their grandchildren. Gadise asserted that “even I have had monthly 250 birr from her husband’s pension, at the present time, this 250 birr is inadequate to cover my seven grandchildren’s expenses and to allocate it for different fees, such as *idir*, electric consumption, school fees, to purchase food, to pay for water consumptions.” Therefore, “I have resorted to selling coffee, tea, bread, *kolo* for the consumers so as to live alive with my orphan children and to cover the expenses of the house.” Likewise, Gadise, has engaged in such kind of income generate mechanism for the purpose of raising her four grandchildren.”

One grandmother known as Fantaye who quoted that she prepare Areke and sell it to her consumers to generate her income. She mentioned that “I use such kind of job as an alternative means to earn my income in addition to my husband’s pension so as to cover the expenditures of food, clothes, and school fees for my three grandchildren, and to make a payment for social affairs like *Idir* and for other social contributions.” Another grandmother Megertu put forwarded her means of her earnings by making Tela and put up it for sale in order to cover her costs.

The other participant, Obse mentioned that “I started to gather fuel-wood from the forest and sell it to the users in order to provide the children with food and clothes. According to Obse, gathering these firewood became the only means to earn my income because No jobs opportunities are available here for me since I am old enough.” According to (Nhongo, 2004), unequal employment opportunities and discriminatory inheritance and property laws force many elderly grandparents in physically strenuous jobs in the informal sector. This findings revealed that grandmothers caring for grandchildren faced a scarcity of food and a day-to-day struggle to get enough food to feed their grandchildren. The finding result corroborated that The way how grandparents seek to gain control of their stressful situation through their coping strategy.

DISCUSSION

In this chapter, the center of attention is on the discussion of the findings of the study in relation to the literature reviewed. In addition, the ecosystemic theoretical model illustrated in chapter 2 was employed to elaborate the findings. This section also explains the study's findings, so as to communicate an understand pros and cons of grandparenting. The discussion of the study aimed to capture similarities and differences by means of selected evidence, against the background of the existing theoretical framework, as well as including relevant literature on the topic. The discussion was made in accordance to the research questions.

With respect to factors for grandparenting, the result showed that financial problem, HIV/AIDS, teenager pregnancies, parental divorce and unemployment are found to be some of the determinant ones. With respect to challenges of grandparenting this study revealed that the four levels of the ecosystemic theoretical framework including, history or life events, intrapersonal characteristics, interpersonal characteristic and socio-economic status characteristics are interdependent and interact at different levels to create challenging situations.

More specifically, majority of the participants in this study came into view to experience a range of anxieties in a variety of forms which consists of unemployment, financial issues, the death of their own children, the health conditions of their grandchildren, worries about securing a future for their grandchildren through a 'good' education and their own coming death could be a reason to form serious anxiety in their live. This finding was supported by Burton (1992) and Minkler (1993) who notified that as grandparents undertaking their care giving role, they came across with different psychological challenges such as stress, pressure, hardship, depression, and poor self-rated health.

As Megertu's experience showed that, in consequence of her granddaughter health complicatedness in connected with spinal cord health problem, she is in anxiety on account of financially incapacitated to reduce her painful illness by taking her to specialized hospital. This finding is also supported by (Lewis & UNICEF, 2007) revealed that the financial responsibility associated with parenting presents significant stress for some grandparents on a fixed income. Furthermore, this finding is supported by Harcombe (1993, 2003) who substantiated that these life events or stressors are deemed to be as a source of several troubles, symptoms or maladjustment.

As Tigist elucidated her challenging occurrence in connection with her granddaughter's severe health problem caused by her parents' death, despite the consequence, she experienced emotional problem which was a reason for losing her ability to move by have an effect on her leg and hand. This finding is supported by Van Dyk (2005) who states that stress can lead to psychological and physical illness, anxiety, conflict, and so forth. This incident happened on her granddaughter was painful and stressful for Tigist because she has no potential to restore her granddaughter's health that exerted distress and painful feelings. this statement verified the above mentioned finding, according to Goodman & Silverstein, (2002) and Bullock, (2004), grandparents are often at risk for depression and other social and emotional problems, and it has been noted that psychological distress increases when family members have assumed significant care giving roles. In addition, Sands & Goldberg-Glen, (2000)and UNICEF, (2007), provided evidence to this finding by stating the inability to cope with a stressful situation may as a result prompt them to reflect symptoms of stress as they are older and more vulnerable to developing health related problems. What was more painful for Gadise was insufficient amount of money she received per month from the pension and allocating it for different purposes such as covering

