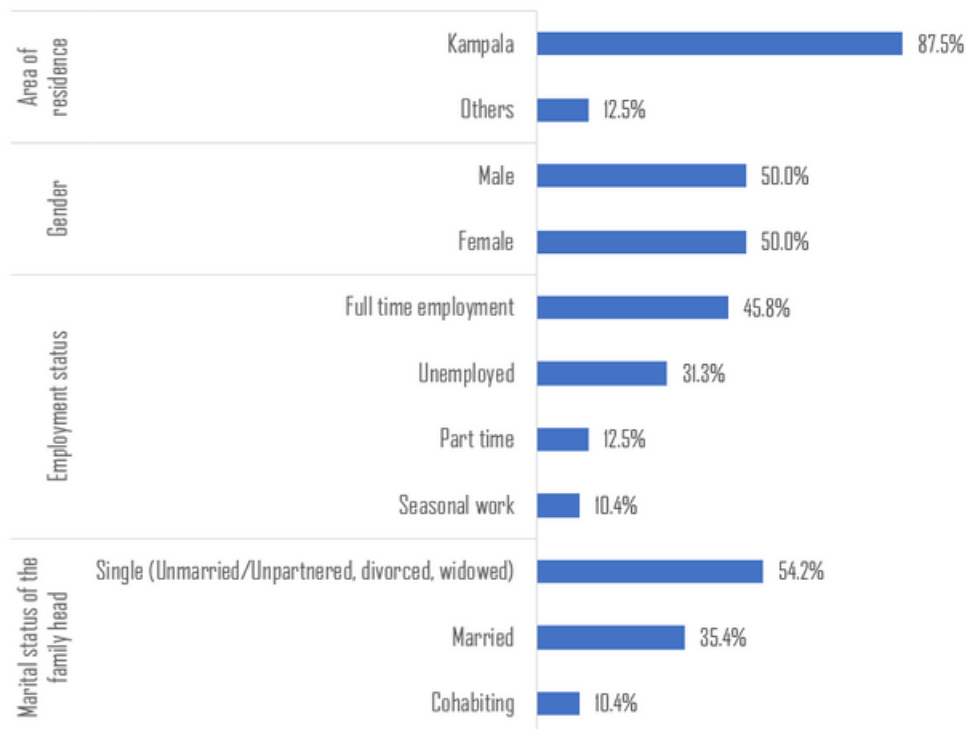


# Family Wellbeing Poll Findings

By Cynthia Mbabazi

In March 2022, CFFJ ran an online poll geared at assessing the barriers to family well-being in Uganda. We received over 40 responses and below were the findings.

