

Prevalence of Secondary Traumatic Stress, Its Predictive Factors and Coping Strategies among Psychotherapists in Nairobi and Nakuru Counties of Kenya

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Abstract

The youth presents the world with an opportunity to accelerate growth and development hence reduction of poverty through education. The government and teachers have made initiatives in provision of guidance and counseling to give adolescents directions so that they do not lose their focus in education. However, there has still been done linking parenting styles and any one of adolescent problems such as aggression, delinquency, academic achievement, among others. However data is missing to explain how parental demandingness could influence adolescent behavior. The current study was therefore focused on the influence of parental demandingness on adolescent rebellion and academic performance among Kenyan male secondary school students in Kiambu sub-county. The influence of parental demandingness through parental monitoring and/or supervision and father and mother relationship with adolescent male, parental demandingness influence on rebellion and academic performance ,influenced of male characteristics on rebellion and academic performance was studied. the study was guided by Baumrind's theory of parental styles ,the dimension of parental demandingness the research used ex-post factor research design. Stratified sampling was used to select the participants in the study .schools were stratified into single sex and co-educational schools. Systematic sampling using class list was used to identify the students ho comprised the sample. The research instruments were the students' questionnaires, the deputy principals' and the teacher counselor's interview schedule. The study population was 4792 from 16 public secondary schools as per 2011 enrollment,16 deputy principals and 16 teacher counselors.The sample comprised of 40 male students, six deputy principal and six teacher counselors. A pilot study was done to pretest the research instruments so as to estimate their reliability and validity. Data collected was analyzed using statistical package of social sciences (SPSS)the findings were presented using descriptive and inferential statistics. Descriptive statistics included frequency distribution means, and bar graphs tabulated according to the research objectives. Inferential statistics used included Chi Square, ANOVA and Pearson correlation to test the hypotheses at 95% level confidence :correlation coefficient was used to measure the strength of linear relationship between the variables of the study.

The results indicated that rebellious behavior was positively and significantly correlated to parental demandingness but not academic performance .Class level and school type has significantly influenced rebellion and and academic performance Age of students was found to significantly influence rebellion and academic performance. Class level and school type had significantly influence on academic performance but not rebellion. Based on the findings, it was suggested that there is need to strengthen counseling across the forms especially in lower forms

one and two, enhanced guidance to parents on their roles in academic improvement of their sons and equal treatment for all students irrespective of their academic ability. Children from single parents families should be respected by all and the age old notion that they cannot perform well academically is challenged in addition, parents should balance parental demandingness in order to promote good relationship with their sons.

Keywords: Prevalence, Secondary Traumatic Stress, Predictive Factors, Coping Strategies Psychotherapists, Nairobi and Nakuru Counties, Kenya