the expenses of her seven grandchildren's basic needs and pay money for the consumption of electric, water as well. For Gadise this financial hardship is one of the critical sources for her stress and it also had an effect on her health conditions. Joslin & Harrison, (1998) clarified that the existing stressful lives of grandparents this situation may exacerbate poor health and impact on coping abilities. Furthermore, this finding is proved by Lewis and UNICEF (2007), this study revealed that grandparents have the extra burden with many challenges in caring for grandchildren in extreme impoverished conditions.

Some grandmothers were not only encountered with the stressful challenges of caring for the grandchildren, but also they brought to their mind with the painful past events of their personal history which might be related in rearing of their grandchildren and how it affected their psychology and emotion. This statement is supported by the following findings. As Berite's personal history showed us her painful past experience was affected by her poorest living condition, Berite's extreme poverty forced to nourish with inedible grain or malt which was prepared for making Tela for her two grandchildren. Even though she requested some money from her neighbors to purchase some food for the children, no neighbor was willing to lend their hands because of her poverty. Therefore, this finding depicted that the link that binds Berite together in a relationship with her neighbor is might be affected with her poor condition. As she reported, she will never forget such happening, hence, it is evident that how much this event affected her emotion. She also added one proverb to explain the level of poverty by saying “ኖርሽሎሳይኖር” which means if not you have money, it is so difficult to create any social relation with the have class. In addition, Birite brought one painful event to her mind that was happened on her life, she said, in line with her unsolvable and monotonous living situation that obliged her one grandchild to leave from the house and derived him to reside on the street.

If severe financial difficulty exists in any households and the grandchildren are unable to survive adequately in terms of their primary basic needs (for example, food, clothing, and so forth) then this means that the whole family will be unable to adjust in such living conditions Plas (1986) and Broderick (1993 cited in Donald, Lazarus, & Lolwana, 2006). In addition, this finding is supported by (Mudavanhu et al., 2008; Ogunbanjo, 2009) who pronounced that each of these multifaceted life events is predictable to produce anxiety, pressure, emotional, psychological and social hardships and which able to put in supplementary trouble in the lives of grandparents and their grandchildren as well. As regard to Asef'u's personal history, the finding that demonstrate, how the level of her poor situation that deteriorate her relation with her neighbors. According to her description, in accordance with her financial hardship she is not able to pay money for purchase some clothes, by reason of this she experienced a feeling of inferiority. This level of inferiority that desisted her interaction as equal as her neighbors act together.

Minkler (1999) and Burton (1992) who provided evidence that grandparents experience social isolation, financial, physical and emotional hardship may perhaps be a source of stressful life occurrence for the old. In this study, the research finding confirmed that the challenge facing grandparents, that of becoming parents again, usually involves a great deal of stress and this can impact negatively on their coping abilities (Heymann, Earle, Bajaraman, Miller & Rogen, 2007). As a final point, the finding of this research identified that even though the grandparents endeavored to overcome the difficult situation, they encountered with many challenges to cope their ability in caring for their grandchildren. Owing to this, it appeared to the researcher that the grandmothers were under a lot of stress and pain, consequently, they need to acquire support.

