

Abstract

The purpose of this study was to investigate the role of Caritas Nakuru in poverty alleviation in East Pokot Sub-County, Kenya. The study was guided by two theories of development: structural functionalism as discussed by Herbert Spencer and Robert Merton and Modernization theory Human needs theory advocated by Marquis de Condorcet and Emile Durkheim. This study employed both quantitative and qualitative methods of data collection. It was informed by the Ex-post Facto research design, which was considered appropriate because the study has a historical perspective. The study was conducted in Baringo County of Kenya but focused on East Pokot Sub County which comprises of Pokot, Tugen and Ilchamus communities. Data collection techniques and procedures included the use of interviews, focus group discussions and the administration of structured questionnaires. The quantitative techniques consisted of household surveys using questionnaires with both closed and open-ended questions. Focus group discussions (FGDs) was used to obtain qualitative data. The quantitative data was analysed using descriptive statistics by employing Statistical Package for Social Scientists and presented using percentages and information discussed thematically. This study found out that poverty alleviation activities lead to enormous economic costs incurred in the course of its programs which are higher than normal monthly expenditure of affected families. The study recommended that there is need to improve access to food, education, health care services, water and sanitation in East Pokot Sub-County.