Impact of Community-Led Programmes on Vulnerable Populations in Kenyan Coastal Regions Following Natural Disasters: A Psychosocial Assessment

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Abstract

Natural disasters in coastal regions of Kenya have highlighted vulnerabilities among vulnerable populations such as women, children, elderly, and those with disabilities. A mixed-methods approach was employed, including pre- and post-programme surveys, focus group discussions, and interviews to assess changes in mental health indicators and resilience levels among participants. There is a significant positive correlation between participation in the community-led programmes and improvements in psychological well-being ($p < 0.05$), with over 70% of respondents reporting enhanced coping strategies post-programme implementation. Community-led disaster preparedness programmes have shown promising psychosocial benefits for vulnerable populations, warranting further investment and policy support to enhance resilience against future shocks. Public health authorities should prioritise funding these community-based initiatives as a key strategy in disaster risk reduction efforts targeting vulnerable groups in coastal regions of Kenya.

Keywords: *Kenya, Vulnerable Populations, Community-Led Programmes, Psychosocial Impact, Natural Disasters, Disaster Preparedness, Mixed-Methods Approach*

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