THE BEHAVIOURAL PROBLEMS OF ADOLESCENTS FROM SINGLE PARENT HOMES. A CASE STUDY OFWESTLANDS ARCHDEACONRY, A.C.K. DIOCESE OF NAIROBI, NAIROBI COUNTY, KENYA

BY
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MTH/NRB7842/13

This dissertation is submitted in partial fulfilment of the requirements for the award of Master of Theology Studies (MTH) from St. Paul's University.

ST. PAUL'S UNIVERSITY

May, 2016

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DECLARATION

This Dissertation is a product of my own work and is not the result of anything done in collaboration. It has not been previously presented to any other institution. I agree that this dissertation may be available for reference and photocopying, at the discretion of the College.

SIGNED: _____ DATE: _____

Iconfirm that the work reported in this thesis was carried out by the student under my supervision.

NAME OF SUPERVISOR _____

SIGNATURE OF SUPERVISOR: _____DATE:_____

Approved by:

Signature:_____Date:_____

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ABSTRACT

Parenting is challenging under the best of conditions. With one parent, the challenges are multiplied. Child-rearing for single parents becomes more difficult because of responsibility overload, when one parent makes all the decisions and provides for all of the family needs; task overload, when the demands for work, housework, and parenting can be overwhelming for one person; and emotional overload, when the single parent must always be available to meet both their own and their children's emotional needs. This overload results in problems for the single parent, including loneliness, anxiety, and depression. It is from this starting point of assumed overload of the single mother that this study sought to establish the veracity of the consequential premise of pathology of single mother family children. The main objective of the study was to investigate the behavioural characteristics of adolescents from single parent homes in the Westlands archdeaconry, A.C.K diocese of Nairobi. The study was a qualitative case study of the behavioural characteristics of adolescent children in the Westlands Archdeaconry of the Anglican Diocese of Nairobi.The Study used stratified random, purposive and snowball sampling to acquire a representative sample of the accessible population. The study used questionnaires, interview schedules and focus group discussions as a means of collecting data. Data analysis was done both quantitatively and qualitatively.The study found out that anger is a common behaviour amongadolescents from single parent families besides drug abuse andinvolvement in sexual activities. Kissing is the most rampant level of sexual activity among adolescents besides groping and caressing.The study established that the church has an important role to play in terms of coming up with proper strategies for healthy psychosocial functioning of these adolescents.The study concluded that failure to attain goals was a major cause of aggressive behaviour in adolescent respondents and that peer pressure plays a key role inductingadolescents into drug abuse; the most frequently abused drug being alcohol. Moreover,a significant number of adolescent respondents are involved in early sexual activity from as early as Primary and secondary school and that a lot needs to be done by the Church in empowering the youth to solve their problems. These include among others introducing teaching forums every school holiday to teach respondents on life skills.The study recommended that the Church should unite with families in teaching adolescents anger management, the effects of misuse of drugs,dangers of early sexual involvement which include among others unwanted pregnancies, sexually transmitted diseases and dropping out from school and that the Church should actively involve itself in organising for parent-teenager fora to foster understanding within respondents' families.

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ACKNOWLEDGEMENTS

To Professor Ndung'uIkenye, without whose wise guidance and council this work would not have been possible. To my wife Rose and children, Angela, and Andrew for their moral support.

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ABBREVIATIONS

A.C.K.	- Anglican Church of Kenya
FGD	- Focus Group Discussion
M.U.	- Mothers' Union
NACADA	- National Authority for Campaign against Alcohol and Drug Abuse
SMAK	- Single Mothers Association of Kenya
SPSS	- Statistical Package for Social Sciences
UK	- United Kingdom
UNDCP	- United Nations Drug Control Programme
U.S.A	- United States of America

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CHAPTER ONE
INTRODUCTION

1.1 Background to the Study

Single mother parenting is a reality that the Church and society in Kenya's capital, Nairobi, is rapidly coming to terms with. The single mother familyphenomenon is replicating rapidly and asserting its legitimacy in society. On the 2nd August issue of the 2008 Inter Press News Service Agency release, NajimMushtaq quotes Angelina Nandwa, the founder of Single Mothers Association of Kenya (SMAK), acknowledging the universal occurrence of the single mother families but maintaining that the situation is pervasive in Kenya(Mushtaq, 2008).

On the other hand, there has also been an increasing occurrence of deviancy among adolescents with rising cases of drugs and alcohol abuse, truancy, school dropouts, early teenage pregnancy and violent behaviour. Popular suppositions seem to suggest that there is a connection between increasing teenage deviancy and crime to single parent families where the proposition is that there could be a parenting pathology when one parent has to meet all emotional, economic, social, spiritual needs of his or her family. This study sought toempirically ascertain whether there is any truth to such an assumption by studying the behavioural characteristics of adolescents from single parent homes in the A.C.K Diocese of Nairobi, Westlands Archdeaconry. This study was carried out within the precincts of Church jurisdiction so as to equip the Church with an empirical study on the said topic. Indeed, the Church as a pastoral caregiver has the unique opportunity to relevantly re-position her caring role and approach to the changing congregationaland societal needs in order to foster optimal holistic health and mitigate any possible pathological outcomes. This study, therefore, a response to the increasing need for pragmatic

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knowledge on the effects of this growing trend in our society and a subsequent understanding of the unique challenges that single parent families have to confront. The results of this study will enable the Church and society toset up the necessary support systems to ensure optimal social, spiritual and mental health of single parent families.

Adolescence is an important period for a person's personality development. During adolescence, individuals undergo marked changes in body, mind, and social relations. Faced with such change, many youth seek earnestly to find their place in the world by defining who they are and how they matter. Youth search for a self-definition; an identity that enables them to matter to self, family, and society, both in the teenage years and in their future adult life (Lerner, Phelps and Warren eds. 2011:1). Thus, this is a key period for a teenager's identity formation and preparation for a vocation (Hoffman and Maynard (eds.) 2012:51).The experience of children and young people can only make sense in terms of the society within which they are developing. Indeed, individuals do not grow from childhood into adulthood in a social vacuum (Lindon 2012:3). This study, therefore, sought to understand the behavioural characteristics of teenagers from single parent homes in terms of their social interaction, susceptibility to anti-social behaviour and general motivation. The findings of the study will have relevance in many fields of academia including Sociology, Psychology and Theology among others in care giving disciplines such as counselling, pastoral care and Christian education.

Parenting is challenging under the best of conditions. African society is set up that the 'normal' or acceptable and, therefore, optimal nuclear family is one that is led by two heterosexual parents. This is embedded not only in African culture but also in

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religion (Ikenye 2013:153). With a one parent family, the challenges are logically assumed to be multiplied. Coping with childrearing for single parents becomes more difficult because of responsibility overload, when one parent makes all the decisions and provides for all of the family needs; task over-load, when the demands for work, housework, and parenting can be overwhelming for one person; and emotional overload, when the single parent must always be available to meet both their own and their children's emotional needs. Alone or in combination these result in problems for the single parent, including loneliness, anxiety, and depression (Buchanan, Dornbusch, Sanford and Maccoby, Eds. 2009:144; Mwiti and Dueck 2007:183, 184). It is from this starting point of the assumed overload of the single parent that this study sought to establish the veracity of the consequential hypothesis of pathological functioning of single parent families by objectively examining the behavioural qualities of teenagers from the said families.

Adolescence fromLatin*adolescere*, meaning to grow up, is a transitional stage of physical and psychological human developmentthat generally occurs during the period from puberty to legal adulthood. Nevertheless, with increasing periods of education the gap between childhood and independence has been prolonged and included in adolescence (Daniel, Wassel and Gilligan eds. 2010:205). However, the period of adolescence is most closely associated with the teenage years though its physical, psychological and cultural expressions may begin earlier and end later (Buchanan, Dornbusch, Sanford and Maccoby, Eds. 2009:144).It is from this theoretical framework that this study sought to focus on the behavioural characteristics of teenagers from single parent families in the A.C.K. Diocese of Nairobi, Westlands Archdeaconry between the ages of twelve and twenty one.

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Erikson (1963) in his theory of human development sets out a series of psycho-social crises to be resolved at each stage of development. In adolescence this involves the crisis of identity verses identity confusion. The search for identity begins at this stage and further distinctions in self-concept, called "differentiation", occur as the adolescents recognize the contextual influences on their own behaviour and the perceptions of others, and begin to qualify their traits when asked to describe themselves (Erikson 1963: 92, 261, 262; Erikson 1980:119; Daniel, Wassel and Gilligan eds. 2010:205; Santrock 2014:143; Ikenye 2014:150). It is, therefore, at this point of the development of self-awareness that this study found ideal to study the behavioural outcomes of adolescent children from single parent homes for the reason that teenagers have the cognitive self-awareness to let us into their subjective realities. Moreover, teenagers have the capacity to be productively involved in the tools of the study such as interviews and the filling in of questionnaires.

The pastoral ministry of the Anglican Church in the Diocese of Nairobi is witnessing a gradual evolution in the composition of her congregations. While in the past traditional nuclear families have comprised two heterosexual parents and their biological offspring, a considerable part of the congregation seeking the pastoral services of the Church today are single parent families. Consequently, the Anglican Diocese of Nairobi needs to rethink its pastoral approach to avoid being irrelevant to a substantial part of adherents in the congregations. The Anglican Church recognizes that an optimal individual is one who is healthy in body, mind and spirit. It is for this reason that the Church should not only care for the spiritual, in terms of the worship services, individual spiritual formation and the sacraments, but also for the body by establishing health centres and organising health talks by relevant practitioners. Additionally and importantly, also, is the optimal health of the mind in the Church's

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pastoral counselling and care programs. Indeed, Christian scripture is replete with passages emphasizing the central role of mental health; these include passages such as Proverbs 23:7 that declares that a human being's character is the sum total of their thoughts, Proverbs 17:22, 2 Timothy 1:7 and Philippians 4:8 that describe the benefits of positive thinking, Isaiah 26:3 that avers that mental health results in peace, Joshua 1:8 that gives the secret to optimal living as consciously guiding our thoughts in a positive trajectory through the help of Holy Scriptures amid many other verses.

While this is a large area of interest, this study sought to understand the behavioural characteristics of adolescent children from single mother families by doing a qualitative study using both qualitative and quantitative analysis tools on teenagers between the ages of twelve and twenty one in the Westlands Archdeaconry of the Anglican Diocese of Nairobi.

1.1.1 Location of the Study

The Westlands Archdeaconry of the Anglican Diocese of Nairobi comprises five Parishes covering the Northern and Western suburbs of Nairobi from Upper and Lower Kabete,Westlandsarea to the Nyari and Gachie areas in the West and from Marurui,Thome, Garden EstatetoRoysambu areas between Thika road and the northern By-pass. The populace spans a spectrum from the very low income earners in the slums of Ndumbu-ini, Kangemi, and Marurui to the middle-class and affluent areas of Westlands, Nyari, Unep, Runda, Thome and Garden Estate suburbs. While the affluent areas seem larger in terms of square kilometres, the lower income areas are more densely populated. In this respect, the Westlands Archdeaconry Churches

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were representative of the wider Nairobi Diocese and as such the accessible population has population validity for this particular study.

1.2Research Problem

While in the past death and separation were the main causes of single parent families, evident change in popular culture revealing itself in a surge of single mothers of all ages who either out of choice or circumstance, head single-parent families has been witnessed in Nairobi. Increasing unplanned pregnancies among teenagers but also among young adults, deliberate pregnancies of single independent ladies with no attachment to their respective male partners and augmented divorce rates are ways in which this new phenomenon of single mother families is presenting itself. These various societal proclivities have created a new trend inNairobi whereby, gradually, the dual heterosexual parent families are giving way to single-parent ones. The researcher has seen this trend embodied in the congregational makeup of the A.C.K. Diocese of Nairobi. This has especially been evidenced in the women's ministry group, the Mothers Union (M.U.) where it has become a greater challenge to recruit full members because a large fraction of those wishing to be conscripted are single mothers. This elemental shift from the norm has forced the Diocese of Nairobi to allow a second category of membership into the MU referred to as the associate membership to cater to this new demographic. Similarly, Sunday school lessons on Christian family life continue to face questioning from children who do not come from homes with both parents eliciting a continual call for a revision of children's church lesson materials.

While this new occurrence is widespread in the city, there is a dearth of academic research on its consequences to society and what measures can be taken to mitigate

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any possible unusual behaviour change outcomes, if any, while at the same time enhancing optimal functioning of the whole society. It has often been hypothesized that the loss of a parent often leads to sudden severe reduction of financial, emotional and social resources to the family. This in turn, could be projected to predict increased economic paucity and with it a corresponding rise in crime and antisocial behaviour. This study sought to establish whether the rise of the comparatively less emotionally, socially and economically endowed single parent family could be a contributory factor to pathological societal trends such as petty and violent crime, drug and alcohol abuse, school dropouts due to early involvement in sex and other maladjusted behaviour among our adolescent youth in the Westlands Archdeaconry of the Diocese of Nairobi.

