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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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