

Adolescent Engagement in Risky Behaviour and Its Impact on Development of Self-Identity: A Case of Secondary School Students in Eldoret East Sub-County, Kenya

by

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ADOLESCENT ENGAGEMENT IN RISKY BEHAVIOURS AND ITS IMPACT ON
DEVELOPMENT OF SELF IDENTITY: A CASE OF SECONDARY SCHOOL
STUDENTS IN ELDORET EAST SUB-COUNTY, KENYA

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In accordance with Daystar University policies, this thesis is accepted in partial fulfillment of requirements for the Master of Arts degree.

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DECLARATION

I declare that this thesis is my original work and has not been submitted to any other college or university for academic credit.

Signed: _____ Date: _____

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DEDICATION

To my husband, Amos Wafula, and our children: Favour Wafula, Victor Baraka and Faith Leticia.

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ABBREVIATIONS AND ACRONYMS

AIDS:	Acquired Immune Deficiency Syndrome
HIV:	Human Immunodeficiency Virus
MBI:	Maslach Burnout Inventory
MDG:	Millennium Development Goals
NACOSTI:	National Commission for Science, Technology and Innovation
STI:	Sexually Transmitted Infections
WHO:	World Health Organization
FBO:	Faith-Based Organizations
CBO:	Community-Based Organizations
NGO:	Non-Governmental Organization
SPSS:	Statistical Package for Social Sciences

ABSTRACT

This study sought to establish the nexus between risky behaviour that adolescents in secondary schools in Eldoret East Sub-County engaged in and its impact on development of self-identity. The target population comprised 2046 Form Two students, 46 head teachers and 46 teachers in charge of Guidance and Counselling. Fourteen (14) schools were selected using stratified random sampling while 14 head teachers and 14 teachers in charge of Guidance and Counselling were purposively selected. Data was collected using questionnaires and structured interview schedules. Data collected was coded and processed. Chi-square correlation analysis and Pearson Product Moment correlation coefficient were computed to test for the relationship between risky behaviour and self-identity among adolescent students. Analyzed data was presented in form of cumulative frequency tables, percentages, charts and graphs. The study established that adolescent students engaged in three main types of risky behaviour: drug and substance use and abuse, unprotected sex and suicide attempts. Adolescents' engagement in risky behaviour negatively affected the development of their self-identity. The main factors influencing students' engagement in risky behaviour were peer influence and family backgrounds. Some of the proposed strategies for dealing with students' engagement in risky behaviour included strengthening peer education programs and building capacity for Guiding and Counselling departments. The study recommends that, upon joining Form One, students should be taken through induction workshops to enhance their ability to choose friends and cope with peer pressure as well as avoid exposure to risky behaviour.

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