The Church and society cannot remain oblivious to this change in societal trends and behaviour. Accordingly, this study endeavoured to address a small portion of this puzzle by studying the behavioural characteristic of adolescent children from single parent homes in the Westlands Archdeaconry of the Anglican Diocese of Nairobi.

1.3Objectives of the Study

1. To investigate whether adolescent from single parent families in the Westlands Archdeaconry of the Anglican Diocese of Nairobi are susceptible to aggressive or violent behaviour.
2. To establish whether adolescent from single parent families in the Westlands Archdeaconry of the Anglican Diocese of Nairobi are prone to abuse drugs and alcohol.

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3. To discover whether Adolescent from single parent families in the Westlands Archdeaconry of the Anglican Diocese of Nairobi are exposed to early sexual activity.
4. To explore strategies that the Westlands Archdeaconry of the Anglican Diocese of Nairobi can employ to enhance the optimal health and functioning of Adolescent from single parent homes in the Westlands Archdeaconry of the Anglican Diocese of Nairobi.

1.4Research Questions

1. Are adolescentfrom single parent families in the Westlands Archdeaconry of the Anglican Diocese of Nairobi susceptible to aggressive or violent behaviour?
2. Are adolescent from single parent families in the Westlands Archdeaconry of the Anglican Diocese of Nairobi prone to abuse drugs and alcohol?
3. Are Adolescent from single parent families in the Westlands Archdeaconry of the Anglican Diocese of Nairobi exposed toearly sexual activity?
4. What strategies can the Westlands Archdeaconry of the Anglican Diocese of Nairobi employ to enhance the optimal health and functioning of Adolescent from single parent homes in Nairobi?

1.5Scope of the Study

The parameters of this study, while acknowledging that single parent families comprise either of single-father or single-mother led units, limited itself to single mother nuclear families. This is because the vast majority of single parent families

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in the Anglican Diocese of Nairobi are ones led by mothers and as such would not only be readily accessible for study but also tolerably representative of the single-parent family phenomenon.

Secondly, due of the constraints of time and resources, this study limited itself to the jurisdiction of the Westlands Archdeaconry of the Diocese of Nairobi. The Anglican Diocese of Nairobi comprises of nine Archdeaconries. The Westlands Archdeaconry is made up of five Parishes; St. Mark's Westlands, Joseph of Arimathea, St. BarnabasMarurui, St. Bartholomew Nyariand St. Mary's Kabete.

Moreover, while it would be invaluable to know the sum total effects of single-parent families on children, this study focussed on the behavioural characteristics of teenagers between the ages of twelve and twenty one from single-mother families in the Westlands Archdeaconry of the Anglican Diocese of Nairobi.

1.6Significance of the Study

The importance of this studywas to bring an awareness and appreciation of changing trends in family structures and how these developments are likely to affect society both in the short and long term. In achieving this, the study focused on one particular type of prevalent family variation and its effect on society in one ecclesiastical unit. It is anticipated that the findings of the research will not only help the Anglican Diocese of Nairobi in finding new approaches in Pastoral care for single mother families, but will also offer other stakeholders such as private and public school management committees, counselling firms and relevant Government and non-Governmental agencies an opportunity to avail customized services to this new configuration of the unit of society and make necessary planning and preparation for the short-term and long-term consequences of this shift in society.

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Given the developmental significance of the adolescence stage, the findings of this study would be able to help the relevant stake holders, both in the Anglican Diocese of Nairobi and in the wider society, to take appropriate measures in order to give adolescents from single parent homes the necessary support to enable their optimal functioning spiritually, emotionally, relationally, academically, economically and psychologically. This affirmative action taken as a result of the study would not only improve the lives of single parent children but would also give support structures to single mothers to empower them to parent more successively and ensure that their children have a better chance to optimal adjustment in society. By extension, this will ultimately lead to poverty reduction as these children would in the endbe more emotionally stable and consequently find academic, career and relational success; ultimately becoming involved in gainful employment or other sustainable wealth creation activities for themselves and the rest of society.

1.7Justification of the Study

Adolescents are in a period of transition from childhood to adulthood where they are preparing for their productive roles in society. Accordingly, it is imperative to find out the unique environmental factors that could negatively influence their behaviour and, therefore, their productivity, even if such factors may include the adolescents' families of origin. Such information, then, could enable corrective and counteractive interventions to address the said possible negative effects.

In an increasingly individualistic society, the support systems that existed for single mothers in our traditional societies are no longer available nor are they always appropriate for modern society. Thus, contemporary single mother families are left vulnerable to poverty, abuse, manipulation, unfulfilled emotional and social needs.

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In view of this societal neglect, it is possible to theorize that the increase in single-mother families could be related to a corresponding rise in youth maladjustment in society evidenced in increased juvenile disorderly conduct, petty and violent crimes, drug and substance abuse, sexual misconduct and pregnancy related school drop-outs. Such antisocial behaviour may be a cry for help on the part of the perpetrating teenagers. More specific to Adolescents, this study may be able to illuminate the accuracy of widely held suspicions that these single-mother families are raising emotionally and psychologically deficient and, hence, maladjusted adolescents who are responsible for strikes in schools, truancy, violent crime, drugs and alcohol abuse among other such negative accusations.

Conversely, there are immensely successful individuals in society who were raised by single mothers; for this reason, it was of utmost importance that this study be carried out objectively so as to establish whether this phenomenon results in optimal or pathological health and what are the factors that could contribute to pathology among youth raised in the said families. This researcher envisaged the possibility, in certain instances, where the single-parent family could enthuse and motivate children from these homes to aggressively seek success as their society defines it.

1.8Beneficiaries of the Study

The Anglican Diocese of Nairobi stands to benefit from the outcomes of the study in terms of establishing effective Pastoral counselling and care initiatives that would address the unique needs of single parent families.

Other stakeholders such as government agencies, for example, the National Authority for Campaign against Alcohol and Drug Abuse (NACADA), security agencies, the ministries of education and planning, amongothers, would be able to

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take pre-emptive action in addressing the needs of single-mother families before they end up becoming a possible burden to society.

Additionally, academia would benefit in the new knowledge that would result while future researchers can address the gaps not addressed by this study.

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1.9Definition of Terms

Adolescence	from Latin*adolescere*, meaning to grow up, is a transitional stage of physical and psychological human developmentthat generally occurs during the period from puberty to legal adulthood.
Anglican Church	Is a family of Churches within the universal Church of Christ, maintaining apostolic doctrine and order and in full communion with one another and with the Sees of Canterbury and York (Anglican Church of Kenya 2012:50).
Archdeaconry	Is an administrative unit of a Diocese and is the territorial jurisdiction of an Archdeacon which comprises of several Parishes in a geographical component of a See.
Diocese of Nairobi	The Episcopal See of Nairobi or the territorial jurisdiction of the Bishop of Nairobi (http://www.merriam-webster.com/dictionary /diocese).
Parish	The territorial jurisdiction of a Vicar which is also an administrative unit of a Diocese.
Single-mother family's	Nuclear families comprising of a mother and her biological children only.
Teenage	In this study, teenager will be used synonymously with adolescent.

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CHAPTER TWO
LITERATURE REVIEW

2.1 Introduction

This chapter systematically examined existing knowledge on the behavioural characteristics of adolescent children from single parent homes. The chapter covers causes of aggressive behaviour, causes of drug and alcohol abuse and causes of early sexual activity. This enabled the researcher to avoid unnecessary and unintentional duplication while at the same time forming a theoretical framework within which the research findings based.

In 1904, G. Stanley Hall proposed the 'storm and stress' view in adolescence suggesting that it is a period of turbulence filled with conflict and mood swings (Santrock 2013:356). However, Santrock (2013) also cites the research by Daniel Offer and his colleagues (1988) which studied the self-images of teenagers in the United States of America, Australia, Bangaladesh, Hungary, Israel, Italy, Japan, Taiwan, Turkey and West Germany and found that seventy three percent of all adolescents studied displayed a healthy self-image. These adolescents were happy most of the time, enjoyed life and perceived themselves to be able to exercise self-control, enjoyed their work at school and felt confident about their sexual selves (Santrock 2013:356). Thus, Santrock (2013) surmises that public attitudes about adolescence emerge from a combination of personal experience and media portrayals, neither of which give an objective assessment of normal adolescent behaviour. He avers that most adolescents negotiate the lengthy path to adulthood successfully though there is still a sizeable majority that does not. He notes that culture, gender, socioeconomic status, age and lifestyle influence the actual trajectory of each adolescent's behaviour (Santrock 2013:357). It is from Santrock's

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conclusion that the researcher drew the assumption that the gender, culture and socioeconomic environment of adolescent children from single parent homes in the Westlands Archdeaconry of the A.C.K Diocese of Nairobi may affect their behavioural characteristics.

2.2 The Home and the Formation of Behaviour

A family is made up of individuals who make up a social unit who are part of the larger society. Skolink (2014:17) point out that it is within the family that a child is first socialised to meet its needs, the family's and the societies. A society will not survive unless her needs are met; such as production and distribution of commodities, protection of the young, the old, the pregnant and the sick and conformity to the law (Skolink, 2014:17). There is, therefore, a great need to ensure that families have the capacity to socialise their children to meet the needs of society.

Santrock (2013:357) cites research done by the Search Institute (2010) in the United States of America (U.S.A) which indicates that youth benefit enormously, first and foremost, from caring parents or guardians, and secondly, from a network of caring adults outside of the nuclear family who serve as role-models, confidants, teachers, mentors or coaches. While in rural Kenya such networks of caring and available uncles and unties may be readily available, the urban setting of Nairobi provides a more complicated picture of families being more individualistic typical of Western societies and as such arguably similar to the study referred to by Santrock. Moreover,Santrock (2013:357) notes, from the same research, that only twenty percent of U.S.A.'s fifteen year olds reported having meaningful relationships with adults outside their families that helped them succeed in life. The researcher, therefore, hopes to find out if, firstly, youth from single parent homes in the urban

Westlands Archdeaconry of the Anglican Diocese of Nairobi have close, meaningful relationships with their respective parents and, secondly, whether any close relationships with role-model adults outside their families influence the adolescents' behaviour.

Kathryn Edin and Maria Kefalas in an article in Arlene and Jerome Skolnick's (Eds. 2014:468) work reveal a startling change in North American families where young people are having sex as early as fourteen years old and are having babies intentionally as a badge of honour. If a boy requests a girl to have his baby, the adolescent girl feels honoured to have the baby in spite of the fact that both are not ready for such a responsibility and, as such, their relationship may not last long after the baby is born. Moreover, this trend has become part of the accepted dating ritual in the inner-city culture of the United States of America, so much so, that in such neighbourhoods, most babies are born to single adolescent girls and it is only in rare occasions that a child is born in a mature dual parental situation (Skolink A. and Skolink J. [eds.] 2014:468, 469).Susan Yara in an online periodical known as Ceasefire posted on October 7th 2014 sheds light to a very similar trend in Kenya. She speaks of a recent alarming rise in teenage pregnancies in Kenya forcing many girls to abandon their education early and spurring a debate on the same. While economic hardship may be the motivation for teenagers in marginalised areas, Susan Yara reports that on interviewing urban teens, she reports that peer pressure is the single greatest cause of teenage pregnancies in urban settings in Kenya (Yara October 2014). While the American case is somewhat different to the Kenyan one in the sense that the pregnancy in the inner-city culture of the USA are intended while the Kenyan ones may not, the end result is the same and while this phenomenon may not necessarily be universal, such and similar trends all over the world are forcing

stakeholders in society to re-evaluate their contextual definitions of a nuclear family because single parent units, among other various new social constellations, are becoming increasingly prevalent.

However, Daniel, Wassell and Gilligan (2010:224) point out that, contrary to popular belief in the United Kingdom (UK), the births to teenagers as compared to older women has not been significantly rising in Europe. Given that teenage births are usually higher in the UK than in the rest of Europe; in England the conception rates in 2007 for 15-17 year olds was 4% while 13-15 year olds was 0.8%. However, the abortion rate among these teenagers in the same year was 50.6%, thus, significantly reducing the birth-rate among teenagers in the UK (Daniel, Wassell and Gilligan (eds.) 2010: 224).It is, thus, noteworthy, that while the trends differ from culture to culture, there is, however, a gradual shift in the configuration and constitution of families. This is the case in Kenya as was reported in the 2nd August issue of the 2008 Inter Press News Service Agency release where NajumMushtaq quotes Angelina Nandwa, the founder of Single Mothers Association of Kenya (SMAK), acknowledging the universally increasing occurrence of the single mother families and highlighting their pervasive presence in Kenya (Mushtaq, 2008).