In terms of Intrapersonal Characteristics: This intrapersonal characteristics enables to understand the grandparents' unique characteristics that may or may not contribute to their challenges as caregivers of their grandchildren. Although the financial problems are the top challenges to perform the grandparental role in caring for their grandchildren, the finding confirmed that these grandparents who were participated in the study have engaged to coping their financial challenges in a daily struggle to fulfill the basic needs and essential material such as food, clothing, school uniforms and school fees for their grandchildren. While grandparents raising grandchildren face some challenges, it is somewhat essential to recognize the unique strengths within grandparent-headed families (O'Neil, 2005, as quoted in Scerra, 2011). One of the grandmother called Berite described she has engaged in different domestic tasks like cooking and preparing food washing clothes, cleaning the house to generate the income to cover the expenses of her own four children and two grandchildren needs. Therefore, it is evident that through this means of income generating mechanism, she was able to cope her financial challenges, in spite of the fact that she received meager money from her employer.” This finding is confirmed by the work of Waldrop & Weber, (2001), who described that if grandparents who have been out of the work force are relegated to work in a low paying job, and they have to find a way to absorb the cost of child care. According to (Kirby & Kaneda, 2002), Many grandparents may not be physically capable of performing duties of a new position and may not have the skill base to acquire a job that pays enough to make ends meet). Regardless of her health difficulties caused by HIV/AIDS infection, Sahra has continued to take care of her grandchildren and to live, adapt and attempt to cope. in spite of her poor health , she was being engaged on making less burdensome house-work like ironing and washing clothes to produce some amount of money so as to nurture her two grandchildren ,. Three grandmothers cited that

they have resorted to selling coffee, tea, bread, kolo in order to cope their financial challenges to take care of their grandchildren. Gadise avowed that yet she has had inadequate pension what she got per month, she was taken on selling coffee, tea, bread, kolo asan additional means of alternative sourcesso as to combat her bottle necked financial difficulty and to get her hands on those Seven grandchildren's expenses and to pay money for other issues. This finding was consolidated with the statement of (Kirby & Kaneda, 2002), Grandparents may harbor some resentment and feel as though they could provide better care for the child but feel they need to work for added income. In accordance with Lelise, making Areke and Tela and sell it is another means of income to produce her returns as well as her husband's pension so as to cover the expenditures of food, clothes, and irregular school fees for her three grandchildren, and to make a payment for social affairs like Idir and for other social contributions. Another mechanisms that are applied by Birite to cope her financial challenges was the collection of fuel wood and sell it became the only means to earn her income, owing to this, she was forced to engage in such type of unlikable duties. As said by her, no jobs opportunities that are available at the place where she is living in relation to her being old." This age related jobs discrimination mentioned by Birite was elaborated by Nhongo (2004), whodemonstrated that unequal employment opportunities and discriminatory inheritance and property laws force many elderly grandparents in physically strenuous jobs in the informal sector. But this was not the case with the grandparents in this study as the research finding showed.

In terms of Gender characteristics, the finding in this study bear out that grandmothers experience more undesirable life events than grandfathers who were participated in the study. As the finding indicated that grandmothers struggling not only for generate their household income, but also they were expected to perform their domestic duties such as managing their house,

preparing food and washing clothes for their grandchildren. All of these domestic tasks made an extra burden for those grandmothers, however, this is not the case for grandfathers who were interviewed in the study. Because the findings showed that the total of five grandfathers who were interviewed, all of whom were stated that they did not have an extra burden except involving to generate their income. Bekele's experience verified this reality, according to his expression, he always think for his in secured job but he did not stated as he was worry about the domestic duties how to prepare the food, managing the house etc. This research findings is supported by the study conducted by UNICEF in 2007 that elderly women are among the most vulnerable and marginalized members of society. The study demonstrated that although these added burdens were fallen on the shoulder of grandmothers, they took a higher proportion of stress reactions than grandfathers perform.

In terms of Interpersonal Characteristics: In the study the grandmothers and grandfathers were asked any social support systems surrounding them are available in order to cope while they are encountered with difficult situations in rearing their grandchildren. therefore, the researcher preferred to identify the support system that are available for grandparents, and to know whether they receive any support from the government, non-governmental organization, their neighbors, interms of, financial, medical, psycho-emotional, and material support. As confirmed that she was suffered a lot with her ill daughter and her daughter's two children due to financial challenge. All participants who were took part in the study agreed that they had no any support systems from the government with regard to their particular parental role and unreserved contribution in raising the second generations. A study by Thurton (Harcombe, 1993) revealed that the role of social support systems in the life of the individual is important and acted as a buffer in helping individuals cope with undesirable life events.

