

DEPRESSION AMONG ORPHANED ADOLESCENTS IN SELECTED CHILDREN'S  
HOMES IN GITHURAI DIVISION, NAIROBI COUNTY

by

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A thesis presented to the School of Applied Human Sciences

of

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MASTERS OF ARTS  
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APPROVAL

DEPRESSION AMONG ORPHANED ADOLESCENTS IN SELECTED CHILDREN'S HOMES IN GITHURAI DIVISION, NAIROBI COUNTY

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

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DECLARATION

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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

Signed: \_\_\_\_\_

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Date: \_\_\_\_\_

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## LIST OF ABBREVIATIONS AND ACRONYMS

AIDS	Acquired Immuno-Deficiency Syndrome
APHRC	African Population and Health Research Centre
CCI	Charitable Children's Institutions
COVID-19	Corona Virus Disease 2019
DALY	Disability-adjusted years lost
DSM-5	Diagnostic and Statistical Manual of Mental Disorders (5 <sup>th</sup> edition)
GAD	Generalized Anxiety Disorder
IOM	International Organization of Migration
LMIC'S	Low and Middle-Income Countries
MDD	Major Depressive Disorder
NACOSTI	National Commission for Science, Technology and Innovation
NCS-R	National Comorbidity Survey-Replication
NIHCM	National Institute for Health Care Management
OVC	Orphans and Vulnerable Children
PRP	Penn Resiliency Program
PTE	Post Traumatic Experiences
PTSD	Post Traumatic Stress Disorder
SSA	Sub-Saharan Africa
TF-CBT	Trauma-focused Cognitive Behavioral
UERB	University Ethics Review Board
UNHCR	United Nations High Commission for Refugees
UNICEF	United Nations Children's Fund
USA	United States of America
WHO	World Health Organization

## ABSTRACT

This study sought to investigate depression among orphaned adolescents in selected children's homes in Githurai Division, Nairobi County, Kenya. The objectives were to explore the prevalence of depression among orphaned adolescents, determine factors contributing to the depression, examine coping mechanisms adopted by orphaned adolescents, and explore ways of helping orphaned adolescents who are depressed in the selected children's homes in Githurai Division. The study population comprised orphaned adolescents (13-19 years old) in the ten selected children's homes in Githurai Division. A sample of 81 orphaned adolescents was selected through purposive sampling. Data collection was done using questionnaires and in-depth interviews and analysed using Statistical Package for Social Sciences (SPSS) version 23 and was presented in form of statistical tables, charts, and graphs. The study established that 23.5% of all the orphaned adolescents aged between 13-19 years in the selected children's homes met the criteria for major depressive disorder (MDD). The study found that a major factor contributing to depression among orphaned adolescents includes separation from family and close relationships at 63.2%. The study also found that coping mechanisms adopted by orphaned adolescents to deal with the death of their parents include remaining hopeful for a bright future. Some of the orphaned adolescents coped by taking alcohol, beating other children and smoking of cigarettes, bang, among other drugs. The study revealed that the most important way of helping orphaned adolescents who are depressed is through provision of basic needs. The study recommended that community awareness programs should be conducted. Further, orphaned adolescents in children's homes should be trained on important life skills like interpersonal skills, social skills, problem solving skills, leadership skills and communication skills.

## DEDICATION

I dedicate this work to my dear dad for all the sacrifices he made for me and for being a source of encouragement throughout my studies.

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