Ikenye (2013) gives a less dramatic picture of the behavioural patterns of teenagers in Africa. He notes that as adolescents go to boarding secondary schools, they become more independent of the parents' minute to minute guidance. He, further, avers that at this point the relational system changes. As the teenager's peers gradually become the 'in-group' while the parents and the rest of the family becomes the 'out-group', previous family system boundaries are broken and this leads to a parent-teenager crisis. In response to these uncomfortable changes, the parents take

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one of two positions; either exactly as they were treated (as adolescents by their parents) or the extreme opposite. This can either perpetuate pathology along the family line or result in flexible and discussable boundaries that ensure an on-going parent-adolescent relationship (2013:41). Ikenye (2013), additionally, cites Kenyan research which points out that immense and inordinate academic pressure both at home and school results in teenagers expressing the new found freedom in secondary schools negatively. He gives examples of such deviant expressions as drug and alcohol abuse (2013:41).

The influence of a parent in the behavioural development of an adolescentis significant as is illustrated in Bowlby's (1969) attachment theory quoted by Daniel, Wassell and Gilligan (eds.) (2010:21). This theory avows that a close relationship with at least one responsive and reliable adult, often a mother, is important for healthy behavioural development. Therefore, through a process of sharing of emotion with this parent, also referred to as an attachment figure, the child learns how to recognise, understand and express his own feelings in learned behavioural patterns (Daniel et al., 2010:21). Moreover, Daniel, Wassell and Gilligan (2010:21-22) point out that Bowlby's attachment theory highlights the magnitude in relevance of significant networks of relationships important to the adolescentin addition to the centrality of the parent figure. Within this context, Ikenye (2013) sees the careful manoeuvring by the parent of the parent-teenager relationship within the changing family system through the cordial but firm discussion of boundaries being key in reinforcing discipline (Ikenye 2013:41). The gap envisaged by the researcher in the single parent family is that too often the single parent is busy and unavailable in their quest to earn a decent living for his or her family having no other means of financial or emotional support but themselves. To this end the single parent may lack

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sufficient time both to amass sufficient networks of responsible role models for his or her children and to be emotionally capable of, or available to have a relationship with his or her children that enables a cordial and careful manoeuvring and discussing of boundaries to encourage discipline in their children.

The researcher seeks to examine the ability of single parents to be close, available, responsive and reliable to their children when they are solely responsible for providing all economic, domestic and emotional needs for both themselves and their children. Moreover, it will be important to the study to find out whether single parents have significantly fewer supporting attachment and modelling networks and whether that could have a detrimental effect on the behavioural development of their children.

2.3Causes of Aggressive Behaviour

Being 'tough' and 'masculine' are high status traits for lower socioeconomic status adolescents such that these traits are often measured by the adolescent's success in performing and getting away with delinquent, criminal or antisocial acts (Santrock 2013: 407). In Nairobi, Kenya, a recent survey on effects of violence on the youth by UNICEF (2005), found that young people are left to take care of themselves in violence-torn communities that do not provide any support services. In an attempt to cope with these devastating circumstances, the youth in informal settlements often exhibit risky behaviours including substance abuse, gang membership, aggressive and violent actions and other criminal activities. These adolescents are often from communities characterised by poverty (economic or emotional), unemployment, and underemployment, with feelings of alienation toward the middle class (Santrock 2013: 407). Furthermore, Santrock (2013: 407) notes that delinquent and violent

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youth seem to hail from families with parents who exhibit less skill in discouraging antisocial behaviour.

Bandura (1973:5) as quoted by Samuel (1981:323) defines aggression as 'behaviour that results in personal injury and destruction of property'. Samuel (1981:323) further quotes Baron (1977:7) defining aggression as 'any form of behaviour directed toward the goal of harming or injuring another living being who is motivated to avoid such treatment'. Samuel (1981:323) notes that Bandura, being a social-learning theorist preferred to de-emphasize unobservable psychological states such as intentions without which we would be unable to distinguish accidental injury as opposed to malicious. Moreover, use of the word 'injury' captures only physical harm but misses out on psychological trauma. Baron, on the other hand, in referring to goals is clear that an act is aggressive only if the actor intended to be injurious even if it misses the mark of actually inflicting injury (Samuel 1981:323). However, Baron's definition misses out on damage on inanimate objects by envisaging living targets only. Thus, as a result of the afore mentioned gaps, Samuel (1980:324) prefers a definition combining both Baron's and Bandura's descriptions; 'Aggression is behaviour whose intent is either to cause physical or psychological injury to a person or other living thing or cause physical damage to an object.' The researcher viewed Samuel's definition as more encompassing and useful for the meaning of the content discussed in this section.

2.3.1Psychoanalytic explanations for aggression

Samuel (1981:324) notes that Adler cites the 'drive for power' innate in human being as the cause of aggression in humans. On the other hand, he quotes Jung's 'shadow archetype' as the origin of aggression in humans. These were psychoanalysts who

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built on Freud's thoughts. Hence, the researcher finds it important to look at Freud's account of the cause of aggression in humankind.

Samuel (1981:324) mentions Freud's (1920) view that death instincts (*Thanatos*) are responsible for aggression. However, Samuel (1981:324) notes that this happens not as a direct but rather an indirect expression of the instinctual impulse. This is because Freud (1920) sees the *thanatos*as directly working towards the individual's self-destruction and are expressed biologically in the break-down of cells and metabolic processes which accompany ageing. These death instincts are opposed to the life instincts (*Eros*) which seek to deflect the *thanatos* from the self and outward toward the world. Thus, according to Freud (1920) as cited by Samuel (1981:324), the accumulating urge to attack and destroy others is due to a redirection (of the *thanatos*by the *eros*) of the urge to destroy oneself. Additionally, Samuel (1981:324) quotes an instance when Albert Einstein posed a question to Freud regarding what might be done to prevent war. To this Freud (1932) in essence answered 'not much'. Freud argued that the best hope for handling humanity's aggressive tendencies was to provide harmless displacement activities, such as organised sports, which might drain off the instinctual energy motivating more hurtful forms of behaviour (Samuel 1981:324).

The researcher, in view of the above, observed the likelihood that teenagers from single parent families may have less displacement opportunities available to them by virtue of their comparatively limited economic and social resources. Additionally, following Freud's theory, it would be congruent to theorise that, in the quest for self-preservation, the single parent teenager may be more aggressive. However, it may also make sense that the same teenager may have a stronger *thanatos* which may lead

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to self-destructive behaviour such as drug and alcoholabuse which will be discussed in the next section. The researcher, therefore, was keen to establish the veracity of above mentioned assumptions in the cause of the study.

2.3.2Behavioural explanations for aggression

Theorists in the behavioural tradition avow that aggressive behaviour in human beings is governed by the same principles of conditioning which regulates all forms of learning. However, there exists a difference of opinion between those who believe that aggressive behaviour is governed by simple conditioning[1] processes and those who go beyond trial and error learning to include [2]vicarious reinforcement (Samuel 1981:326).Samuel (1981:326) states that there are studies that indicate that initially submissive nursery school children may learn to become more aggressive in much the same way as do young mice[1], such that, children who experienced success in their counter aggression against others who attempted to bully them became increasingly likely to engage in counter aggression in future interactions. Conversely, those who were unsuccessful in resisting the bullying became increasingly passive (Samuel 1981:326-327).

Furthermore, Borden (1975) avers that adults as well as children may show an increase in hurtful behaviour in response to a monetary reward or social approval (Samuel 1981:327). One of the most significant environmental contexts in which

[1] In what is regarded as a classic demonstration of the classical conditioning of aggressive behaviour in animals, Gisberg and Allee (1942) staged one-to-one contests between unevenly matched pairs of male mice from different strains. When subsequently paired with animals from their own strains, the mice which had been victorious in the cross-strain contests were found to be more aggressive than mice which had not had this previous experience. Conversely, mice which had been defeated in the cross-strain contests were found to have had their subsequent aggressiveness sharply reduced (Samuel 1981:326).

[2]One of the earliest demonstrations of vicarious reinforcements was done by Bandura, Ross and Ross (1963) where boys and girls between the ages of three and six who witnessed an adult punching and verbally abusing an inflated doll were themselves inclined to attack the doll when left alone in a room full of toys than children who had seen the adult playing peacefully with the doll (Samuel 1981:327).

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children can learn aggressive behaviour, whether by modelling or social approval is the home. Keenan and Evans (2009, 2014) avow that parents who use negative comments, physical abuse and inconsistent discipline will often set the stage for children to become aggressive. The absence of a second parent in a single parent family to moderate or serve as alternate fall back for the teenage children, in the view of the researcher, is likely to cause the single parent to either be too hush to ensure compliance leading to possible physical abuse or negative derogatory comments. Similarly, younger siblings in the single parent unit will learn aggression from older siblings. Thus, aggressive children, parents and siblings all engage in cycles of aggression, with each member of the family influencing the others (Keenan and Evans (2014: 313).

It is for this reason that this researcher viewed the absence of oneof the parents (deceased, separated, divorced or not known) and the overload of the available one, in the single parent home, conceivably providing a relational vacuum in the family which peers and other social forces outside the home would exploit to give the vicarious reinforcement and social approval necessary to teach aggression to the single parent teenager. Additionally, the researcher was keen to understand whether the lack of a partner with whom to share responsibilities and duties in the home could lead the single parent to be emotionally overwhelmed to the extent of starting a cycle of aggression in his or her home. Moreover, the single parent home teenager is likely to spend more time watching television, movies and going sites in the internet that could vicariously reinforce violence. The researcher endeavoured to ascertain the truthfulness of such assumptions in the course of the study.

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2.3.3Dispositional Explanations of Aggression

Dispositional theorists place great emphasis on internal processes such as emotions or personality traits that guide an individual's response to a given situation (Samuel, 1981:330). Dollard, Miller, Mowrer and Sears (1939) as cited by Samuel (1981:331) aver frustration as the origin of aggression. They define frustration as 'that condition which exists when a goal-response suffers interference'. These Yale researchers proposed that, firstly, all aggression is preceded by some form of frustration and, secondly, that frustration always leads to some form of aggression. Samuel (1981:331) points out that this hypothesis is dispositional in that it proposes that the frustration-aggression sequence is a built-in reflex. He quotes Miller (1948) accounting for displacement by explaining that while the most satisfying target of aggression would be the source of the frustration (mainly because a successful attack might remove the obstacle preventing the reaching of the desired goal) the source of frustration is often either so powerful, so remote, or so ambiguous that a direct attack might either be dangerous or just simply not feasible. Accordingly, the most satisfying target would be one that is most like the source of the frustration and least likely to retaliate[3].

However, if the frustration is intense and arbitrary it is likely to instigate aggressive behaviour. For instance, in the cause of the researcher's work, a man in Chapel Hill, North Carolina was reported to have shot dead his three neighbours over a parking space dispute(Ahmed and Shoichet: 2015).

[3] Hence, a little boy who is told by his mother that he cannot have ten shillings to buy a sweet may be motivated to knock her down and take the money but is restrained from acting on this impulse by the knowledge that his mother has a great deal of retaliatory power. He may then storm away to attack his sister or kick the family dog or break a piece of stick. Presumably, the sister shares the most characteristics in common with the frustrating mother and would, thus, have been the most satisfying displacement. However, since the sister might fight back, hence, the dog may be the next option except if it is big and menacing, in event which, the boy may have to settle for breaking a stick (Samuel 1981:332).

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It was important to this researcher to find out whether the frustrations of adolescent children from single parent homes are severe and what manner of displacements they resort to in light of the target of their aggression.

2.3.4Biological explanations for aggression

There is also strong evidence for a biological basis to aggressive behaviour. Keenan and Evans (2009, 2014) point out a study done by Brooks and Reddon (1996) that found that adolescent offenders tend to have higher levels of testosterone than non-violent offenders. Another study found that boys who had high levels of Testosterone were more likely to respond to threats with aggression and were also more likely to be irritable, which may predispose them to react aggressively (Keenan and Evans 2014:313).

2.4 Causes of Drug and Alcohol Abuse

A drug is any substance which when taken into the living organism may alter one or more of its functions (Njeru and Ngesu, 2014).The World Health Organization (WHO) (2003), as quoted by Njeru and Ngesu (2014) defines a drug as any substance other than those required for maintenance of normal health, which when taken into the living organism, may modify one or more of its functions. In medicine, drugs refer to any substance with the potential to prevent or cure diseases. Njeru and Ngesu (2014) point out that a drug can either be legal or illegal. Accordingly, drug abuse refers to non-medical use of drugs. A substance is considered abused if it is deliberately used to induce physiological or psychological effects or both for purpose other than therapeutic ones and when the use contributes to health risks (Njeru and Ngesu, 2014).

