

CHAPTER 3

RESEARCH DESIGN AND METHOD

3.1 INTRODUCTION

Qualitative exploratory research, using the ethnonursing method, was employed to investigate the religious beliefs of members of the Africa Gospel Church, and their beliefs on health illness and care, within the context of their health seeking behaviour. Semi-structured interviews were conducted, involving the priests and members of the congregation. Data analysis was carried out, using a qualitative data-analysis method. Ethical principles were applied to protect the rights of the research participants and the Africa Gospel Church as an institution. The researcher was committed to maintaining scientific integrity throughout the study and applied strategies to enhance its trustworthiness.

3.2 THE OBJECTIVES OF THE STUDY

This study sought to explore how the religious beliefs of the members of the Africa Gospel Church, and their beliefs regarding health, illness and care influence their health seeking behaviour. Two questions guided data collection, namely:

- *What are the health seeking behaviours of the members of the Africa Gospel Church?*
- *How are the health seeking behaviours of members of the Africa Gospel Church influenced by their religious beliefs and beliefs on health illness and care?*

The research questions have been contextualised by also investigating the general teachings and prescriptions of the Africa Gospel Church, and the lifestyle of its members.

3.3 RESEARCH DESIGN

A qualitative exploratory design using the ethnonursing method was employed to address the research problem. The statement of the problem and the nature of the data that would be generated in the process of seeking to address the research questions influenced the choice of a qualitative design. Qualitative research produces descriptive data, which depicts people's words and observed behaviour (Taylor & Bogdan 1998:7). In this study, the statement of the problem and research questions supported the selection of a qualitative research design and method, as indicated in the following discussions.

Qualitative research is expansive rather than reductionist as compared to quantitative research. Qualitative research is naturalistic research. Qualitative researchers maintain a holistic stance by acknowledging that reality is made up of a whole that cannot be fragmented. Qualitative research enables the researcher to view the informants holistically within their natural settings without limiting the focus of the research to one or two variables (Taylor & Bogdan 1998:8). Mullaney (1997:156) describes it as "...documenting and interpreting as fully as possible the totality of whatever is being studied, in particular contexts, from the people's viewpoint or frame of reference". In this study, the researcher needed to learn more about the health seeking behaviours and underlying religious beliefs of members of the Africa Gospel Church. This required a holistic approach and the researcher viewed the data within the broader context of worldview, lifestyle and other cultural and social structure dimensions.

The methods associated with qualitative research facilitate insight into how people make sense of their experiences that cannot be easily provided by other methods (Rice & Ezzy 1999:4). In qualitative research the researcher maintains an emic perspective, namely to understand people and their lifestyles from their perspectives, as opposed to imposing the researcher's perspective on the research (Taylor & Bogdan 1998:7). It enables a researcher to capture the informants' views, examine the constraints of everyday life and to secure rich descriptions (Denzin & Lincoln 1994:5-7). In this qualitative, ethnonursing study the researcher obtained informants' inside views about their religious beliefs, their beliefs on health, illness and care, and their health seeking behaviours. Data collection occurred in naturalistic settings, namely their homes. Informants were free to respond, in their own words, to open-ended questions, thus sharing their perspectives freely with the researcher. Data, which were comprehensive in depth and breadth, were obtained and captured. This was done within the constraints of the statement of the problem and the research questions.

Qualitative research is helpful in locating at-risk groups, in describing health beliefs and practices, in exploring the meanings of health, disease and illness for the community and in discovering what and who the community is (Strasser 1991:107). In this study the group at risk was the congregation of the Africa Gospel Church who may be at risk of developing health problems due to their existing health seeking behaviour.

An exploratory qualitative design is suitable for studying areas that have not been studied before (Brink & Wood 1998:312). The health seeking behaviours of the members of the Africa Gospel Church and the associated religious beliefs about health, illness and care have not been documented in recent years, thus necessitating exploratory research.

Qualitative research is inductive in nature (Schurink, 1998:248; Taylor and Bogdan 1998:7). This characteristic enabled the researcher to develop meanings and concepts from the data gathered thus producing general themes that represent the life world of the research participants.

Qualitative research is emergent (Lincoln & Guba 1985:41; Lo Biondo-Wood & Haber 1998:236). In this study the researcher's decisions on the research strategies to employ, were influenced by what she found in the research setting. This also applied to the choice of informants. In this way the researcher was able to go with the flow and follow up any leads that promised to provide information relevant for the study, as following a strictly mapped out plan may have led to some data being overlooked, or inappropriate methods being applied.