The above statement not supports and disproved the findings of this, Although Chaltu was tried to find some financial support from Ambo Kebele and municipality officials by telling her helplessness in order to treat her sick daughter who was infected with HIV/AIDS and to care for her two daughters, But the Kebele leaders all of whom were reluctant to provide support. She explained her feeling with deep grief, due to her financial hardship, after three month latter her daughter passed away and left her two children for herself alone. Followed this incident, she was exposed and suffer more with psychological trauma. From this finding, it is clear that the grandmothers' stressful lives are further aggravated by the inability to receive external support. Sara stated that she was not received any form of emotional and financial support neither her neighbors nor any governmental and non-governmental organization, although she is suffering with her financial hardship to take her granddaughter to hospital who has still been suffering with spinal cord problem. Birite quoted that “I am raising one of my grandchild with his problem of stool incontinent, no body either the government or non-government is willing to help me while I was informed them.” Thurton (Harcombe, 1993) also suggested that unsupported individuals were more adversely affected by stressful life events than those with ample social support. Social support being able to rely on others for assistance as key correlate of more effective parenting behavior (Ramaswamy et al. 2008).Therefore, the finding confirmed that the social support systems surrounding the individual such as family, friends, community, church, government, are not available to lighten the burden of these grandparents in rearing of their grandchildren. In addition the finding substantiated that, the interpersonal characteristics has no significant role on the live of the participants who are participated in the study and living in Ambo.

The finding in this study bear out that in spite of the fact that Ethiopia has a wide range of support mechanisms policy in the extended family and other social institutions (Federal Democratic Republic of Ethiopia, 2012), but it is an apparent that the grandparents whom were participated in the study were not received any support that are provided with the government. From the above discussion, it is evident that the grandparents are not required a significant amount of support such as psycho-emotional support, socio-economic support and social support in order to effectively realize their roles as caregivers.

Regarding Support the Received From NGOs by Grandparents

Total of ten grandmothers who were participated in the interview, only one grandmother called Sahra confirmed that her grandchildren have received money for school uniforms per year, some material aid for educational purpose, and 200 birr per month from one NGOs called Almaz Ashine in Ambo. However, most grandmothers and all grandfathers were of the opinion that they did not benefit much from the NGOs because they believed that there is no fair distribution system of the sources. This finding was supported by the statement mentioned by (Beales, 2002), who demonstrated that the grandparents are trying hard to gain access to services provided by Non-Governmental Organizations. Misguided beliefs and attitudes serve to exclude older people from developmental programmes that could help them and the children they support. Finally, it should be take into consideration that, history of life events, intrapersonal characteristics and interpersonal characteristic can predispose elderly women to an inability to cope with the demands of caring for their grandchildren. This research finding showed that most of the participants not all revealed that they had no materially supported from non-governmental organization.

CONCLUSION, IMPLICATION FOR SOCIAL WORK AND RECOMMENDATIONS

Conclusion

This study involved a survey of 21 participants, 16 were grandmothers and 5 were grandfathers who were caregivers of their grandchildren. In this research study, the participants were selected from grandparents headed households in three kebele in Ambo town and where the researcher was employed. The study attempted to explore factors of challenges faced by grandparents, their experiences in raising their own children and children's children and their coping strategy while they encountered with different challenges in raising their grandchildren. The participants were individually and separately interviewed in their households using a semi-structured open-ended questionnaire and 8 grandmothers were participated in the focus group discussion in the office of Almaz Ashine non-governmental organization in Ambo.

The participants in this research study faced diverse aspects of challenges and who applied different coping strategies in order to meet their difficulties while caring for their grandchildren. The researcher used Amaharic language which is spoken by the participants to conduct the interviews. The interviews were translated from Amharic language into English.

This research report included a description of the existing literature on the phenomenon of elderly people's challenges and their coping strategy in their roles as caregivers of grandchildren. On account of the limited research done in this area, the researcher found it difficult to obtain a larger range of views and perceptions on the subject, therefore, , this calls for further research studies on the grandparental roles.

This study intended to provide further insight into the roles and experiences of the elderly grandmothers as caregivers in coping with their challenges of parenting again. The

Ecosystemic theoretical framework was utilized to further understand the complexity of the grandparents the situation. This model was used to direct the researcher's study and to explore the individual grandparent's challenges.