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Drug and substance abuse is a global problem and is one of the major problems affecting the youth around the globe. This problem impacts negatively on the academic, social, psychological, economic and physiological development of the abusers(Chesang, 2013).Santrock (2013: 370) reports that the United States of America (USA) has one of the highest rates of alcohol and illicit drug use of any industrialised nations. He cites findings from numerous researches acknowledging marijuana as the most widely abused drug among adolescents in the USA; Binge drinking (defined in the university of Michigan surveys as having five or more drinks in a row) among high school teenagers having declined from forty one percent in 1980 to twenty five percent in 2011 and nineteen percent of all teenagers interviewed admitting to smoking cigarettes in the previous thirty days (Santrock 2013: 370).

The Kenya government recognised the seriousness of the drug problem and came up with theNational Campaign against Drug Abuse (NACADA) in 2001. This organisation is charged with the responsibility of coordinating activities of individuals and organisations in the campaign against drug abuse. Its mandate is to initiate public education campaigns and develop an action plan aimed at curbing drug abuse among the youth (Chesang, 2013). A report by United Nations Drug Control Programme (UNDCP) as cited by Njeru and Ngesu (2014) shows that 60% of students worldwide abuse drugs. They further quote a survey by NACADA (2006) which reveals that substance abuse is widespread in Kenya. It affects the youth mostly but cuts across all social groups. Commonly abused drugs and substances by Kenyan youth include: alcohol, tobacco, bhang, miraa (khat), a host of inhalants and prescription drugs. Heroin and cocaine are also growing rapidly in Kenya especially in large cities such as Nairobi, Kisumu and Mombasa (Njeru and Ngesu, 2014).

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Peer influence is one of the causes of drug abuse among the youth in Kenya. Many youngsters are pulled into drugs by those they associate with. It is learned from those already involved in the practise. Chesang quotes Bandura and Walter's(1963) social learning theory of personality which describes the learning of behaviour through observation, imitation and modelling (Chesang, 2013; Samuel 1981:323). Accordingly, based on this theory, behaviour is learned through a series of learning experiences including observational learning (modelling), Vicarious reinforcement (observing a behaviour and its consequences) and reciprocal determinism (where the individual's cognition, environment and behaviour all play a shared role in the learning of behaviour) (Samuel 1981:323). The researcher hoped to enquire whether peer influence regarding drug abuse is greater in the single parent home directly as a result of the absence of an alternate parent figure.

Moreover, the fact that youth today live far removed from their parents (either or both geographically and emotionally), in school or in other tertiary learning institutions, causes a parental care vacuum that is often promptly filled but deviant peers. It was important to find out whether teens from single parent families in boarding school were more susceptible to peer influence to abuse drugs.

Additionally, it was be important to find out whether the parental working situations of single mothers and the disintegration ofthe extended family system have left youth from single parent homes with no adult support systems leaving teenagers vulnerable to substance abuse as a way of getting away from their emotional malnourishment.

It is view of the above, this researcher was interested in establishing whether the increase in the single parent phenomenon in Kenya has had any interaction

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whatsoever with the increase in drug and substance abuse among adolescents in Nairobi.

2.5 Causes of Early Sexual Activity

Santrock (2013: 362) notes that adolescence is a bridge between the asexual child and the sexual adult. Adolescence is a time of sexual exploration and experimentation, of sexual fantasies and realities, of incorporation of sexuality into one's identity; they have an almost insatiable curiosity about sexuality (Santrock2013: 362). Santrock (2013: 362) points out that adolescents are concerned about whether they are sexually attractive, how to do sex, and what the future holds for their sexual lives. Nonetheless, although most adolescents experience times of vulnerability and confusion, the majority eventually develop a mature sexual identity(Santrock 2013: 362).

Santrock (2013: 362), additionally, points out that mastering emerging sexual feelings and forming a sexual identity are multifaceted and lengthy processes because they involve learning to manage sexual feelings (such as arousal and attraction), developing new forms of intimacy and learning how to regulate sexual behaviour to avoid undesirable consequences. Moreover, he notes that sexual identities emerge in the context of physical factors, social factors and cultural factors with most societies placing constraints on the sexual behaviour of adults. It is from this starting point of social and cultural factors affecting the development of sexual identity and behaviour that this researcher explored how the single parent home in the Westlands Archdeaconry of the Anglican Diocese of Nairobi contributes to the sexual identity formation and behaviour of adolescent children.

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Many, adolescents are not emotionally prepared to handle sexual experiences, especially in early adolescence. Early sexual activity is linked with risky behaviours such as drug use, delinquency and school related problems (Santrock 2013: 363). Santrock(2013: 363) points out other risk factors to include socioeconomic status and poverty, family background and parenting and peerinfluence factors. Theserisk factors were of interest to the researcher and were the subject of enquiry in the specific variable of the possible effect of single mother families' socioeconomic status, background and parenting on the sexual behaviour of teenagers.

Santrock (2013: 363), additionally, points out a number of factors linked to the sexual outcomes of adolescents; 'family connectedness, parent-adolescent communication about sexuality and parental monitoring. He cites a recent study of low income neighbourhoods that found that caregiver hostility was linked to early sexual activity and sex with multiple partners while caregiver warmth was related to later sexual initiation and a lower incidence of sex with multiple partners. Santrock (2013: 363), further quotes a research by Lansford and others (2010) which found that associating with more sexually deviant peers in early adolescence was related to having more sexual partners by age sixteen. Likewise, he cites Miller, Benson and Galbraith (2001) pointing out that having older sexually active siblings or pregnant or parenting teenage sisters placed adolescent girls at increased risk of pregnancy (Santrock 2013: 363). All these factors were of great interest to this researcher in their unique occurrence and manifestation in the single parent home.

It is commonly thought that most gays and lesbians who quietly struggle with same sex attractions in childhood, do not engage in heterosexual dating and gradually recognise that they are gay or lesbian by mid-to late adolescence. Santrock (2013:

363) points out that while some gay teenagers follow this development pathway, others do not. He notes that many homosexual youth have no recollection of early same sex attractions and, rather, experience a more abrupt sense of their same-sex attractions and also experience some degree of other sex attractions. It is, therefore, congruent to suppose that social factors, such as the nature of family of origin, may have a significant effect on the sexual orientation of adolescents. In view of the above, this study investigated the impact of single parent families on the timing of sexual activity and on the sexual orientation of adolescents in the Anglican Diocese of Nairobi, Westlands Archdeaconry.

2.6 Conclusion

This chapter systematically examined existing knowledge on the behavioural characteristics of adolescent children from single parent homes. It enabled the researcher to avoid unnecessary and unintentional duplication in this study while at the same time forming a theoretical framework within which the research findings would be understood.

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CHAPTER THREE
METHODOLOGY OF THE STUDY

3.1 Introduction

This chapter explains the procedures that were followed in conducting the study. The steps that the researcher used in studying the behavioural characteristics of adolescent children from single parent homes in the A.C.K Diocese of Nairobi, Westlands Archdeaconry were described in detail.This chapter entails the study design, populations, sampling methods and procedures and research instruments that were used in carrying out of this study.

3.2 Study Design

The research design applied in this study was a case study.Berg and Lune (2012:325) define case study as a method involving systematically gathering enough information about a particular person, social setting, event or group to permit the researcher to effectively understand how the subject operates or functions. Accordingly, this researcher looked at adolescent from single parent homes in the Anglican Diocese of Nairobi, WestlandsArchdeaconry, studied their behavioural characteristics and developed detailed descriptions, possible explanations and evaluations of their behavioural characteristics.

3.3 The Populations of the Study

The population of this study was all adolescent children fromsingle parent homes in the Diocese of Nairobi. The Accessible population in this study was single parent families with teenage children in the A.C.K. Westlands Archdeaconry of Diocese of Nairobi.The target populations were 354 adolescents, 20 single mothers to be interviewed and 10 single mothers who were involved in a focus group discussion.

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3.4The Sampling of the Study

A sample is a group of individuals, objects, items or cases selected from the accessible population (Mugenda and Mugenda2012:287). In this research, the sample size was determined using the Fisher's formula for sample size determination: $n = \frac{Z^2pq}{d^2}$

Where: the Z = the standard normal deviate at the required confidence level = 1.96

The n = the desired sample size

The p = the proportion in the target population estimated to have characteristics being measured = 0.50

The q = 1-p

The d = the level of statistical significance set = 5%

Hence

$n=\frac{1.96^2 \times 0.5 \times 0.5}{0.5^2}$

$n= 384$

3.5 Research Instruments of the Study

The researcher used questionnaires, interview schedules and focus group discussions to collect data about the behavioural characteristics of adolescent children from single parent homes in the Diocese of Nairobi, Westlands Archdeaconry.

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3.5.1 Questionnaires

This study used questionnaires in collecting primary data. The questionnaires were selected because the target respondents were literate and able to respond in written communication. The questions were structured to contain both open and close ended questions. The open-ended questions were aimed at enabling the respondent to clarify issues further to provide an in-depth finding for this study while the close ended questions were aimed at enabling the researcher to obtain background information on aspects of the

3.5.2 Interview Schedules

An interview schedule is a research tool used by the researcher to guide an open-ended interview and consists of the questions that the researcher will ask the respondent arranged in a logical order (Mugenda and Mugenda 2012:164). Mugenda and Mugenda (1999:83), further, define an interview as an oral administration of a questionnaire or an interview schedule. Moreover, interviews are useful tools as they can be conducted face to face, by telephone or online, for example, using Skype (Mugenda and Mugenda 2012:164). This researcher carried out all interviews in this study face to face to allow a better judgement on the responses as it was possible to observe the non-verbal body language.

3.5.3 Focus Group Discussion (FGD)

FGDs are a technique of collection of data on a specific topic from a group of people who share similar experiences and background and comprise of six to ten participants and could take about two hours (Mugenda and Mugenda 2012:125, 126).

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Barbour (2008) as quoted by Berg and Lune (2014) further notes that the group is formed by the investigator and comprises of unrelated people on a topic of their common experience. The researcher used the Focus group in engaging single parent respondents about their experiences with their teenage children's behaviour. This researcher found this method to be an invaluable tool that complemented the questionnaire which primarily focused on the teenage respondents.

3.6 Validity Analysis

According to Berg and Gall (2003) validity is the degree by which the sample of test items represents the content the test is designed to measure. Content validity which was employed by this study as a measure of the degree to which data collected using a questionnaire represents a specific domain or content of a particular concept. Gill and Johnson (2010) contend that the usual procedure in assessing the content validity of a measure is to use a professional or expert in a particular field. For the purpose of this study, the researcher sought the opinion of the supervisors to assess the validity of the research instruments.

3.7 Data Analysis

The researcher used the SPSS text editor, a qualitative data analysis computer program, to establish co-variation which enabled the establishment of relationships among the variables (Mugenda and Mugenda 1999:203, 205; Galtung 1965:395). This was done along nominal and ordinal scales of data analysis (Mugenda 2008:288; Mugenda and Mugenda 1999:68).

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3.8Data Interpretation

The researcher engaged a stakeholder's discussion to help in interpretation of the analysed data to ensure more objective generalisations. The research findings were presented using tables and graphs. (Mugenda and Mugenda 1999:150; Gatara: 2010: 119, 121, 122).

3.9 Ethical Consideration

This studyobserve strict adherence of research procedures to ensure that that the respondents are not affected negatively in any way. Research permit was sought before the research study begins. Therefore approval was sought from St Paul's University and National Council of Science and Technology before undertaking the actual research. The researcher further sought permission from the management of the Archdeaconry of the Anglican Diocese of Nairobi before engaging on the data collection process.

The other ethical issue that was observed throughout the research process include: confidentiality and anonymity, voluntary participation and fairness on the respondents. This means that any respondent who was uncomfortable to continue on the research was allowed to step down. The researcher also ensured that the data collected was treated with utmost confidentiality and was only used for purposes of the research. Further, the researcher committed himself to share the research findings to all stakeholders.

3.10 Conclusion

This chapter looked at the study design, populations, sampling methods and procedures and research instruments that were used in carrying out this study.

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CHAPTER FOUR

RESEARCH FINDINGS AND DISCUSSIONS

4.1 Introduction

This chapter presents the data analysis, results andinterpretation ofresearch findings. The study aimed to determine the behavioural characteristics of adolescent children from single parent homes in the A.C.K. Diocese of Nairobi, WestlandsArchdeaconry.The data is presented infrequency tables, charts and graphs.