3.4 RESEARCH METHOD

Research method entails sampling, data collection and data analysis.

3.4.1 Sample selection

A discussion of the research populations and sampling strategies is presented below.

3.4.1.1 *Research populations*

A research population is "the entire set of individuals or elements who meet the sampling criteria" (Burns & Grove 2001:366).

This study had two research populations, namely church leaders (priests and elders) and members of the congregation.

Key informants are described as people who “have been thoughtfully and purposefully chosen for the knowledge they have about the culture under study while general informants may not be fully knowledgeable” (Leininger 1991:110). With respect to the key informants, the research population consisted of members of the Africa Gospel Church. Criteria for inclusion in the sample were that an informant must have been a member of the Africa Gospel Church for at least ten years and not be younger than thirty years of age. Since membership of the church is also ascribed, these criteria excluded the younger generation who may have had limited knowledge about their church’s religious beliefs and members’ health seeking behaviours. The researcher regarded members of the congregation to be key informants because they are most knowledgeable about their health seeking behaviours and the religious beliefs that influence their behaviour.

The concept general informant refers to those persons who have a general idea about the domain of inquiry (Leininger 1991:110). The general informants were the church leaders who were considered to be important with respect to the church’s teachings and prescriptions that influence the health seeking behaviour of its members. Their responses were used to verify what the key informants had said or to identify aspects that the key informants failed to share with the researcher. To be included in the study as a general informant an individual had to be a priest, church elder, or female leader within the church.

The informants were identified from within the residential area of Francistown. The setting was easily accessible to the researcher and the Africa Gospel Church is well established there.

3.4.1.2 *Sampling method*

Non-probability network sampling was used to select samples from the populations of general and key informants. Non-probability sampling is characterised by every element in the research population not having an equal chance of being selected into the sample. Quantitative researchers regard the possibility of obtaining an unrepresentative sample to be a limitation of non-probability sampling and therefore results may not be generalised to the rest of the population (Polit & Hungler 1997:230). However, exploratory studies are not intended for generalisation but they aim at increasing knowledge in the area being studied. That which is considered to be a weakness by quantitative researchers is strength for qualitative researchers (Burns & Grove 2001:374). In this research, the researcher did not intend to generalise the findings but rather to obtain accurate, in-depth and informative data, using small purposively selected samples. “A good informant is one who has the knowledge and experience the researcher requires, has the ability to reflect, is articulate, has the time to be interviewed and is willing to participate in the study” (Morse 1994:228).

The sampling method that the researcher applied was snowball sampling. Snowball sampling is “based on referrals from others already in the sample” (Polit & Hungler 1997:462). This ensures that informants, who are knowledgeable about the topic under study, are selected to participate in a study (Walker 1999:279). In this study, a community health practitioner assisted the researcher to gain entry into the setting. She introduced the researcher to a senior priest within the church. He later became the first general informant and also assisted the researcher to identify other key and general informants who in turn identified others.

3.4.1.3 *Characteristics of the samples*

The sample size could not be determined at the beginning of the study. It was considered adequate at the point when data saturation had been reached (Leininger 1991:111). Data saturation is achieved when no new data emerges but previously collected data is repeatedly introduced into the study (Streubert & Carpenter 1999:22-23).

Seven key informants and five general informants participated in the study. The characteristics of the samples are discussed in section 4.3.1.

Appropriateness of a sample refers to “the degree to which the choice of informants and method of selection ‘fits’ the purpose of the study as determined by the problem statement” (Morse 1991:134). Another criterion for evaluating the sample is adequacy, which refers to “sufficiency and quality of the data” (Morse 1991:134). The samples were appropriate for addressing the problem statement since all informants interviewed were considered knowledgeable about the topic. After the twelfth informant was interviewed data saturation was achieved and the information was considered to be adequate. The researcher was also satisfied that in-depth data was obtained.

3.4.2 Data collection

Data collection was done using semi-structured interview guides. Face to face interviews and observations were conducted in accordance with the ethnonursing research method.

