

An Examination of the Methods of Coping with Stress among Primary School Children: A Case
Study of Selected Primary Schools in Limuru Sub-County

by

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AN EXAMINATION OF THE METHODS OF COPING WITH STRESS AMONG PRIMARY
SCHOOL CHILDREN: A CASE STUDY OF SELECTED PRIMARY SCHOOLS IN LIMURU
SUB-COUNTY

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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

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SCHOOL CHILDREN: A CASE STUDY OF SELECTED PRIMARY SCHOOLS OF
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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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LIST OF ABBREVIATIONS & ACRONYMS

A.D.D./A.D.H.D	Attention deficient hyperactive disorder
AIDS	Acquired immune deficiency syndrome
ANF	Atrial natriuretic factor
CEO	Chief Executive Office
IEBC	Independent Electoral Boundaries Commission
PNS	Parasympathetic nervous system
PTSD	Posttraumatic stress disorder
SNS	Sympathetic Nervous System
SPSS	Statistical Package for Social Sciences

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ABSTRACT

Stress is a reaction shown against when the needs of a situation are more than the capabilities of the person to cope with that situation. The situation is often characterized by symptoms of physical and emotional reaction. Stress can be positive or negative. Studies show that during middle childhood, pressures may come from a number of sources including the child her/himself, parents, teachers, peers and the larger society in which the child lives. Adults always find a way of coping or are even helped by experts on how to cope with stress, but in most cases children hardly get help. The study sought to examine methods of coping with stress among children aged between 8-12 years in Limuru Sub-County. The study was descriptive and hence data generated was qualitative and quantitative. The sample population of the study was 18 class teachers and 93 pupils both in class 4 and 5 from four primary schools in the sub-county. The schools were randomly selected and the sample population was purposively selected. The researcher administered questionnaires both to teachers and pupils to collect data which was later analysed through SPSS and content analysis. The study established that stress emanated both from home and school and that 96% of the participants were stressed and this affected their school work. The researcher also established that in most cases children used destructive methods like crying, withdrawing and fighting with other children to cope with stress. However, the study was also able to establish that there were few or no mechanisms applied by school to help the pupils cope with stress. The study recommends that parents/ caregivers should be well equipped with the support system and the necessary skills. Children should also be equipped with the necessary life skills that would enable them cope with daily stresses and this will help reduce anxiety and hence improve their academic performance.

DEDICATION

This work is dedicated to my mother Agnes Kabue, my daughter Bridgette Njoki, and auntie Annie Kabue for their prayers, love, support and patience.

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