

ASSESSING THE INFLUENCE OF PARENT-ADOLESCENT RELATIONSHIP ON SELF-ESTEEM OF ADOLESCENTS IN SELECTED PUBLIC SECONDARY SCHOOLS, KENYA

by

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APPROVAL

ASSESSING THE INFLUENCE OF PARENT-ADOLESCENT RELATIONSHIP ON SELF-ESTEEM OF ADOLESCENTS IN SELECTED PUBLIC SECONDARY SCHOOLS, KENYA

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DECLARATION

ASSESSING THE INFLUENCE OF PARENT-ADOLESCENT RELATIONSHIP ON SELF-ESTEEM OF ADOLESCENTS IN SELECTED PUBLIC SECONDARY SCHOOLS, KENYA

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

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DEDICATION

I dedicate this research to my dear brothers Reg and Jose. Your selfless acts of kindness make this world a better place for many people. God bless you.

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I thank God Almighty who has given me His sufficient grace throughout my course work. His everyday strength and love have brought me this far. To Him be the glory. I would like to acknowledge several other people without whom my post graduate school experience and this thesis would not be possible.

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TABLE OF CONTENTS

APPROVAL	ii
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DECLARATION	iv
DEDICATION	v
ACKNOWLEDGEMENT	vi
TABLE OF CONTENTS.....	vii
LIST OF TABLES	x
LIST OF FIGURES	xi
LIST OF ABBREVIATIONS AND ACRONYMS	xii
ABSTRACT.....	xiii
CHAPTER ONE.....	1
INTRODUCTION AND BACKGROUND TO THE STUDY	1
Introduction	1
Background to the Study	2
Statement of the Problem	5
Purpose of the Study	6
Objectives of the Study	6
Research Questions	7
Justification for the Study	7
Significance of the Study	8
Assumptions of the Study	10
Scope of the Study.....	10
Limitations and Delimitations of the Study	11
Definitions of Terms	11
Summary	13
CHAPATER TWO.....	14
LITERATURE REVIEW.....	14
Introduction	14
Theoretical Framework	14
General Literature Review	23
Empirical Literature Review	46
Conceptual Framework	51
Discussion on Conceptual Framework.....	52
Summary	53
CHAPTER THREE	54
RESEARCH METHODOLOGY.....	54

Introduction	54
Research Design	54
Study Population	55
Sample Size	57
Sampling Technique	59
Data Collection Instruments	60
Data Collection Procedure	64
Pre-testing	66
Data Analysis Plan	67
Ethical Consideration	69
Summary	71
CHAPTER FOUR	72
DATA PRESENTATION, ANALYSIS AND INTERPRETATION	72
Introduction	72
Data Analysis and Presentation	72
Summary of Key Findings	96
Summary	98
CHAPTER FIVE	99
DISCUSSIONS, CONCLUSIONS AND RECOMMENDATIONS	99
Introduction	99
Discussion of Key Findings	99
Conclusion	106
Recommendations	107
Recommendations for Further Studies	108
REFERENCES	110
APPENDICES	118
Appendix A: Letter to Head Teacher	118
Appendix B: Head Teacher Consent	119
Appendix C: Student Consent	120
Appendix D: Student Assent	121
Appendix E: Study Questionnaire	122
Appendix F: Ethical Clearance	126
Appendix G: NACOSTI Research Permit	127
Appendix H: Authorization from Ministry of Education	128

Appendix I: Plagiarism Report 129

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LIST OF TABLES

<i>Table 3.1: Target Population</i>	56
<i>Table 3.2: Sample Size</i>	58
<i>Table 4.1: Response Rate</i>	73
<i>Table 4.2: Number of Respondents by Age</i>	74
<i>Table 4.3: Number of Respondents by Gender</i>	74
<i>Table 4.4: Distribution of Respondents' Form Level</i>	75
<i>Table 4.5: Which parent do you live with</i>	75
<i>Table 4.6: Group Statistics Table for Mothers' and Fathers' Closeness</i>	77
<i>Table 4.7: t-test for equality of means</i>	77
<i>Table 4.8: Group Statistics Table for Mothers' and Fathers' Control</i>	79
<i>Table 4.9: t-test for equality of means</i>	79
<i>Table 4.10: Adolescents Sense of Responsibility to their Mothers and Fathers</i>	81
<i>Table 4.11: t-test for equality of means</i>	81
<i>Table 4.12: Distribution of Self-Esteem Range</i>	83
<i>Table 4.13: Mother-Adolescent Relationship and Adolescent Self-Esteem</i>	85
<i>Table 4.14: Father-Adolescent Relationship and Adolescent Self-Esteem</i>	87
<i>Table 4.15: Model Summary</i>	89
<i>Table 4.16: ANOVA – Statistical Significance</i>	91
<i>Table 4.17: Coefficient Results of Mother-Adolescent Relationship</i>	91
<i>Table 4.18: Model Summary</i>	93
<i>Table 4.19: ANOVA – Statistical Significance</i>	94
<i>Table 4.20: Coefficient Results of Father-Adolescent Relationship</i>	95

LIST OF FIGURES

Figure 2.1: Conceptual Framework 51
Figure 4.1: Gender scored in each self-esteem range 84

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LIST OF ABBREVIATIONS AND ACRONYMS

ERB	Ethics Review Board
NACOSTI	National Commission of Science, Technology and Innovation
PARQ	Parent-Adolescent Relationship Questionnaire
RSES	Rosenberg Self-Esteem Scale
HOD	Head of Department
SPSS	Statistical Package for the Social Science
MCLNS	Mothers' closeness,
FCLNS	Fathers' closeness
MCNTRL	Mothers' control,
FCNTRL	Fathers' control
MRSBY	Mothers responsibility
FRSBY	Fathers responsibility

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ABSTRACT

The purpose of this study was to investigate, (from the adolescent perspective), how their parents related with them in terms of closeness, control and responsibility and the influence of this relationship on their (adolescent) self-esteem. Descriptive research design was used to answer the three objectives of this study which were to explore parents' relationship with their adolescent children, establish the level of adolescents' self-esteem, and lastly assess the influence of parent-adolescent relationship on adolescent self-esteem. The study collected data from 161 randomly sampled students aged 13-20 years old from two public mixed secondary schools in Ongata Rongai. Statistical Package for Social Science (SPSS) software version 28.0 was used to analyze descriptive and inferential statistics. The findings showed that both girls and boys were close and were responsible to their mothers. The study found that father-son shared a close relationship than father-daughter, and sons were more responsible to their fathers than daughters. Mothers exerted more control on daughters than sons. Through cross tabulation analysis, this study found that more girls (65%) experienced low self-esteem than boys (35%). The analysis also revealed that more boys (66%) had high self-esteem than girls (34%). More boys (21) had high self-esteem compared to those who had low self-esteem (10). This was opposite to girls whereby more girls had low self-esteem (19) compared to those with high self-esteem (11). The findings suggested that all the three dimensions of parent-adolescent relationship were key factors in determining adolescent self-esteem. A positive relationship between parent-adolescent closeness and adolescent self-esteem was established. Parental exertion of control on their adolescent children was negatively related with adolescent self-esteem.