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## ROLE OF FAMILY CONSTELLATIONS ON DEVELOPMENT OF SELF-ESTEEM AMONG REGULAR UNDERGRADUATE STUDENTS IN NAKURU COUNTY

### ABSTRACT

The major tasks in different family constellations is the provision of continuity, parenthood, economic, educational, fulfilment of love and socialization of children. However, the main challenge which influences the development of negative family constellations is family transition. Nakuru County is among the 5 Counties in Kenya with the highest family transitions rate hence triggering relationship problems, parental separation, divorce, remarriage and paternal absence. Some university students in Nakuru county come from such family constellations associated with less income, mobility, an increase risk of dropping out of school, an increase in behaviour problems and reduced likelihood of university completion. The undergraduates in our Universities in Nakuru County are facing psychosocial challenges such as involvement in alcohol and substance abuse, high poverty level, poor parenthood, parents' marital discord among others. The purpose of this study is to establish the role of family constellations on the development of self-esteem among of regular undergraduate students in universities in Nakuru County, Kenya. The study utilised descriptive survey with accessible population will be 2862. Multi-stage sampling procedure which entailed proportionate, stratified and simple random sampling methods were used to select 4 universities and 400 heterogeneous third year regular undergraduate respondents. A survey from a set of structured and semi-structured questionnaires and 5 response measuring instruments were used for both piloting and the actual study. A F test for correlated samples was used to evaluate the differences between groups under study at 0.05 level of significance. Was analysed by means of statistical tool with the aid of SPSS - 22.0 for windows. The research output presents significant implications for family constellations and self-esteem among undergraduate students which is important to counselling and administrative departments in universities.

### Keywords

Family constellations, family structure, parenthood, psycho social adjustment, self-esteem

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