3.4.2.1 *Data collection approach and method*

Data collection was guided by the ethnonursing research method, which was first developed to guide data collection in order to reveal, “embedded and undiscovered phenomena” (Leininger 1991:75). This method assists researchers to learn about traditional (folk) caring practices used during illness and non-caring practices that may lead to illness. In this study the aim was to learn about health seeking behaviours of members of the Africa Gospel Church and the underlying religious beliefs and beliefs about health, illness and care. This is especially important because they tend not to utilise the professional health care system optimally. Ethnonursing requires “open discovery, active listening and a genuine learning attitude” (Leininger 1991:107). It encourages informants to share their knowledge with the researcher. It also encourages the researcher to be actively involved in talking to informants and making observations.

Although ethnonursing research calls for participant observations, the researcher was not able to live with the informants because they were scattered around the city. A semi-structured in-depth interview method was used for data collection. An interview involves “verbal communication between the researcher and the informant, during which information is provided to the researcher” (Burns & Grove 2001:420). An unstructured or a semi-structured interview allows the interviewer to explore what informants are revealing to a greater detail as compared to a structured questionnaire. A series of open-ended questions are used to encourage the informants to elaborate on a particular area (Robson 1993:229-238). Informants have the opportunity to concentrate on what they view as important to answer the interview questions.

The conversational nature of an unstructured or a semi-structured interview allows informants to tell their story in a natural way without feeling constrained through having to answer a list of closed-ended questions posed to them. In a way the informants determine the flow of the discussions, with the researcher following up on their answers (Polit & Hungler 1997:254-256). The interview also assisted the interviewer to obtain subjective data about their culture through its interactive nature (De Villiers & Tjale 2000: 23). A researcher can use inclusive and exclusive questions to obtain information (Brink & Wood 1998:296). An inclusive question seeks to find out what an informant would do if a given factor were present, and an exclusive question addresses what would happen in the absence of a given factor.

Probing questions were asked to explore what informants had said in more depth. The semi-structured nature of the interviews enabled the researcher to ensure that the discussions remained within the focus set by the problem statement and research questions. As informants spoke the researcher looked at the interview guide to see which areas were being covered so that areas in need of further exploration could be identified for probing.

3.4.2.2 *Data collection instruments*

The researcher developed interview guides comprising open-ended questions. Two interview guides were used, one for the key informants (refer to annexure D), and another for the general informants (refer to annexure E). Each interview guide was divided into two sections, namely a section on demographic data and the interview questions with probes that were derived from the problem statement and research questions.

3.4.2.3 *Research setting*

Qualitative research is naturalistic and is done where informants live and work. This provides an opportunity for observation and interaction (Lincoln & Guba 1985:39; Lo Biondo-Wood & Haber 1998:236). It also enables a researcher to contextualise and integrate the data collected through self-report and observation resulting in thick descriptions (Rice & Ezzy 1999:1). In this research, the researcher conducted face-to-face interviews in the informants' homes, which provided a quiet and comfortable environment.

3.4.2.4 *Data collection process*

“Good qualitative researchers must be prepared to learn to be trusted in the setting; they must be patient and wait until they are accepted by the informants; they must be flexible and resilient” (Morse 1994:226). Trust is basic to obtaining data from informants (Leininger 1991:82). In this research, Leininger's Stranger to Friend Enabler (Leininger 1991:92-93) aided in gaining entry into the research setting for the purposes of data collection. The enabler is particularly useful to facilitate building of trust, which is important for learning hidden information. This enabler was first used in the 1960's in an ethnonursing and ethnographic study in New Guinea (Leininger 1991:93). It assisted Leininger in the process of gaining entry and developing a trusting relationship with informants with the purpose of ensuring that data “collected was true, reliable, credible and accurate” (Leininger 1991: 92).

In this research, the researcher gained the informants' trust by obtaining informed consent from them to participate in the study and by explaining to them the importance of their participation in ensuring that data collected were credible.

The researcher also assured the informants that she would protect the confidentiality of information shared, and also their anonymity. The informants were advised that the interview was expected to last an hour or more. Informants were reminded of their freedom to withdraw from the interview at any stage. Throughout the data collection process the researcher made an effort to keep the trust already won. She practiced time management, answered questions truthfully, respected informants' needs, and showed interest and enthusiasm during the data collection process.

