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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

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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