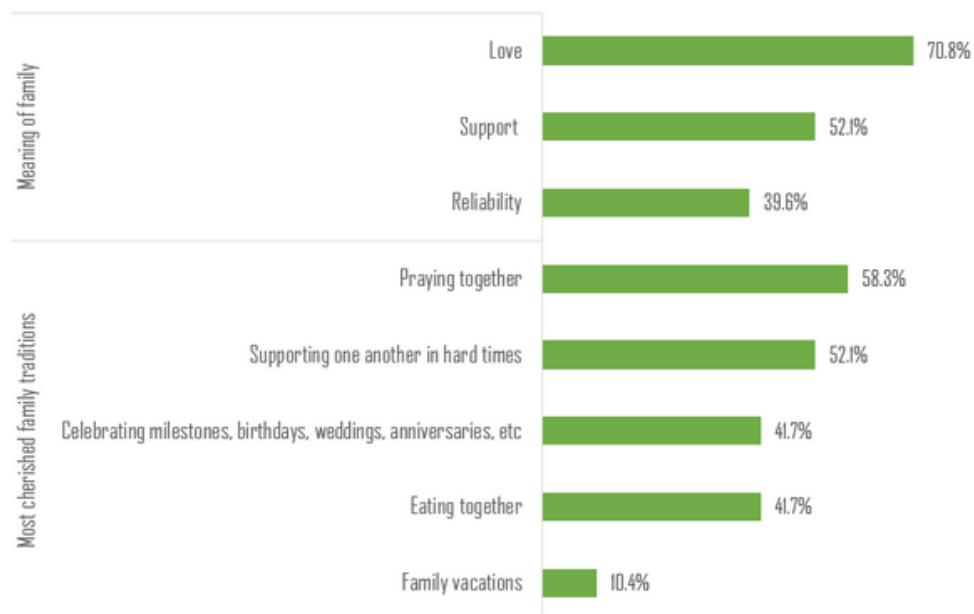
## Characteristics of respondents



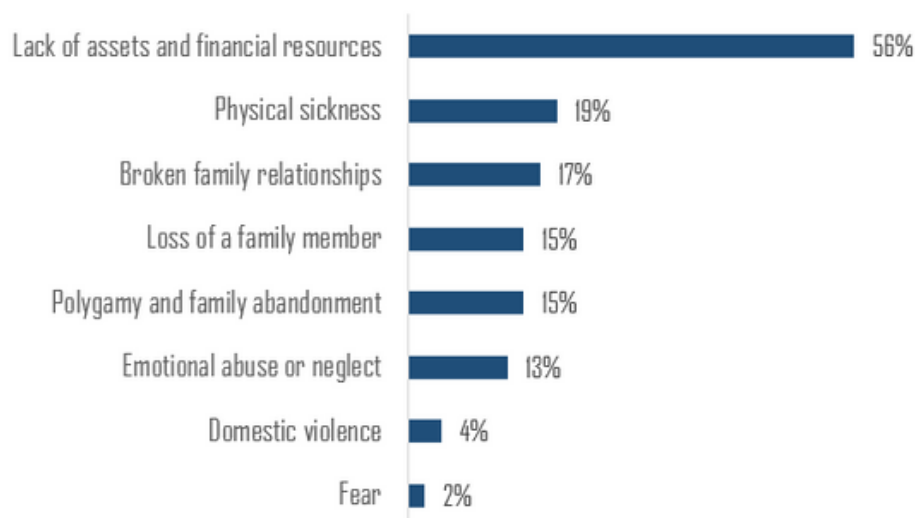
Respondents were both male (50%) and female (50%) with the majority from Kampala suburbs (88%). 69% of the respondents were in some form of employment i.e., full-time, part-time and seasonal work. Regarding the marital status of the family head, 35% of the respondents mentioned that their family head was married, 10% were cohabiting, and 54% were single i.e., Unmarried, Unpartnered, divorced or widowed.

## Family dynamics

Majority of the respondents mentioned that family means love (71%) while fewer mentioned reliability (40%). This could be as a result of being let down by family in the past or families that do not provide dependability. The most cherished family tradition in Uganda is praying together (58%) followed by supporting one another in hard times. Family is always a welcoming place to fall back to in hard times.



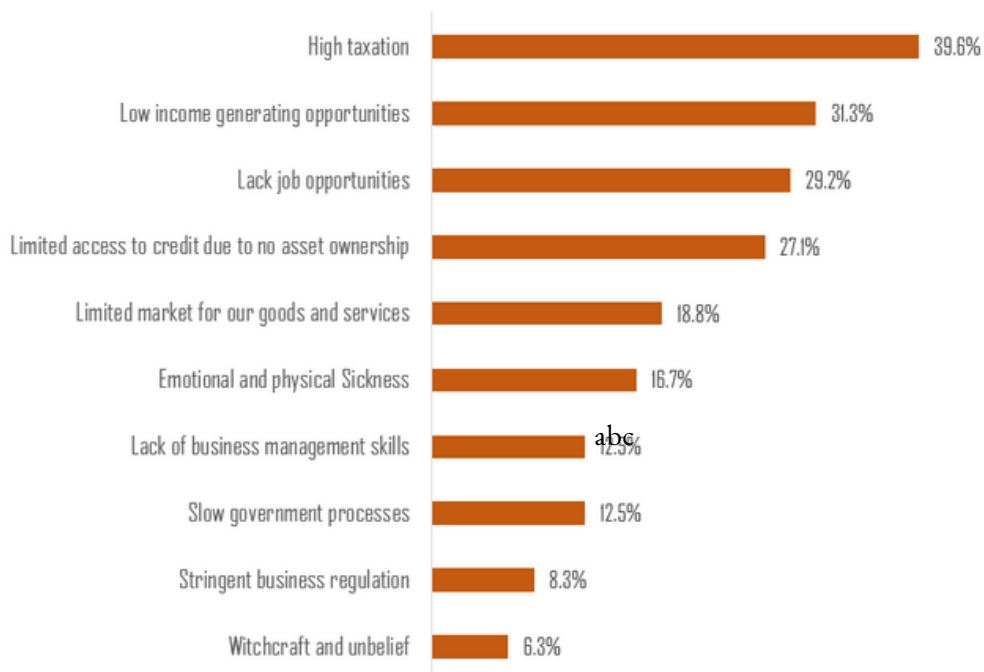
## Past threats to family well-being and barriers



In the past 5 years, majority of the respondents mentioned that the lack of assets and financial resources (56%) threatened their well-being followed by physical sickness (19%). These experiences could have been aggravated by COVID-19 and restrictions of lockdown. Broken family relationships including infidelity, polygamy, family abandonment, emotional abuse and domestic violence were also very critical threats to family well-being. These experiences threatened the love that was mostly mentioned above as the meaning of family.

## Barriers to the thriving of Family

In the struggle to fend basic needs for their families, respondents mentioned high taxation (40%) as a major hurdle to their thriving. Limited income generating opportunities, lack of jobs, limited access to credit and limited market were great barriers to thriving. As mentioned above, the major threat to family well being was lack of financial resources. Therefore, the barriers faced by families are largely related to financial accumulation.



## Recommendations

All institutions including the Church, the Government of Uganda, NGOs and families need to work together to create an enabling environment for the well-being of families.

The Church needs to pray, counsel and encourage families when going through tough times as well as inform them on available opportunities for jobs, business, and training.

The Government of Uganda should reduce taxation on basic needs for families to thrive as well as create policies and regulations that will boost economic opportunities.

NGOs on the other hand should endeavour to empower families through advocacy, research, creating awareness, and skilling communities.

Lastly, families are encouraged to support one another in all aspects through working in unity, praying for one another, and loving more in order to thrive wholly.