4.2 Response Rate

Out of the 384 questionnaires distributed out to respondents, 354 were fully completed and returned for analysis and interpretation. This represents a response rate of 92%. This response was good enough and representative of the population and thus conforms to Mugendaand Mugenda (2003:82, 83) stipulation that a response rate of 70% and above is excellent.

4.3 Demographic Information of Respondents

The study sought to establish general information of the respondents in order to determine their suitability in undertaking the study. The results are presented in the subsequent sections.

4.3.1Respondents' Gender

The study sought to determine the gender distribution of the respondents presented by either male or female in order to determine the gender parity. The results are presented in Table 4.1

Table4.1: RespondentsGender

Respondents Gender	Frequency	Percentage
Male	152	43.0
Female	202	57.0
Total	**354**	**100**

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From the results in Table 4.1, 57% of the respondents were female and 43% were male. This indicates that all genders were represented thus provided reliable informationfor the study.

4.3.2 Level ofEducation

The study sought to establish the level of education of the respondents who were in school as represented by primary, secondary or college level in order to determine theirunderstanding andsuitability of the respondents in the study. The results are presented in Table 4.2

Table 4.2: Levelof Respondents' Schooling

Level of respondents' Schooling	Frequency	Percentage
Primary	110	31.0
Secondary	170	48.0
College	74	21.0
Total	**354**	**100**

Results in Table 4.2 indicate that 48% of the respondents were in secondary school, 31% were in primary school and 21% were at college level. This implies that respondents were in a position to provide relevant and reliable information for the study.

4.3.3Respondents' Parents' Marital Status

The study further sought to establish the marital status of the parents to the adolescent respondents in order to determine whether respondents were from single parent homes. The findings are clearly represented by Table 4.3

Table 4.3: Respondents' Parents' Marital Status

Respondents' Parents' Marital Status	Frequency	Percentage
Single	95	27.0
Married	237	67.0
Divorced	4	1.0
Widowed	18	5.0
Total	**354**	**100**

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From the findings in Table 4.7, 27% of the adolescent respondents came from single parent families. 67% of the respondents were from married families, 1% of the respondents were from divorced families and 5% of the respondents were from widowed families.

4.3.4Respondents' Guardian

The study also sought to establish the guardian of the adolescent respondents and the findings are clearly presented in Table 4.4

Table 4.4: Respondents 'Guardians

Respondents' guardians	Frequency	Percent
Mother and Father	237	67.0
Grand Mother only	6	2.0
Untie only	3	1.0
Mother only	108	30.0
Total	**354**	**100**

The results in Table 4.9 indicate that 67% of the respondents were under the care of bothparents while out of the 33% who are under the care of a single parent, 1% are under the care of a single untie, 2% are under the care of a single or widowed grandmother and 30% are under the care of a single, divorced or widowed mother.

4.4 Violent and Aggressive Behaviour

The study sought to investigate whether adolescent from single parent families in the Westlands Archdeaconry of the Anglican Diocese of Nairobi are susceptible to aggressive or violent behaviour and the results are presented in subsequent sections.

4.4.1 Respondents' Anger

The study sought to establish whether respondents ever get angry in order to ascertain their anger level. The results are presented in Figure 4.1

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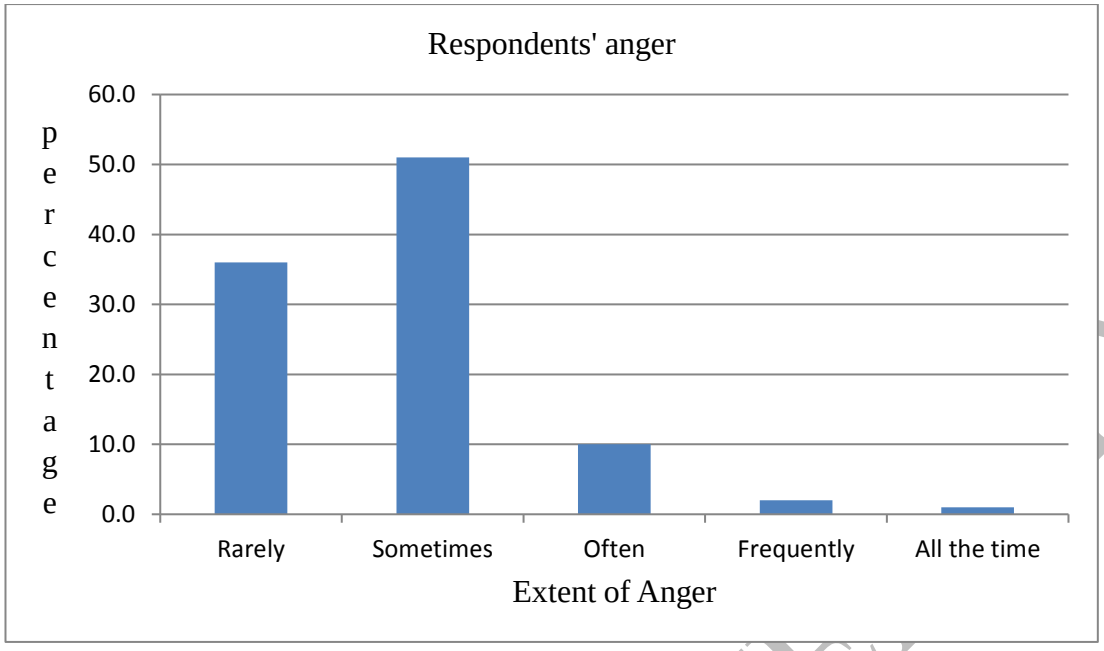


Figure4.1: Respondents' Anger

From the findings in figure 4.1, 50% of respondents indicated that they sometimes get angry, 35% of the respondents rarely get angry, 10% of the respondents often get angry and 4% of the respondents frequently get angry while 1% of the respondents get angry all the time. This implies that majority of the respondents get angry.

On the matter of whether single parent teenagers are more prone to aggression, an analysis of the 33% of respondents who came from single parent homes brought out the following information recorded on Figure 4.2.

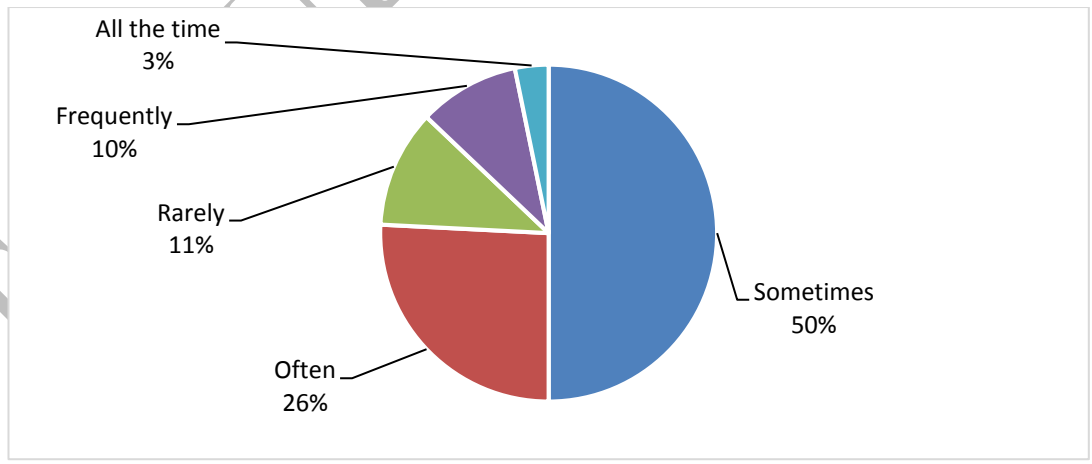


Figure 4.2: Single Parent Teenager Anger

A similar analysis of the teenagers from homes with both father and mother was done and is presented on Figure 4.3.

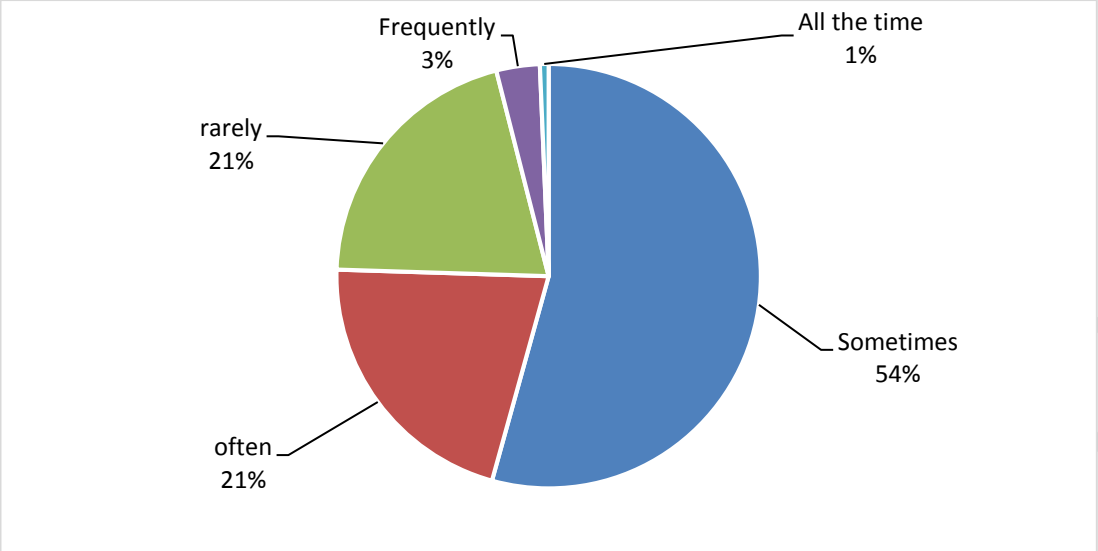


Figure 4.3: Dual Parent Teenager anger

From the finding in Figure 4.3, 3% of the teenagers from homes with both father and mother are susceptible to aggressive or violent behaviour, 1% indicated all time, 21% indicated rarely, 21% indicated often, and 54% indicated sometimes.

The teenagers who confessed to be angry all the time were significantly higher among teenagers from single parent homes than from dual parent homes. Moreover, the category that rarely got angry was significantly larger among the teenagers from dual parent homes as compared to the single parent category. Accordingly, the findings presented in pie Figure 4.2 andFigure 4.3 seem to advance the hypothesis that children from single parent homes in the Westlands Archdeaconry of the Anglican Diocese of Nairobi are more susceptible to aggressive behaviour.

4.4.2 Causesof Anger

The study sought to establish the major causes of anger to the respondents. The findings are represented in Table 4.5.

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Table 4.5: Causes of Anger

Causes of anger	Frequency	Percentage
Failure to attain a goal	169	48
Uncooperative parents	23	6
Lack of money	46	13
Peers	46	13
Rules	27	8
Teachers	15	4
Siblings	23	6
Other	4	1
Total	354	100

From the results in Table 4.10, 48% of the respondents indicated that they get angry due to failure to attain their goals, 6% indicated due to uncooperative parents, 13% indicated due to lack of money, 13% indicated they get angered by peers, 8% indicated they get angered by rules, 4% indicated they angered by teachers,6%indicated they get angry either because of uncooperative siblings while 1% of respondents indicated theyget angry due to other factors. These findings are in line with Dollard, Miller, Mowrer and Sears' (1939) deductions as quoted Samuel (1981:331) avowing that frustration is the origin of aggression so that all aggression is preceded by some form of frustration and frustration always leads to some form of aggression.

4.4.3 Respondents Action when Angry

The study further sought to establish actions taken by the respondents whenever they are angry. Respondents were requested to indicate the action taken whenever they were annoyed. The findings are indicated in Table 4.6

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Table4.6Respondents action when angry

Respondents Action when Angry	Frequency	Percentage
Walk away	127	36.0
Talk to a friend	96	27.0
Confront the person who made you angry	46	13.0
Yell	15	4.0
Fight	19	5.0
Other	54	15.0
Total	**354**	**100**

The findings in Table 4.6 indicate that 36% of the respondents just walk away whenever they feel angry, 27% of the respondents talk to a friend, 13% of the respondents confront the person who made them angry, 4% of the respondents yell, 5% of the respondents fight and 15% of the respondents indicated that they either run away from home, skip school or break things.