The Observation-Participation-Reflection Model (Leininger 1991:93-94) was also used concurrently with the Stranger to Friend Enabler during the interviews. The researcher started making *observations* after gaining entry into the setting. The Stranger to Friend Enabler assisted the researcher to measure the level of acceptance by looking for signs of vigilant gate keeping, questioning of the researchers motives or sharing of inside information. The enabler's indicators were used as a yardstick to evaluate the behaviours of informants to gauge their level of trust in the researcher. Asking the researcher many questions and questioning the motives of the researcher would be a sign of vigilant gate keeping by informants and this would result in gathering incomplete and inadequate data. Going out of their way to help the researcher and sharing secrets would signal that the researcher was considered a trusted friend and would be exposed to inside information. The environment, communication patterns and material culture were also observed and noted.

The *participation phase* of the Observation-Participation-Reflection Model was applied by carrying out the interviews. Each interview began with the researcher ensuring that recording equipment was functioning well and helping the informant to identify a quiet place for the interview. To start the discussion, the researcher collected demographic data and this helped to put the informants at ease. During the interviews, the researcher continued to observe interaction patterns in the environment. She recorded the lifestyle of the Africa Gospel Church members through field notes. This enabled the researcher to contextualise the interview data.

During the phase of *reflecting*, the researcher considered the observations made and the interview data. This enabled the researcher to conduct preliminary data analysis to determine whether to probe further, terminate an interview session or whether data saturation had been achieved. She also linked aspects that she saw and heard to determine whether any interrelationships emerged. A phenomenon that had been observed earlier was validated during the reflection phase. This also provided a holistic view of the informants' inputs. As the informants responded to the questions, the researcher *reflected* upon what was being said and looked at the interview guide to see which areas were being covered and which gaps existed. The researcher's reflections on what was being said during the interview enabled her to identify areas where probing was required. According to Rice and Ezzy (1999:52-60) such a process assists a researcher to obtain in-depth information by paying attention to sequence of events and listening and observing informants' emotions. Different types of probes were used throughout the interviews. The researcher requested informants to elaborate or clarify a point or she would ask another question to obtain further information.

Oppenheim (1992:72) also suggests that a researcher do some rapid mental traffic management so that, as the interview progresses, information is prioritised to identify which areas need to be explored further.

3.4.3 Data analysis

This was done using Leininger's (1991:95) Phases of Ethnonursing Analysis for Qualitative Data.

3.4.3.1 *Phase I: Collecting, describing and documenting raw data*

This phase entails data collection, management and interpretation (Leininger 1991:95). In this study, data was collected and recorded as discussed in paragraph 3.4.2. Data that emerged from the interviews with the key and general informants were recorded on audiotape. Observations were made and contextual meanings were identified. The researcher then transcribed the recordings from the tapes. The transcriptions were translated into English and typed in ASCII-Text format to enable the researcher to import the file into the QSR NUD*IST4.0 computer program.

Thereafter the researcher read and reread the transcriptions to familiarise herself with similar phrases, relationships between subgroups and common sequences.

3.4.3.2 *Phase II: Identification and categorisation of descriptors and components*

This phase entails preliminary data reduction by means of coding and categorising of raw data (Leininger 1991:95). In the present research, the researcher coded and classified the data into categories. The QSR NUD*IST4.0 computer program was used during this phase. The coding system is attached as annexure G.

3.4.3.3 *Phase III: Pattern and contextual analysis*

The phase of pattern and contextual analysis involves a thorough examining of the data for signs of saturation of ideas and identification of recurrent patterns, similarities and differences in contextual meaning. Research informants are given an opportunity to confirm that the researcher's interpretations are consistent with their life worlds. This enhances the credibility of the research findings (Leininger 1991:95). In this research the researcher printed the node reports that contained the coded data. She analysed the coded data to discover the inherent meanings. She shared the results of this phase with the research participants to give them an opportunity to verify that her interpretations are in correspondence with their life-worlds, as revealed by them.

To obtain contextual meaning the researcher described the observations made during data collection and analysed her field notes. She incorporated the meanings that emerged from this exercise into the research findings.

3.4.3.4 *Phase IV: Data synthesis*

The last phase entails synthesis of research data into major themes so that conclusions can be drawn, and decisions made about needed actions (Leininger 1991:95). This study searched for interrelationships between the meanings that emerged from the previous phase and incorporated related meanings into themes.

