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THE INFLUENCE OF THE PHYSICAL ENVIRONMENT ON THE MENOPAUSE CRISIS MANAGEMENT AMONG FEMALE TEACHERS IN PUBLIC PRIMARY SCHOOLS IN LAIKIPIA COUNTY

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Menopause crisis is not considered a major issue in most organizations and therefore it is disregarded at work place. Among female teachers it may be worsened by unfavourable working environment but significance of these factors in Laikipia County is not yet known. This study examined the influence of the physical environment on menopause crisis for public primary schools' female teachers in Laikipia County. The study utilized ex post facto research design and was based on the Person-Environment-Occupation Theory of Occupational Performance, and the Erik Erikson's Theory of Psychosocial Development. The target population were 600 female teachers and 317 school head teachers, the County Director, Teachers Service Commission, and the hospital superintendent, Nanyuki County Referral Hospital, giving a total of 919 individuals in Laikipia County. The researcher used stratified sampling, two stage clustered sampling, random sampling and purposive sampling techniques to determine the sample. The sample of the study was 410. The research instrument of the study were a structured questionnaire and a key informant interview schedule. In order to test the reliability of the research instrument, it was pilot-tested in schools in the neighbouring Nyandarua County. Both descriptive and inferential statistics were used to analyse data. The findings have revealed that physical environment have a statistically significant ($r^2=0.683$; p -value 0.0398) at 0.05 confidence level. The study concludes that most primary schools face inadequate physical facilities to support menopausal female teachers especially toilets. A significant number of schools do not have adequate access to clean water. Physical environment have an influence on the management of menopause crises. The study recommends that administrators should ensure that schools have clean and comfortable toilets that are neither too close nor too far from the staff rooms, and should ensure there is access to clean tap water.

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Evaluating the Influence of Guiding and Counselling Referral Services on the self-efficacy of orphaned children living in orphanages in Bungoma County -Kenya

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ABSTRACT

The purpose of this study was to establish the influence of guidance and counselling referral services on the self-efficacy of orphans living in orphanages in Bungoma County. The researcher adopted the survey research design. Four theories (Adlerian theory, Systems theory, Self-determination theory and the social learning theory) were used in this research. The population of the study was 2132 orphans in the 20 orphanages within Bungoma County. Two hundred and forty (240) of the orphans in all the 20 orphanages were purposively sampled and interviewed. One (1) caregiver and

one (1) administrator (again per orphanage) were interviewed, totalling to 280 respondents. Questionnaires and interview schedules were used to collect data from the respondents who included the orphans, orphanages administrators and caregivers. The self-efficacy scale of 1-4 was converted to between 0-100. The data was prepared, coded and analyzed using the Statistical Package for Social Sciences (SPSS) version 20. Strict ethical considerations were observed during the study. The study established that there was a positive and significant relationship between self-efficacy of orphaned children and guidance and counselling referral services. The study's recommendation for a policy was that the government should come up with a policy to guide all the orphanages in Kenya, including the process of guiding and counselling. process for practice were that every orphanage should engage the services of a qualified and practising guiding and counselling specialist for the orphans. Guiding and counselling Referral services should be encouraged in orphanages, as they are have proved to be very effective. In addition, Guidance and counseling referral services provide orphans with the opportunity to receive more specialized and comparable services that enhance their focus on overall developmental growth.

Key Words: Guidance, Counselling, Self-efficacy, Referral services, Respondents, Post-orphanage, dis engagement.

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Evaluating the Influence of Guiding and Counseling Mentorship program on the Self-Efficacy of orphaned children living in Orphanage s in Bungoma County-Kenya.

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ABSTRACT

The purpose of this study was to establish the influence of guidance and counselling Mentorship services on the self-efficacy of orphans living in orphanages in Bungoma County. The researcher adopted the ex post facto research design. Four theories (Adlerian theory, Systems theory, Self-determination theory and the social learning theory) were used in this research. The population of the study was 2132 orphans in the 20 orphanages within Bungoma County. Two hundred and forty (240) of the orphans in all the 20 orphanages were purposively sampled and interviewed. One (1) caregiver and one (1) administrator (again per orphanage) were interviewed by use of questionnaires and interview schedules., totalling to 280 respondents. The self-efficacy scale of 1-4 was converted to between 0-100. The data was prepared, coded and analyzed using the Statistical Package for Social Sciences (SPSS) version 22. Strict ethical considerations were observed during the study. The study established that there was a positive and significant relationship between self-efficacy of orphaned children and guidance and counseling mentorship programs. The study's recommendation was that the government should come up with a policy framework to guide all the orphanages in Kenya, including the process of guiding and counselling. Recommendations for practice were that every orphanage should engage the services of qualified guiding and counselling specialists since Mentorship programs enhance the orphans' participation in various activities that are critical for their successful career lives after disengagement. Through mentorship programs, orphans are equipped with employability skills that are in tandem with the current needs on the job market.

Key Words: Guidance, Counselling, Self-efficacy, Mentorship services, Respondents, disengagement.

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An evaluation of the coping strategies among medical residents in Kenya.

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Introduction

Worldwide, coping has been demonstrated as the key determinant between good and poor mental health among medical residents. Nevertheless, no study has assessed the coping strategies of medical residents in Kenya.

Objective

To evaluate the coping strategies of medical residents in Kenya.

Methodology

This was a quantitative, cross-sectional survey among medical residents in Kenya. The BRIEF Cope was used to collect data which was analyzed using excel into means and association was demonstrated using student t-test.

Results

A total of 139 respondents filled the questionnaire. Adaptive (mean 61.59, SD 15.33) as opposed to maladaptive coping strategies (mean 57.72, SD 15.22) were more commonly used. The most commonly used adaptive coping strategies were acceptance (mean 69.96, SD 22.41), planning (mean 69.15, SD 22.84), positive reframing (mean 67.81, SD 22.42) and religion (mean 62.40, SD 26.96). The most commonly used maladaptive coping strategies were self distraction (mean 61.33, SD 21.38), venting (mean 55.04, SD 19.25) and self-blame (mean 52.52, SD 21.82). Overall, females had significantly higher scores for both adaptive (females, mean 41.19, SD 10.02; males, mean 37.63, SD 9.31; p-value = 0.011) and maladaptive (females, mean 24.50, SD 6.68; males, mean 22.07, SD 5.45; p-value = 0.020) coping strategies compared to males.

Conclusion(s)

Medical residents in Kenya utilized adaptive than maladaptive coping strategies more commonly. The most commonly used adaptive coping strategies were acceptance, planning, positive reframing and religion while the most commonly used maladaptive coping strategies were self distraction, venting and self-blame. Females utilized both coping strategies significantly more than male medical residents.

Recommendation(s)

Postgraduate training institutions should encourage medical residents in Kenya towards adaptive coping strategies. Further qualitative studies are needed to explain how medical residents in Kenya cope to the stresses they face.