A comparative examination of the same result relating single parents of teenagers to dual parent teenagers revealed the following information presented on graph 4.1

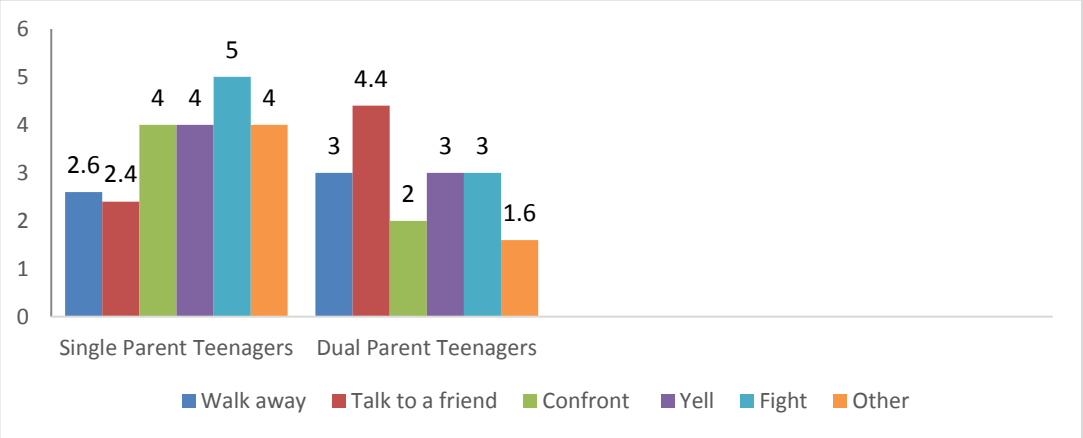


Figure 4.4: A comparative Presentation of Respondents' Anger

The comparative results on the respondents' actions when angry presented in the column Graph 4.1 reveal that while some categories point to the same behavioural pattern such as asimilar number reporting to walking away from the source of agitation, other categories seem to point to a different direction. The findings seem to suggest that children from dual parent homes either have more friends with whom to discuss and diffuse their aggravations or have a preference to talk to friends in dealing with their anger. The findings also clearly suggest children from single parent homes are more likely to confront, yell and fight. The 'other' category comprises responses including breaking things, running away from home and

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skipping school. It was noteworthy that Single parent adolescentshada larger 'other' category number whose anger responses were breaking things, running away from home and skipping school.

4.4.4 Respondents Being in Trouble due to Anger

The study sought to determine whether respondents had ever gotteninto trouble when they were angry. The findings are represented in Table 4.17

Table4.7: Respondents Being in Trouble due to Anger

Respondents Being in Trouble due to Anger	Frequency	Percentage
Yes	173	49.0
No	181	51.0
Total	**354**	**100**

From the findings in Table 4.12, 49% of the respondents indicated that they had ever gotten into trouble as a result of their anger responses while 51% of the respondents indicated that they had never gotten into trouble as a result of their anger.

4.4.5 Respondents Hurting Someone due to Anger

The study sought to establish whether respondents had ever hurt someone whenever they felt angry. The results are represented in Table 4.13

Table4.8Respondents hurting someone due to anger

Respondents hurting someone due to Anger	Frequency	Percent
Yes	151	43.0
No	203	57.0
Total	**354**	**100**

From the findings in Table 4.13, 43% of the respondents confessed that at some point they had hurt someone due to their anger and 52% of the respondents indicated that at no point had they hurt anyone when they were angry.

4.5 Abuse of Drugs

The study sought to establish whether adolescent children from single parent families in the Westlands Archdeaconry of the Anglican Diocese of Nairobi are prone to abuse drugs and alcohol. The findings are presented in subsequent section.

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4.5.1 Use of Abusive Drugs by Respondents

The study sought to establish whether respondents have ever used abusive drugs and the results are indicated in Table 4.9.

Table4.9: Use of Abusive Drugs

Use of drugs by respondents	Frequency	Percentage
Yes	84	24.0
No	270	76.0
Total	**354**	**100**

The results in Table 4.9 indicate that 24% of adolescent respondents had at some point involved them in drug abuse that contributed to their behaviour and 76% of adolescent respondents indicated that they had never abused drugs in their lifetime.The findings are consistent with the works of Chesang who quotes Bandura and Walter's (1963) theory that peer influence is one of the causes of drug abuse among the youth in Kenya. Many youngsters are initiated into drug abuse by those they associate with.

The study further sought to determine the number of respondents from single parent families who use abusive drugs. The findings are shown in Table 4.10

Table 4.10: Number of Respondents from Single Parent Families who Use Abusive Drugs

	Frequency	Percentage
single parent homes	45	24.0
both parent families	39	76.0
Total	**84**	**100**

Out of the 84 respondents who confessed to abusing drugs 45 were from single parent homes while 39 were from both parent families. This distribution is in line with the study hypothesis that adolescent children from single parent homes in the Westlands Archdeaconry of the Anglican Diocese of Nairobi are at a higher risk to abuse drugs and alcohol.

4.6 Respondents'Exposure to Early Sexual Activity

The study sought to investigate whether Adolescent children from single parent families in the Westlands Archdeaconry of the Anglican Diocese of Nairobi are

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exposed to early sexual activity. The results of the findings are presented in the subsequent sections.

4.6.1Respondents Involvement in Sexual Activity

The study sought to establish whether respondents had beeninvolved in sexual activity. The findings are presented in Table 4.17

Table4.11: Respondents' Involvement in Sexual Activity

Respondents' Involvementin Sexual Activity	Frequency	Percentage
Yes	81	23.0
No	273	77.0
Total	**354**	**100**

The findings in Table 4.17 indicate that 23% of the adolescent respondents have been involved in sexual activity and 77% of the adolescent respondents indicated having had no sexual involvement at any stage of their lives so far. This suggests that majority of adolescents in the A.C.K. Diocese of Nairobi, Westlands Archdeaconry are not greatly exposed to early sexual activity.

4.6.2 Respondents Level of Sexual Activity

The study sought to establish the level of sexual activity that the adolescent respondents had been involved in. The results are presented in Table 4.18

Table4.12: Respondents Level of Sexual Activity

Respondents level of sexual activity	Frequency	Percentage
Kissing	37	46.0
Groping	4	5.0
Caressing	7	9.0
Mutual masturbation	6	7.0
Intercourse	6	7.0
Homosexual acts	4	5.0
Lesbian acts	9	11.0
Multiple partners	4	5.0
Orgies	4	5.0
Total	**81**	**100**

Of the respondents who indicated having had sexual involvement, 46% of those respondents have been kissing, 11% of the respondents have been involved in lesbian acts, 9% of the respondents have caressed, 7% of the respondents have had intercourse while 7% have been involved in mutual masturbation, 5% of the

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respondents have been involved in mutual groping and 5% have been involved in homosexual acts, while 5% have had intercourse with multiple partners, 5% have been involved in sexual orgies.

4.6.3 First Sexual Involvement Level

The study further sought to establish the level that respondents first got involved in sexual activity and the results are presented in Table 4.19

Table4.13: FirstSexual Activity Level

	Frequency	Percentage
Primary school	30	37.0
Secondary School	36	45.0
College	13	16.0
Other	2	2.0
Total	**81**	**100**

Table 4.19 indicate that 45% of the respondents who indicated having had early sexual involvement had their first experience at secondary school, 37% of the respondents had their first sexual experience at primary school, 16% of the respondents had their first sex experience at college level and 2% of the respondents had their first sex experience either in marriage, or as a form four or class eight school leaver.

A proportionate presentation of the above results comparing teenagers from single parent homes and from dual parent homes revealed the following results presented in Figure 4.5

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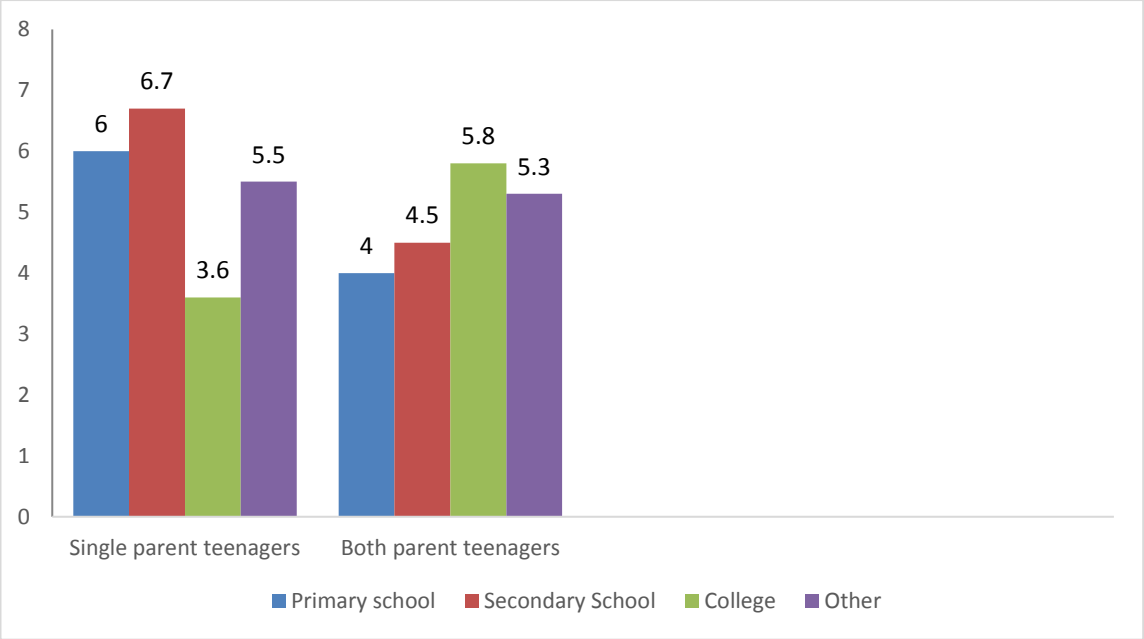


Figure 4.5: A Comparison Chart of First Sexual Activity

The results presented in the above comparative Figure 4.5 point out the fact that a higher number of adolescent children from single parent homes had their first sex experience in primary and secondary school as compared with those who were from both parent families. This concurs with the findings of Santrock (2013: 363), which holds that caregiver unfriendliness (or lack of a close relationship between caregiver and adolescent) can be linked to early sexual activity and sex with multiple partners while caregiver warmth was related to later sexual initiation and a lower incidence of sex with multiple partners. These results are congruous with the hypothesis of the study that adolescent children from single parent homes in the Westlands Archdeaconry of the Anglican Diocese of Nairobi are predisposed to early sexual activity.

4.6.4 Number of People Respondents had Sex With

The study sought to determine the total numbers of people respondent'shad partnered in sexual activity with and the results are presented in Table 4.16

Table4.14: Number of People Respondents had Sex With

Number of people respondents had sex with	Frequency	Percentage
One	36	44.0
Two	7	9.0
Three	6	7.0

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Four	6	7.0
Five	10	12.0
Between five and ten	13	16.0
More than ten	4	5.0
Total	**81**	**100**

Results in Table 4.20 indicate that 44% of the respondents who indicate having had sexual involvementhadbeen with just one partner, 16% of the respondents who indicated having sexual involvement had been with between five and ten partners,12% of the respondents who indicated having had sexual involvement had been with five partners, 9% had been with two partners, 7% had been with three partners, 7% had been with four partners and 5% of the respondents had been with more than 10 partners in their sexual activity**.**

4.7 Strategies for Respondents' Optimal Health and Functioning

The study sought to explore strategies that the Westlands Archdeaconry of the Anglican Diocese of Nairobi could employ to enhance the optimal health and functioning of Adolescent children from single parent homes in the Westlands Archdeaconry of the Anglican Diocese of Nairobi. The findings are presented in the subsequent sections

4.7.1 The Church and Family Problems

The study sought to establish whether respondents had an idea as to whether their church was doing enough to help their family deal with problems they faced. The results are shown in Table 4.17

Table4.15: The Church and Family Problems

Church doing enough to help with problems	**Frequency**	**Percent**
Yes	303	79
No	81	21
Total	**384**	**100**

The findings in Table 4.17 indicates that 79% of the respondents agree that actually the church was positively contributing towards family stability and unity as it helps in solving respondents family problems and 21% of the respondents felt that the church had not done enough in empowering families to face the challenges of life.

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4.7.2 Adolescent Respondents' proposals for a more productive Church involvement with families.

Majority of the respondents who felt that the church not done enough inempowering their families to face life challenges suggested that the Church should consider having frequentparent-teenager fora to foster understanding withinrespondents' families, annual or bi-annual parenting seminars to help parents understand their teenagers and vice versa and also that the Church needed put in place enough men only and ladies only mentorship fora so that respondentscould be guided and counselled along the same sex by older role models.

4.7.3 The Church and the Youth

Respondents were requested to indicate whether their church was doing enough to empower young people to face and resolve their unique challenges in life. The findings are indicated in Table 4.18.

Table4.16:The Church and the Youth

Church doing enough to help youth face their challenges	Frequency	Percent
Yes	319	83
No	65	17
Total	**384**	**100**

Table 4.18 indicates that 83% of the respondents agree that the church is actually doing a lot to help young people deal with the life challenges they face and 17% of the respondents felt the church was not doing enough to solve challenges faced by young people.