3.5 TRUSTWORTHINESS OF THE RESEARCH

Trustworthiness is the measure that is applied to qualitative research in place of validity and reliability. The researcher used various strategies to enhance the trustworthiness of this research as outlined by Lincoln and Guba (1985:301-321) and Leininger (1991:113).

3.5.1 Credibility

Credibility refers to the truth, accuracy, or believability of findings that have been mutually established between the researcher and the informants. Credible research findings are deemed accurate, believable, and representative of participants' experiences and knowledge of phenomena (Lincoln & Guba 1985:290; Leininger 1991:112-113).

To enhance credibility, the researcher used data triangulation (Polit & Hungler 1997:305), by using multiple sources of data. This was achieved by collecting data from key and general informants. This enabled the researcher to cross-validate responses and to gain in-depth data from more than one perspective. As the data collection process progressed, the researcher constantly compared the data that were generated from each of the samples.

This enabled her to obtain specific data that was required but did not emerge from the interviews with one category of informants, from another category of informants. The researcher used the informants' preferred language during the interviews because it was important that they express their views in a language that they are most comfortable with.

The researcher is a clinical nurse with more than twenty years of experience. The researcher has accumulated a wealth of experience through teaching and clinical service, as well as graduate studies. The researcher is knowledgeable about research and about health, illness, and health seeking behaviour. This empowered her in carrying out the study. Furthermore, a thorough literature review was done to ensure that the researcher is up to date about religious and cultural factors associated with health, illness, care and health seeking behaviour.

The researcher performed bracketing by being aware of her professional orientation towards health and health care, which resulted from her professional training. The researcher acknowledged to herself that, as a nurse, she subscribes to the biological explanatory model of health and illness, but was also brought up in a culture that acknowledges the magico-religious paradigm. By doing so, she was able to identify potential sources of bias on her part. According to Lo Biondo-Wood and Haber (1998:224) this process of clarifying the researcher's philosophical orientation towards the research phenomenon helps him/her to bracket personal biases. In this research, the researcher kept an open mind, and was prepared to objectively accept emerging data that contradicted her scientific orientation towards health, illness and care.

Expressions of surprise or disapproval were avoided as they could have led to informants not sharing their experiences openly, thus compromising the credibility of the data. She also refrained from demonstrating ethnocentrism. Qualitative research requires sensitivity and respect so that when researchers encounter new cultural practices that are foreign to self, they can tolerate them without being judgemental or contemptuous (Punch 1990:83).

The use of the Stranger to Friend Enabler (refer to section 3.4.2.4) and the Data Analysis Enabler (refer to 3.4.3) also contributed towards the credibility of the research.

3.5.2 Confirmability

Confirmability refers to the extent to which the research results are a product of the focus of the study and not the biases of the researcher (Babbie & Mouton 2001:278). According to Leininger (1991:113) confirmability means, “being able to reaffirm what the researcher has heard, seen, or experienced with respect to the phenomena under study”. The researcher seeks confirmation that the interpretations accurately reflect the data that was obtained during data collection (Carter & Porter 2000: 38; Polit & Hungler 1997:307). Confirmability is enhanced through a process of leaving an audit trail that entails full and accurate description of the data collection and analysis methods and procedures and by ensuring that there is coherence between these aspects (Lincoln & Guba 1985: 318-319). Confirmability is also enhanced through peer debriefing (Lincoln & Guba 1985:308). In the present research, the researcher sought confirmation from the informants that her interpretations were truly a reflection of their religious beliefs and beliefs about health, illness, care and their health seeking behaviours. This was done through sharing the research findings with informants and asking them to confirm, deny, or clarify the findings. Data collection and analysis was done under supervision of the research supervisors.

The researcher submitted the raw data, the node reports that contained the coded data, and the researcher's interpretations to the research supervisors. They performed an audit to confirm that the researchers' reasoning strategies and interpretations were appropriate.

3.5.3 Meaning in Context

Meaning in context refers to "data that has become understandable with relevant referents or meanings to the informants or people studied in different or similar environments" (Leininger 1991:113). This requires application of situations and life experiences to the totality of data gathered in order to arrive at a meaningful whole (Lincoln & Guba 1985:281; Schurink 1998:285-286).

In this study, the researcher kept field notes by including observational notes during data collection. These were later integrated with the interview data to provide a holistic picture of who said what, when, where, to whom and why. Through this process the researcher was able to relate the environmental and contextual realities to the interview data. The researcher was able to gain an understanding of the broader context of the research by involving general and key informants, and by asking questions about the teachings of the Church.