The results and the findings of this study discovered that most of the participants had experienced socio-economic challenges, psycho-emotional, physiological challenges due to financial related stressful life experiences. The participants seemed to be under a lot of stress, compounded by the fact that they were ageing and yet had a critical role to play in the lives of their grandchildren. The findings revealed also that lack of social support, in the face of poverty, poor housing conditions, lack of health facilities, and so forth, had a negative impact on these participants' coping ability. Lack of government and others support in accessing financial aid by the participants was an added burden. In addition, the participants' needs as caregivers were discussed in this report.

Implication for social work

Social work had been a profession with a long tradition of focusing on the disadvantaged population and working for social justice. The code of ethics of NASW (1999) sets the mission of social work profession as follows. To improve human well-being and assist to meet the essential human needs of all people, with meticulous consideration specified to the needs and empowerment of people who are vulnerable, oppressed, and living in poverty, therefore, social work is concerned with regard to the issues as was stated above. This research finding has verified that grandparents who have been encountered with different challenges in caring for their grandchildren and who applied various coping mechanisms to surmount their difficulties. It is very imperative for social workers in positions to give assistance for those grandparents who have confronted with diverse problems and intervene in order to provide the best possible

support for them. Thus, social workers and other concerned bodies in related positions of institutions including government, NGOs, and various level community based organizations should give serious attention to the issue of grandparenting roles in rearing grandchildren.

The results of this study demonstrated that the grandparents need to acquire support in raising of their grandchildren. Hence, this situation makes a possibility for social workers to get involved in helping those grandparents who are faced with a range of challenges while they are taking care of their grandchildren. Therefore, both federal and regional government and non-governmental organizations together with Ambo zone administration should develop different projects that aimed at providing services and assistance for these grandparents and their grandchildren as well.

As an implication for social work research, it is forwarded that supplementary research is needed to look into the needs of grandparents who have confronted with challenges in raising their grandchildren and to provide them better services. Furthermore, there should be also a need to provide an awareness for communities who are living in Ambo regarding the overall issues in related with grandparental roles with the intention of provide a clear picture for better indication of points of intervention to the problem that impede grandparents to carry out their parental role.

Recommendations

This research is an important contribution to both events informing us as it does what children, their caregivers and communities have to say about grandparental care.

Based on the above findings and conclusions made, the following recommendations were forwarded for further intervention.

- This research found multiple reasons for the involvement of grandparents in rearing their grandchildren. Parental death by HIV/AIDS, teenage pregnancies,

poverty, and parental divorce are among the few. To reduce the proliferation of the problem, East Showa Zonal administration should actively mobilize relevant individuals and organizations for further research and intervention aimed at awareness raising, counseling and guidance, empowering grandparents and grandchildren.

- It is also found that grandparents are confronted with various challenges in rearing their grandchildren. To reduce the problem and help grandparents to be effective and efficient in rearing their grandchildren, zonal administration, community based organizations and NGOs should give due care and exert cooperative efforts. Greater attention be given to interventions aimed to decrease psychological distress and improve the financial resources and physical health of grandmothers raising grandchildren.
- The zonal Administration should also work to mobilize all the stakeholders within and outside of Ambo town. In this regard, researchers from Ambo University in general and from social science and cooperative departments in particular should make active engagement to further investigate the issue both in its depth and breadth. For example, in collaboration with community groups and human service agencies, the Ambo Zone can support short-term respite services, counseling services, and other social, legal, and/or policy services.
- State Governments and NGOs together with other concerned bodies should recognize grandparents raising their grandchildren as a special group requiring assistance.

- Federal and regional governments and its appropriate agencies should examine, on a regular basis, how their emerging policy frameworks can have room for the experiences of grandparents raising their grandchildren and given such policy put into practice many issues of grandparenting including the health and well-being of both grandparents and grandchildren.
- The governments and its concerned agencies should also develop organizations or community centers that can build capacity and empower grandparents to cope with challenges of re-parenting through programs that would improve grandparents' abilities to contribute to household income, provide psycho social care, parenting skills, child-care, nutrition, healthy ageing, bereavement, household budgeting and child rights.
- Parenting payments should be made to the person caring for the child as the interests and needs of their grandchildren are paramount.
- Grandparents to be specifically recognized in family law and state legislation as having rights and status in relation to the grandchildren in their care or for whom they have grave concerns.
- Further research and explicit policy directions be introduced on grandparents raising grandchildren in the country.