4.8 Single Mother Opinion of Church's Response to Family Problems

The single mother respondents who were interviewed together with those who gave their views in the focus group discussion almost unanimously felt that the Church was not doing enough to help their families deal with the challenges they faced. The

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focus group discussion felt the need to mention a few of the challenges they faced to illustrate the inaction of the Church and to bring to light opportunities for ministry that the Church had regarding the unique need of their families. They listed a number of life challenges they faced mentioned in the subsequent paragraphs.

4.8.1 Respondents' proposals for a more productive Church involvement with youth.

Majority of the respondents who were dissatisfied with their Church's role in equipping them for their unique life challenges felt that the church should organise teaching fora for Youth and Teenagers every school holiday to impart respondents with life skills and relevant information on dating, socially acceptable and prudent sexuality and how to choose a career. They also cited the need to organise chaperoned camps for interaction with their peers to improve respondents socialising skills and to teach sex education. They also avowed the need to hire young youth ministers who could relate with respondents' world view and present Christian teachings in a relatable and relevant way. Moreover, they averred the need for the Church to accept their realities without judging them in order for to guide them in the right path. They also raised concerns about the adult Church members' harsh judgement on their way of dressing and wished to be accepted by the Church without having to change their fashion preferences.

4.8.2Stigma Faced by Single Mothers

Stigma was repeated by all categories of single mothers, whether divorced, widowed or having never been married. These respondents lamented that the members of the Church were no different from the rest of society in shunning single mothers fearing them to be immoral. Married women in the Church ostracised them fearing that they could either steal their husbands or infect them with a sexually transmitted disease. Men in the Church either feared that the respondents would lead them to sin or approached them offering to assist them financially or otherwise in exchange for sexual favours. Priests feared to be associated with them as they may be perceived to be having affairs with them. The fact that they had no sexual partner gave them a mysterious aspect that spooked the married members of society. As long as it was not clear who they were sleeping with, the Church feared to deal with them.

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4.8.3 Stigma faced by Single Mother Teenage Children

Single mother respondents pointed out that the stigma does not stop with them but spreads to their children. These respondents reported their children being avoided by other children on the basis of their families of origin. On enquiring the reason for this evasion, their married counterparts divulged that they felt that single mother children were known to be deviants and were likely to influence their children negatively.

4.8.3 Alienation of Single Mothers from ministry involvement in Church

Single mother respondents cited alienation from ministry groups. This was especially prevalent with those who had never been married, separated or divorced. These category of respondents reported not being allowed to join the Church ladies groups such as the Mothers' Union and Women's Guild. Moreover, they reported that they could not serve as lay-ministers leave alone consideration for ordination.

4.8.4 Lack of male role models for Single Mother Adolescent boys

Single mother respondents noted the challenge of their male children lacking a role model. They noted that their male children in the city were either turning out to be effeminate in their dressing and behaviour, having only their mothers to model from, or ending up to be overtly masculine looking to Mass media models, peers and movie actors for role models. They noted that it became very complicated for the said adolescent boys from single mother homes when it came to dating as they had not learned how to treat a woman.

4.8.5 Loneliness of Single Mothers

Lastly, the single mother respondents mentioned loneliness as a great challenge that they have to deal with every day. They noted that with the humiliation that the rest of society treats them, they often tend to be loners which robes their family's opportunities to socialize and learn from others.

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4.8.6 Proposals for a More Productive Church Involvement with Families.

Single mother respondents were of the opinion that the Church had not done enough to help them deal with some of the above mentioned challenges. They, therefore, gave the following proposals; they stated the need for the Church to work to break the stigma by teaching its members that single families were normal families that needed acceptance into society and Church. This could be done by advocacy for purposes of delegitimizing and demystifying the erroneous assumptions associated with their families. Family Sundays in Church should not be all about marriage life only but such other pertinent topics as parenting and supporting single parent families should be addressed.

Furthermore, this category of respondent stressed the need to start single parent support groups within the Church setting to enable single parents give each other moral support and facilitate peer counselling. They proposed that such groups could also be great ministry tools to single parents not only as an outreach tool to similar non-Church going families but also as a tool to bring single parents from the fringes of Church life in order to make them feel important and accepted.

Single mother respondents further proposed adult-Teenage mentorship fora organised along the sexes in the Church setting to enable other parents to impact virtues and values on their children. They felt that this would be especially impactful to their male children in need of male role models.

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CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

This chapter presents a summary of key findings of the study, conclusion, and recommendations for future research. The study was established to determinethe behavioural characteristics of adolescent from single parent homes in the A.C.K. Diocese of Nairobi, WestlandsArchdeaconry. The primary data was gathered from the questionnaire as the research instrument. The questionnaire was designed in line with the objectives of the study.Additional data was collected using an interview guide designed in line with the objectives of the study and was used to interview single parents and hold a focus group discussion.

5.2 Summary of Findings

5.2.1 SusceptibilityViolent and Aggressive Behaviour

The study established that different respondents get angry in different frequencies ranging on a spectrum from sometimes, rarely, often, frequentlyand at all the time. The study found out that among the causes of this behaviour were failure to attain their goals, peers, lack of money, rules, uncooperative parents or their sibling's teachers. The study also found out that some respondents just walk away whenever they feel angry which is consistent with the work of Samuel (1981:324) who quoted Freud arguing that the best hope for handling humanity's aggressive tendencies was to provide harmless displacement activities, such as organised sports, which might drain off the instinctual energy motivating more hurtful forms of behaviour. The study established that other respondentstalk to a friend, others confront the person who made them angry, others yell, others fight or run away from home and othersskip school or break things. The study also established that some respondents get into trouble whenever they are angry while others do not. The study further established that someof the respondents have hurt others in the progression of their anger. Moreover, the findings established that the respondents from single parent homes were more likely to adopt violent behaviour while adolescents from both parent homes were more likely to talk over their aggravations.

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5.2.2 Abuse of Drugs

The study established that some respondents had abused drugs in their lifetime. The study found out that the commonly abuse drugs among the respondents included alcohol, miraa, cigarettes, cocaine pain tablets, cough syrup, glue or tobacco as a drug. As pertains the reasons attributed to drug abuse, the study found out that most respondents abused drugs due to peer pressure influence, stress from school work, parental influence, sibling influence, mass media influence, stress from parents, to become bold and brave, to get away from reality, to do well in school, to become smarter, to overcome fear, to fit in, to be accepted and so as 'feel cool'. The study established that a higher number of the respondents who reported to have used drugs were from single parent homes.

5.2.3 Respondents'Exposure to Early Sexual Activity

The study found out that some adolescent respondents had been involved in early sexual activity. The study established that kissing is the most widespread level of sexual activity among adolescents besides groping and caressing. The study further established that most adolescent respondents who were sexually active began their sexual activity in secondary school. However, there was a substantial segment of teenagers who begun their sexual activity in primary school. Furthermore, the study established that most of the respondents who reported having had a significant sexual experience had done only once. Notably, the study established that a higher number of respondents who reported to have had their first sexual experience in primary or secondary school were actually from single parent homes.

5.2.4 Strategies for Church Involvement with Families for their Optimal Health andFunctioning

The study established that the church was doing a lot already to help families deal with the challenges they faced. However, some respondents felt that more needed to be done in terms of organising of parent-teenager fora to foster understanding within respondents' families, putting in place annual or bi-annual parenting seminars to help parents understand their teenagers' unique sphere of consciousness and identity awareness in order to build bridges between parents and their teenage children and

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organising men only and ladies only fora to facilitate guidance and counselling along gender lines.

The study also established that the church is doing well in terms of empowering young people to face their unique life challenges. Nevertheless, some respondents felt that the church had a greater capacity to offer relevant counselling and care services including teaching fora every school holiday to teach respondents on life skills, dating and how to choose a career; organising camps for peer interaction and fostering teambuilding and socialising skills; Creating fora for sex education to empower respondents with knowledge of responsible sexuality. The Study findings highlighted the need for the Church to hire young youth ministers who understand respondents' popular culture and as such would be able to communicate Christian virtues in a relevant language. Finally, the study established the need to accept the teenagers into the Church without rigid requirements on grooming and dressing so that they feel accepted rather than feeling judged. It is in this atmosphere of unconditional good will and acceptance that the caring and guidance role of the Church to the respondents can be most effective.

5.3 Conclusion

5.3.1 Aggressive and Violent Behaviour.

The study concludes that anger is a common behaviour in adolescent children from single parent families in Westlands Archdeaconry of the A.C.K. Diocese of Nairobi. The greatest cause of anger among the adolescents' is failure to attain goals. The study also concludes that most adolescents prefer to walk away whenever they are angry. The study further concludes that some adolescents get into trouble when angry because of their violent behavioural responses. The study concludes that teenagers from single parent homes in the Westlands Archdeaconry of the Anglican Diocese of Nairobi are susceptible to aggressive or violent behaviour.

5.4.2 Abuse of Drugs

The study concludes that some adolescent children from single parent families in the Westlands Archdeaconry of the A.C.K Diocese of Nairobi abuse drugs. The predominant drug abused by these adolescents is alcohol. Peer pressure is a major

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cause of this behaviour among adolescents. The study concludes that adolescent children from single parent homes in the Westlands archdeaconry of the Anglican Diocese of Nairobi are disposed to abuse drugs and alcohol.

5.4.3 Exposure to Early Sexual Activity

The study concludes that some adolescent children from single parent homes in the A.C.K Diocese of Nairobi, Westlands Archdeaconry have participated early sexual activity. Kissing is a common form of sexual activity by these adolescents. Majority of these adolescents who are involved in sexual activity are from secondary school. Nonetheless, a significant number of the adolescent respondents who have been involved in sexual activity had their first sexual experience in primary school. Most of the respondents that reported to having been sexually active had only been with one partner. The study concludes that adolescent children from single parent homes in the Anglican Diocese of Nairobi, Westlands Archdeaconry are predisposed to early sexual activity.

5.4.4 Strategies for Respondents' Optimal Health and Functioning

The study concludes that the church is doing a lot to help single parent homes in the A.C.K Diocese of Nairobi, Westlands Archdeaconry. However, some respondents feel that the church has a greater capacity to be even more effective in helping families successfully engage with the problems they encounter. Most of the respondents suggest that the church should among other activities organise parent-teenager fora to foster understanding between parents and their teenage children, put in place parenting seminars to help equip parents raising teenage children, organise men only and ladies only fora so that respondents can be guided and counselled along gender lines and to have holiday programmes for teenagers for purposes of teaching them life skills and developing their socialising and teamwork skills. Single mother respondents recommended that single parent support groups should be started in the Church to help vulnerable single parents, that the Church should do more to incorporate single parents into the life of the Church and to eliminate suspicion and stigma associated with single parent families and to organise fora where their children can benefit from the corporate parenting potential of the Church especially along gender lines.

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As to whether the church is sufficiently empowering adolescents tosuccessfully engage with their various crises, this study concludes that a lot more needs to be done by the church in equipping youth with skills that they can effectively enlist in facing their life challenges. Respondents maintained that the Church needed to invest more in teenage mentorshipfora every school holiday to instil respondents with life skills on dating and how to choose a career. Moreover, the Church needs to institute frequent youth camps for peer interaction and imparting life skills on responsible sexuality, teamwork and leadership. Additionally, the Church will need to hire young youth ministers who understand respondents' popular culture and as such would be able to communicate Christian virtues in a relevant language. Further, the Church will need to show acceptance to teenagers without initial rigid requirements on grooming and dressing so that they feel accepted rather than feeling judged. It is in this atmosphere of unconditional good will and acceptance that the caring and guidance role of the Church to the respondents can be most effective.

5.4 Recommendations

5.5.1 Aggressive and Violent Behaviour

The study recommends that adolescent childrenshould be trained in anger management where positive displacements alternatives such as walking away and talking to friends, parents, teachers, guidance counselors and priests would be a preference as opposed to violence. The study further recommends that parents, the Church and all stake holders including the education system should teach adolescents the consequences of anger if not well managed.

5.5.2 Abuse of Drugs

The study recommends that the church should partner with families and other stake holders in teaching adolescents the consequences of drug abuse as early as possible. Such adolescents should be taught on how to select good friends to avoid negative peer pressure which is the greatest cause of this behavior among adolescents.

5.5.3 Exposure to Early Sexual Activity

The study recommends that parents together with the church should unite in teaching adolescents the dangers of early sexual involvement which include among other

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things unwanted pregnancies, sexually transmitted diseases and drop outs from schools. The upper primary and secondary school curricula should be revised to include sex education so as to impart positive life skills to students.

