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1

Influence of Sexual Norms on Risky Sexual Behaviors among Undergraduate Students: A Case Study of Main Campuses in Nakuru County, Kenya

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ABSTRACT

Risky sexual behaviors have become important problem all over the world and may have major effects on undergraduate students' experiences. The risky sexual behaviors may be under influence of sexual norms among other perceived psycho-social factors. Therefore, the purpose of this study was to examine the influence of sexual norms on risky sexual behaviors among undergraduate students: A case study of main campuses in Nakuru County, Kenya. Social Learning Theory and Person Centered Theory guided the study. The study adopted a correlation research design. The target population was 18570 undergraduate students. The accessible population was 8456 3rd, 4th, 5th and 6th year undergraduate students whose sample was 367. Simple random sampling technique was used to select the respondents. The study included a sample of 10 peer counselors and 2 student counselors. Data were obtained using questionnaire, focus group discussions guide and interview schedule. Cronbach Alpha Coefficient was used to establish reliability coefficient which became 0.703. Both descriptive and inferential statistics were used to analyze quantitative data using SPSS V.25 whereas the qualitative data was analyzed thematically. The analyzed data was presented in tables, graphs, and narratives. The researcher considered ethics of confidentiality and informed consent. The findings indicate that a large proportion of students belief that a number of peers have had sex. Furthermore, the findings indicate that majority of undergraduate students talk about abstinence, condoms and pregnancy prevention with parents or other adult relatives. The study recommends inculcation of sexual norms at home, religious affiliations, primary and secondary schools, institutions of higher learning and society at large in order to curb risky sexual behaviors among undergraduate students.

Key words: Influence, Sexual Norms, Risky sexual behaviors, Undergraduate Students, Case Study, Main campuses

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Guidance and counselling strategic in dealing with indiscipline in schools: Effectiveness and challenges for counsellors in Laikipia county Kenya

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GUIDANCE AND COUNSELLING STRATEGIES IN DEALING WITH STUDENTS INDISCIPLINE IN SECONDARY SCHOOLS: EFFECTIVENESS AND CHALLENGES FOR COUNSELLORS IN LAIKIPIA COUNTY, KENYA

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ABSTRACT

Indiscipline in schools remains a major social problem world over, yet it's an important component of the teaching process and therefore an important aspect of the school system. For academics to be successful there must be discipline. The government banned corporal punishment through legal

notice No 56 of 2001. Therefore guidance and Counselling (G/C) was left as the means to handle indiscipline. The study purposes to investigate effectiveness of guidance and Counselling in dealing with indiscipline in schools and the challenges faced. The study was guided by social learning theory by Albert Bandura. Using Ex post facto research design, Stratified, simple random sampling was used to select schools, which include boys, girls and mixed schools. Three self-constructed questionnaires were used to gather data pertaining to the causes, specific methods used in enhancing student discipline from head teachers, discipline masters and Counselors. Descriptive statistics included percentage and mean which were used in answering the research questions, while one way ANOVA was employed to test the hypotheses at the 0.05 level of significance. The study found that various types of indiscipline exist in the schools, including absenteeism, sneaking, stealing, truancy, drug abuse, and use of abusive language. Methods used to deal with indiscipline included group, individual and peer Counselling. Study findings indicated that group counseling was the more preferred compared to individual and peer counseling. Main challenge faced by the administrators is lack of parent participation in their children's discipline. The study concluded that guidance and Counselling, despite being the best and most preferred strategy, was ineffective in curbing indiscipline in secondary schools in Kenya.

Key words: Counselling, strategies, Students, indiscipline. Effectiveness

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Influence of Self-efficacy on Risky Sexual Behaviours among Undergraduate Students: A Case of Egerton and Kabarak Main Campuses in Nakuru County, Kenya

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This study's purpose was to determine the influence of Self-efficacy on risky Sexual behaviours among Undergraduate students of main Campuses in Nakuru County. Social learning theory by Albert Bandura and Person-centered theory by Carl Rogers guided the study. The study was carried out among 3rd, 4th, 5th and 6th year undergraduate students from main Campuses in Nakuru County. The study adopted a correlational research design. The target population was 18570 Undergraduate students whose sample was 367. Simple random sampling technique was used to select the respondents. The study included a sample of ten peer counselors and two student counselors from Egerton University and Kabarak University main Campuses who were selected through purposive sampling. Data were obtained using question aire for undergraduate students, focus group discussion guide for peer counselors and interview schedule for student counselors. Validation of research instruments was done through peer and expert review and also through pilot testing which was done in Mount Kenya University (MKU)- Nakuru Campus. Both descriptive and inferential statistics were used to analyse quantitative data using SPSS version 25 whereas the qualitative data was analysed thematically. The analysed data was presented in tables, graphs, and narratives. The researcher considered ethics of confidentiality and informed consent. The findings indicated that majority of the respondents were of the view that Self-efficacy influence risky sexual behaviours among Undergraduate students.