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Appendix 1: Instruments Of Data Collection

Questioners

My name is Alemneh. I am MSW student at AAU, in School of Social Work. Currently, I am working on my thesis, to meet the partial requirement for the degree of MSW. I selected to participate in this interview purposely. The information you provide will not be used for any except to the aim of the study. You are rightful to stop your involvement at any time. The information you provide are the guarantee to the study and hence kindly asked to show your highest diligence in replying to questions appearing in series. A series of interview are extended in this format to seek reliable information.

General Instruction

Dear informants listen carefully to the questions and give me your honest answer. You are kindly requested to complete this interview honestly. Not all information you provide will be used for other purpose except to the intended research thesis. You are free to forward additional thought regarding any issue outside the questions. Each interviewee is confidential. Therefore, expected to freely roved information about what is in your mind. The interview will be taped but all recorded information will be destroyed after the completion of this study. If you are not comfortable, the conversation will not be taped.

I. Questions to the grandparents for individual interview:

Thank you for your willingness to participate in my study, I very much appreciate that you have agreed to participate in this study by talking to me about your personal experiences. It is your right to expect me to treat you with dignity and respect throughout this interview. If you find a question too personal, or feel that I am intruding in any way, you are not obliged to answer

that question. Otherwise, please tell me as much as you can as I ask you the questions.

Personal Identification, Demographic and Socio-economic Issue

1. name: _____
2. Sex: Male. Female.....
3. Age:.....
4. Residence/Kebele: _____
- 5.....Marital status: - Unmarried.... -Widower/ed
- Married -Div
- 6.....Educational status:- Illiterate -Read only
- Read and write -Grade 4-8
- Grade 9- 12 -Other
- 7.....Occupational status: Civil Worker Farmer
- Merchant Worker
- Others
8. What is your religion: Muslim Orthodox Protestant
9. How many family members do you have?
10. How many grandchildren had being raised before, and currently how many grandchildren are living with you?
11. Could you tell me what factors that determine you to becoming parents for the second time?
12. What are the basic needs that are more important for the care of your grandchildren?
13. What are the most common challenges you are encountered in raising your grandchildren?
14. What Mechanisms that are applied in coping your challenges?

15. Could you tell me the way how you build up your experiences to meet your challenges?
16. Do you feel hopeless in the situation when you face challenges? If you say yes, What Mechanisms are used in coping for the challenges?
17. After taken your parental role in caring your grandchildren, do you think that your current lifestyle either positively or negatively changed? If you say yes, please tell me that change.
18. What are the different perceptions and experiences towards your own children and your children's children, when you caring for them as a primary parents, and as a secondary care giver in the parenting practices
19. Do you have an access of a support system either governmental or nongovernmental assistance regardless of any support? If you have an access, what kind of support do you receive?
A) Financial support B) Material support C) Counseling service d) Medical service e) Other support f) None
20. Do you believe that you are isolated from social life because of raising your grandchildren? If said yes, tell me how much the isolation affected your live
21. Do you have access of social support from the communities in the place where you live? If there are what kind of support are available?

Thank You for your willing and cooperation to participate in the interview.

Appendix 2: Focus Group Discussion Questions For Grandparents

1. What are the most common challenges you faced in raising your grandchildren?
2. What factors that are relevant to determine you to becoming parents for the second time?
3. What Coping strategies are experienced while you are facing with different challenges and how do you apply it?
4. What are the different perceptions and experiences towards your own children and your children's children in the parenting practices?
5. Do you have an access of any support system either governmental or nongovernmental organization regardless of : Financial support ; Material support and

Counseling service

Medication service? Do you have an access of social support from your neighbors and communities in the place where you live?

If there are what kind of support are available?

6do you think that your current lifestyle either positively or negatively changes Because of in caring for your grandchildren. If you say yes, please tell me that change.

Thank You for your willing and cooperation to contribute in the focus group discussion.