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EFFICACY OF MINDFULNESS BASED COGNITIVE BEHAVIORAL THERAPY IN
ANGER MANAGEMENT AMONG STUDENTS IN SELECTED PUBLIC SECONDARY
SCHOOLS IN NAKURU COUNTY, KENYA

by

Jared Bravin Menecha

A dissertation presented to the School of Human and Social Sciences

of

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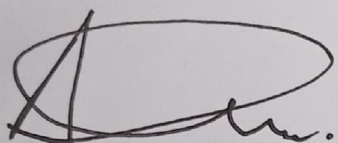
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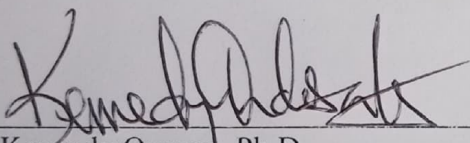
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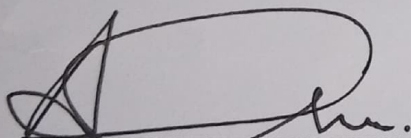
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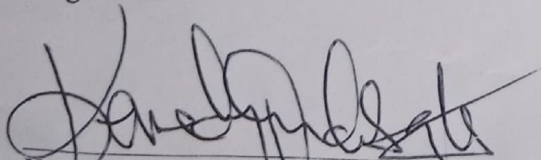
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ABSTRACT

The purpose of this study was to investigate the efficacy of Mindfulness Based Cognitive Behavioral Therapy (MBCBT) in anger management among secondary school students in Nakuru County, Nakuru Town West Sub-County, Kenya. Its objectives were to; identify the indicators of anger prevalent among students, investigate the correlation between anger and anxiety among students, establish the relationship between anger and depression among students and examine the differences in expressing and controlling anger between boys and girls in public secondary schools in Nakuru County. Quasi experimental research design was adopted in this study with the experimental group being exposed to 10 sessions of MBCBT treatment and control group continuing with Therapy as usual within the same period. After the baseline assessment, midline and end-line data was collected after three and six months respectively. The research used qualitative and quantitative approaches. The research instruments included questionnaires, interview schedules, Spielberger's State Trait Anger Expression Inventory II (STAXI-II), Beck's Depression Inventory (BDI) and Beck's Anxiety Inventory (BAI). Purposive sampling was used in selecting the two schools for this study. The quantitative data collected was analyzed using Statistical Package for Social Sciences (SPSS) version 23. The study hypothesized that MBCBT was effective in managing anger among students. In regarding the indicators of anger, the study found that there was great variability in the indicators of anger among secondary school students and that the indicators of anger could be physical, emotional, behavioral or even cognitive thus varying across learners due to their individual differences. On the correlation between anger and anxiety, the study found a low positive correlation between state anger and anxiety and a significant positive correlation trait anger and anxiety. The study concluded that the prevalence of anger among the selected schools was high. The researcher recommended that school Board of governors may sponsor their counselors/psychologists to train on MBCBT given the high prevalence of anger in the secondary schools studied.