3.5.4 Data Saturation

Data saturation "means that the researcher has conducted an exhaustive exploration of whatever is being studied, and there is no further data or insights coming forth from informants or observed situations" (Leininger 1991:114). In this study the researcher collected data from key and general informants and also made observations until no new data emerged (refer to section 3.4.2.4).

3.5.5 Transferability

Transferability refers to “whether particular findings from a qualitative study can be transferred to another similar context or situation and still preserve the particular meanings, interpretations, and inferences of the completed study” (Leininger 1991:114). The researcher in this study provided in-depth discussions and interpretations of the data and the research context to enable other researchers to judge whether the findings are applicable to other settings.

3.5.6 Dependability

Dependability refers to the extent to which similar findings would be obtained through repeated research (Babbie & Mouton 2001:278). The researcher ensured that this was achieved by applying strategies to enhance the credibility of the study and by establishing an audit trail.

3.6 ETHICAL CONSIDERATIONS

The field of qualitative research is seen as “potentially volatile, even hazardous, requiring careful consideration and preparation before someone should be allowed to enter the field” (Punch 1990:83).

3.6.1 Rights of the research participants

The researcher followed the conceptualised consequential ethical position. The model was explained by Denzin and Lincoln (1994: 21) as being based on the following principles: “mutual respect, non-coercion and non-manipulation, the support of democratic values and institutions, and a belief that every research act implies moral and ethical decisions that are contextual.”

The researcher cannot ensure that these principles are respected if there is no trust. The researcher must demonstrate accountability, caring, and empathy and ought to be able to share and cope with emotions that arise within the research context.

In applying the right to self-determination, the researcher informed the informants that they were free to participate and withdraw from the study.

To ensure that the principle of respect for persons was adhered to, the researcher endeavoured to instil a sense of worth in the informants to make them realise that, as custodians of their culture, they needed to give accurate information so that the beliefs of the group would not be misrepresented. During the interviews, the informants were not interrupted unnecessarily. Interruptions were only used to elicit further explanations so that the researcher would obtain accurate information. The research questions were explained and they were encouraged to narrate without fear. Strategies to gain the informants' trust were explained in section 3.4.2.4.

In applying the principle of informed consent the researcher explained to the informants the topic for the study and the reasons for the study. This was done to increase their understanding of the purpose of the research and how it was expected to benefit them and the health care system (refer to section 3.4.2.4). Permission to publish the results of the study was also obtained.

In applying the principle of confidentiality and anonymity, the researcher sought permission from participants to record the interviews on tape.

The researcher also explained that interviews had to be recorded because writing during interviews can retard the progress of the interview and this may have resulted in loss of valuable information. The researcher explained that the researcher would use the tapes for analysis purposes only and that only the researcher would listen to their inputs. She assured them that the data analysis consultants would only have access to transcribed data. As the data was transcribed identity codes (e.g. KI1 = Key informant one) were allocated to informants interviews and only the researcher was able to relate a particular tape to an individual informant. A list of names with their matching identity codes were kept by the researcher, and were used only when there was need to go back to a particular informant to explore the topic more. The data was stored safely where only the researcher could access it.

The researcher also requested permission to quote the informants verbatim so that accuracy and richness of data was not lost.

3.6.2 The rights of the institution

To ensure that the rights of the Africa Gospel Church were protected, the researcher sought permission to do this study from The Office of the President of the Republic of Botswana (annexure B). She also submitted her research proposal for scrutiny by the Research Review Committee, who verified that ethical guidelines would be followed. Permission was also sought from the Church leader (Annexure A) who was assured that the Africa Gospel Church would not in any way be harmed by publishing the findings of this study.

3.6.3 Scientific integrity on the part of the researcher

The researcher has acknowledged all who contributed to this study. All sources consulted have been acknowledged. Information obtained from the literature review has been reported without distortion and furthermore the data used in the study has not been fabricated.

3.7 SUMMARY

In this chapter the qualitative research paradigm was presented, and reasons for using it were discussed. The research design and method were presented by addressing sampling methods, and data collection and analysis procedures and enablers used during the study. The researcher also explained how she ensured that data collected would be trustworthy. Strategies employed to ensure that the research was carried out ethically, were also discussed.