Key Terms: Influence, Self-efficacy, Risky sexual behaviours, Undergraduate students

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Role of Counselling Services in Mitigating Risky Sexual Behaviours among Undergraduate Students: A Case of Egerton and Kabarak Main Campuses in Nakuru County, Kenya

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This study's purpose was to identify the role of counseling services in mitigating risky sexual behaviours among Undergraduate students of main Campuses in Nakuru County. Social learning theory by Albert Bandura and Person centered theory by Carl Rogers guided the study. The study was carried out among 3rd, 4th, 5th, and 6th year undergraduate students whose sample was 367. Simple random sampling technique was used to select the respondents. The study included a sample of ten peer counselors and two student counselors from Egerton and Kabarak main Campuses who were selected through purposive sampling technique. Data were obtained using questionnaire for undergraduate students, focus group discussion guide for peer counselors and interview schedule for student counselors. Validation for research instruments was done through peer and expert review and also through pilot testing which was done in Mount Kenya university (MKU)- Nakuru Campus. Both descriptive and inferential statistics were used to analyse quantitative data using SPSS version 25 whereas the qualitative data was analysed thematically. The analysed data was presented in tables, graphs, and narratives. The researcher considered ethics of confidentiality and informed consent. The findings indicated that counseling services play a key role in mitigating risky sexual behaviours among Undergraduate students.

Key Terms: Role, Counseling services, Risky Sexual behaviours, Undergraduate students

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Influence of Self-efficacy on Risky Sexual Behaviors among Undergraduate Students: A case of Egerton and Kabarak Main Campuses in Nakuru County

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Key Terms: Self-efficacy, Risky sexual behaviors, Undergraduate students

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Role of Counseling Services in Mitigating Risky Sexual Behaviors among undergraduate students: A case of Egerton and Kabarak main campuses in Nakuru County, Kenya

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Key Terms: Counseling services, Risky sexual behaviors, Undergraduate students

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Mental Health in Educational Institutions

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The mental health of students has become an undeniable concern. While institutions seek to educate, their current policies and infrastructure do not unanimously prioritize mental health; thus, they often can't meet students' needs and struggle to uphold the central mission. Attending becomes a stressful time for students. Besides coping with academic pressure, some deal with the stressful tasks. In this context, students experience the first onset of mental health and substance use problems or a worsening of symptoms. Given the uniqueness of students, there is a need to outline critical issues to consider when working with this population. In this commentary, first, the prevalence of psychiatric and substance use problems in students and the significance of assessing the age of onset of current psychopathology are described.

Students' needs to target mental health's national discussion toward actionable system change are education and institutions. These demonstrate that policy change is necessary to support students with psychiatric disabilities and mental health concerns fully. Research needs to explore implementing innovative programs, curricular changes, and supported education programs. The effect of health initiatives and services on schools' achievement, the need to address the mental health of historically neglected students, and interdisciplinary collaborations necessary to support enhanced outcomes.

With mental services embedded within the school, systems can create a continuum of integrative care that improves mental health and educational attainment. Education and mental health systems are needed to aid evidence-based practice. Integrative strategies that combine classroom-level

and student-level interventions have much potential. A research agenda is needed that focuses on system-level implementation and maintenance of interventions over time. Both ethical and scientific justifications exist for integration of mental health and education: integration democratizes access to services and, if coupled with the use of evidence-based practices, can promote the healthy development of children.

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Abstract Re-Submission

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The Role of Family Constellations on Self – Efficacy Development of Regular Undergraduate Students in Universities within Nakuru County, Kenya

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ABSTRACT

University students are facing numerous challenges which affect their psychological and social adjustment. The study was to determine the influence of family constellations on self-efficacy of regular undergraduate Students in Nakuru County, Kenya. The study used a mixed-method research approach and adopted a cross-sectional survey research design. The target population was 2,862 third year regular undergraduate students from four selected universities. A random sample of 307 students forming a 90.6 percent response rate was selected. Stratified random sampling was used to distribute the sample in the four selected universities. Quantitative data was analyzed using both descriptive and inferential statistics while qualitative data was analyzed using thematic content analysis. The study findings indicate that majority of the respondents came from dual (nuclear) parent families. There was a statistically significant difference in the self- efficacy formation of regular undergraduate students from different family structures. The study recommends that there is a need for parents to maintain a unified family structure in order to encourage holistic psychosocial development and adjustment of their children in the universities. There is need to encourage university students to seek guidance and counselling services in order to effectively adjust psychologically and socially to the new university environment.

Key Words: Family constellations, parenthood, psychosocial adjustment

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MENTAL HEALTHIN WORKPLACE

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Conference Track: Workplace Mental Health

Mental Health at Work Place; Results from Comparative Analysis of Selected Countries

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ABSTRACT

Mental health is a major public health issue with almost half of the world population expected to experience mental illness during their lifetime. It affects many people, impacting on relationships,

and individual participation in the community, especially at the workplace. Despite the increase in the number of mental illnesses at the workplace, little is known about the effects of mental illness on organization performance. The purpose of the study was to analyze, causes, perception, and programs that can promote good mental health in the workplace. The research used qualitative content analysis techniques that focus on interpreting and evaluating texts, documents, people's experiences, and communications. Content analyses organize and elicit meaning from the data collected and to draw realistic conclusions from it. The study will enable organizations to come up with policies and programs to assist create a healthy environment for their employees and thereby increase productivity.

Keywords: Mental Health, Workplace, Strategies,