5.5.4 Strategies for Respondents Optimal Health and Functioning

Based on the research findings, the study suggests that the church has a great opportunity to help both single parent families and their adolescent children to live more productive and fulfilling lives. The study suggests that the Church should actively involve itself in organising parent-teenager fora to foster understanding between parents and teenagers. The Church should also organise parenting seminars to help parents understand and give leadership to their teenage children. The Church should also organise men only and ladies only fora to enable respondents to be guided and counselled along the same sex by other responsible parents in the Church. The Church should invest in mentorshipfora every school holiday to impart respondents with life skills on healthy social interaction, dating and how to choose a career.

The Church should organise annual or bi-annual Teens' camps for peer interaction, to improve respondents socialising skills and to teach sex education from a Christian perspective. The Church should also hire young youth ministers who understand respondents' popular culture can not only communicate effectively with them but also understand and empathise with their realities of life without being judgemental. Moreover, the Church should work to reduce stigma associated with single parent adolescent children and to foster unconditional acceptance for them within the Church as they did not choose where to be born. Finally, the Church should accept all teenagers into the Church irrespective of their fashion preferences and work towards guiding them into appropriate behaviour over time.

5.6 Recommendation for Further Study

The study recommends similar comprehensive studies be carried out across the country as opposed to only the Westlands Archdeaconry of the A.C.K Diocese of Nairobi. Additionally, it would be important for a similar study to be carried out in secular settings such as public and private schools that are not necessarily associated

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with the Church. These studies would bring out valuable comparisons to the findings of this study and would paint an even clearer picture of our society.

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APPENDICES

APPENDIX I: QUESTIONNAIRE

LETTER OF INTRODUCTION AND CONSENT

Dear Respondent,

RE: REQUEST FOR RESEARCH DATA

I am a post graduate student at St. Paul's University undertaking a Master of Theology degree (Counselling option). I am conducting a study on the effect of single parenting on the behaviour of adolescent children in the A.C.K Diocese of Nairobi.

You have been identified to participate in the study. I, therefore, kindly request you to fill the attached questionnaire for the purpose of generating the required information. The information will be used for the purposes of the study and will be held in strict confidentiality. Nonetheless, you are free to decide if you want to participate in the study or not.

I wish to thank you in advance for participating in the study. Please feel free to sign the consent slip attached below to indicate your willingness to take part in the study.

Your assistance and cooperation is highly appreciated.
Yours Sincerely,

Samuel Chege

CONSENT TO TAKE PART IN THE STUDY

I agree and I am willing to take part in the study.

Name:……

Signature:…… Date:……

Kindly fill in the items in this questionnaire in the spaces provided. Please tick (*Tick* ✓)or fill in with information as requested.

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PART A

1. Gender (*Tick √*) Male [ ] Female [ ]
2. Age on 1st April 2016 ☐☐ years.
3. Are you in school? (*Tick √*) Yes [ ] No [ ] If Yes, what level are you in? (*Tick √*)
   a) Primary school [ ]
   b) Secondary school [ ]
   c) College [ ]
4. Are you employed (*Tick √*) Yes [ ] No [ ]
5. What is your Marital Status? (*Tick √*) Single [ ] Married [ ]
6. Do you have any children? (*Tick √*) Yes [ ] No [ ] If yes, how many? _____
7. What is your Parents' Marital Status? Single [ ] Married [ ] Divorced [ ] Widowed [ ]
8. Are you from a Single Parent Family? (*Tick √*) Yes [ ] No [ ]
   If yes, please tick below who your guardian is:
   a) Father [ ]
   b) Mother [ ]
   c) Grand Father [ ]
   d) Grand Mother [ ]
   e) Other _____

PART B

1. Do you ever get angry? (*Tick √*)
   a) Rarely [ ]

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b) Sometimes [ ]

c) Often [ ]

d) Frequently [ ]

e) All the time [ ]

2. What most often makes you angry? (*Tick √)where applicable*

a) Failure to attain a goal [ ]

b) Uncooperative parents [ ]

c) Lack of money [ ]

d) Peers [ ]

e) Rules [ ]

f) Teachers [ ]

g) Siblings [ ]

h) Other (name) _____

Why_____

_____

_____

What do you do when you are very angry? (*Tick √)*

a) Walk away [ ]

b) Talk to a friend [ ]

c) Confront the person who made you angry [ ]

d) Yell [ ]

e) Fight [ ]

f) Other_____

3. Have you ever gotten in trouble because of something you did when you were angry? (*Tick √)* Yes [ ] No [ ]

If Yes, Please explain _____

_____

_____

4. Have you ever hurt someone when you were angry? (*Tick √)*Yes [ ]No [ ]

If Yes, What happened? _____

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_____

_____

_____

_____

5. Have you ever used drugs? (*Tick √*) Yes [ ] No [ ]

   If yes, which of the following drugs have you used? (*Tick √*)All that apply:

   a) Cigarettes [ ]
   b) Alcohol [ ]
   c) Miraa [ ]
   d) Bhang [ ]
   e) Cocaine & Heroin [ ]
   f) Others (name) _____

6. What made you use drugs? (*Tick √*)All that apply:

   a) Peer Pressure [ ]
   b) Mass Media influence [ ]
   c) Family problems [ ]
   d) Stress from school work [ ]
   e) Stress from Parents [ ]
   f) Financial Problems [ ]
   g) Sibling influence [ ]
   h) Parental influence [ ]
   i) Other _____

7. Have you been involved in any sexual activity? (*Tick √*)

   Yes [ ] No [ ]

   If Yes, Please indicate the level of sexual activity you have been involved in.

   - Kindly (*Tick √*) all that apply:

   a) Kissing [ ]
   b) Groping [ ]
   c) Caressing [ ]
   d) Mutual masturbation [ ]
   e) Intercourse [ ]
   f) Homosexual acts [ ]

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g) Lesbian acts [ ]

h) Multiple partners [ ]

i) Orgies [ ]

g) Other _____

8. At what level did you first get involved in any sexual activity? (*Tick √*)

a) Primary school [ ]

b) Secondary school [ ]

c) College [ ]

d) Other _____

9. How many people have you had sexual activity with? (*Tick √*)

a) One [ ]

b) Two [ ]

c) Three [ ]

d) Four [ ]

e) Five [ ]

f) Between five and ten [ ]

g) More than ten [ ]

10. In your opinion do you think your Church has done enough to help your family deal with the problems it faces? (*Tick √*) Yes [ ] No [ ]

If No, suggest ways in which the Church can help your family in dealing with the problems it faces:

_____

_____

_____

_____

11. In your opinion do you think your Church has done enough to help you (as a young person) deal with your challenges of life? (*Tick √*)

Yes [ ] No [ ]

If No, suggest ways in which the Church can help you become a better person so that you can better deal with life's challenges:

_____

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12. Any other comments

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APPENDIX II: INTERVIEW SCHEDULE

LETTER OF INRODUCTION AND CONSENT

Dear Respondent,

RE: REQUEST FOR RESEARCH DATA

I am a post graduate student at St. Paul's University undertaking a Master of Theology degree (Counselling option). I am conducting a study on the effect of single parenting on the behaviour of adolescent children in the A.C.K Diocese of Nairobi.

You have been identified to participate in the study. I, therefore, kindly request you take time and answer a few questions in this interview schedule for the purpose of generating the required information. The information will be used for the purposes of the study and will be held in strict confidentiality. Nonetheless, you are free to decide if you want to participate in the study or not.

I wish to thank you in advance for participating in the study. Please feel free to sign the consent slip attached below to indicate your willingness to take part in the study.

Your assistance and cooperation is highly appreciated.

Yours Sincerely,

Samuel Chege

CONSENT TO TAKE PART IN THE STUDY

I agree and I am willing to take part in the study.

Name: ……

Signature:…… Date:……..

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Kindly allow me to take a few personal details about you. (*I tick the relevant box in the course of the interview.*)

PART A

9. Gender (*Tick √)* Male [ ] Female [ ]
10. Age on 1st April 2016 ☐☐ years.
11. How far did you go with your schooling? (*Tick √)*
    d) Primary school [ ]
    e) Secondary school [ ]
    f) College [ ]
12. Are you employed (*Tick √)* Yes [ ] No [ ]
13. What is your Marital Status? (*Tick √)* Single [ ] Married [ ] Divorced [ ] Widowed [ ]
14. Do you have any children? (*Tick √)* Yes [ ] No [ ] If yes, how many? _____

PART B

13. What would you say is the anger frequency of your child? (*Tick √)*
    f) Rarely [ ]
    g) Sometimes [ ]
    h) Often [ ]
    i) Frequently [ ]
    j) All the time [ ]

14. What do you think most often makes them angry? (*Tick √)where applicable*
    i) Failure to attain a goal [ ]
    j) Uncooperative parents [ ]
    k) Lack of money [ ]
    l) Peers [ ]
    m) Rules [ ]
    n) Teachers [ ]

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o) Siblings [ ]

p) Other (name)_____

Why?_____

_____

_____

15. What does your teenage child do when he/she is very angry? (*Tick √)*

g) Walk away [ ]

h) Talk to a friend [ ]

i) Confront the person who made you angry [ ]

j) Yell [ ]

k) Fight [ ]

l) Other _____

16. Has any of your adolescent children ever gotten in trouble because of something they did when they were angry? (*Tick √)* Yes [ ] No [ ]

If Yes, Please explain _____

_____

_____

_____

17. Are you aware of any incident where your adolescent child hurt someone else when they were angry? (*Tick √)* Yes [ ] No [ ]

If Yes, What Happened?_____

_____

_____

_____

_____

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18. Have you ever suspected that your teenage child may at some point have abuse drugs? (*Tick √*)Yes [ ] No [ ]

    If yes, which of the following drugs did you suspect to be abused? (*Tick √*)All that apply:

    h) Cigarettes [ ]
    i) Alcohol [ ]
    j) Miraa [ ]
    k) Bhang [ ]
    l) Cocaine & Heroin [ ]
    m) Others (name) _____

19. What do you think could have made them abuse drugs? (*Tick √*)All that apply:

    j) Peer Pressure [ ]
    k) Mass Media influence [ ]
    l) Family problems [ ]
    m) Stress from school work [ ]
    n) Stress from Parents [ ]
    o) Financial Problems [ ]
    p) Sibling influence [ ]
    q) Parental influence [ ]
    r) Other _____

20. Do you know if your teenage child has been involved in any sexual activity? (*Tick √*) Yes [ ] No [ ]

    If Yes, Please indicate the level of sexual activity that you suspect they have been involved in. Kindly (*Tick √*) all that apply:

    j) Kissing [ ]
    k) Groping [ ]
    l) Caressing [ ]
    m) Mutual masturbation [ ]
    n) Intercourse [ ]
    o) Homosexual acts [ ]
    p) Lesbian acts [ ]

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q) Multiple partners [ ]

r) Orgies [ ]

21. Do you know what level they first got involved in any sexual activity? (*Tick √)*

e) Primary school [ ]

f) Secondary school [ ]

g) College [ ]

h) Other _____

22. In your opinion do you think your Church has done enough to help your family deal with the problems it faces? (*Tick √)* Yes [ ] No [ ]

If No, suggest ways in which the Church can help your family in dealing with the problems it faces:

_____

_____

_____

23. In your opinion do you think your Church has done enough to help your teenage child deal with the challenges of life that he/she faces? (*Tick √)* Yes [ ] No [ ]

If No, suggest ways in which the Church can help you become a better person so that you can better deal with life's challenges:

_____

_____

_____

_____

_____

_____

24. Any other comments

_____

_____

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APPENDIX: III RESEARCH LICENCE

THIS IS TO CERTIFY THAT:
MR. SAMUEL CHEGE NJOROGE
of ST PAULS UNIVERSITY, 0-625
Nairobi,has been permitted to conduct
research in *Nairobi County*

on the topic: *THE BEHAVIOURAL CHARACTERISTICS OF ADOLESCENT CHILDREN FROM SINGLE PARENT HOMES IN THE A.C.K. DIOCESE OF NAIROBI, WESTLANDS ARCHDEACONRY.*

for the period ending:
19th April,2017

Permit No : NACOSTI/P/16/28873/10485
Date Of Issue : 21st April,2016
Fee Recieved :ksh 1000



.....
Applicant's Signature

.....
Director General
National Commission for Science, Technology & Innovation

CONDITIONS

1. You must report to the County Commissioner and the County Education Officer of the area before embarking on your research. Failure to do that may lead to the cancellation of your permit
2. Government Officers will not be interviewed without prior appointment.
3. No questionnaire will be used unless it has been approved.
4. Excavation, filming and collection of biological specimens are subject to further permission from the relevant Government Ministries.
5. You are required to submit at least two(2) hard copies and one(1) soft copy of your final report.
6. The Government of Kenya reserves the right to modify the conditions of this permit including its cancellation without notice

REPUBLIC OF KENYA

NACOSTI

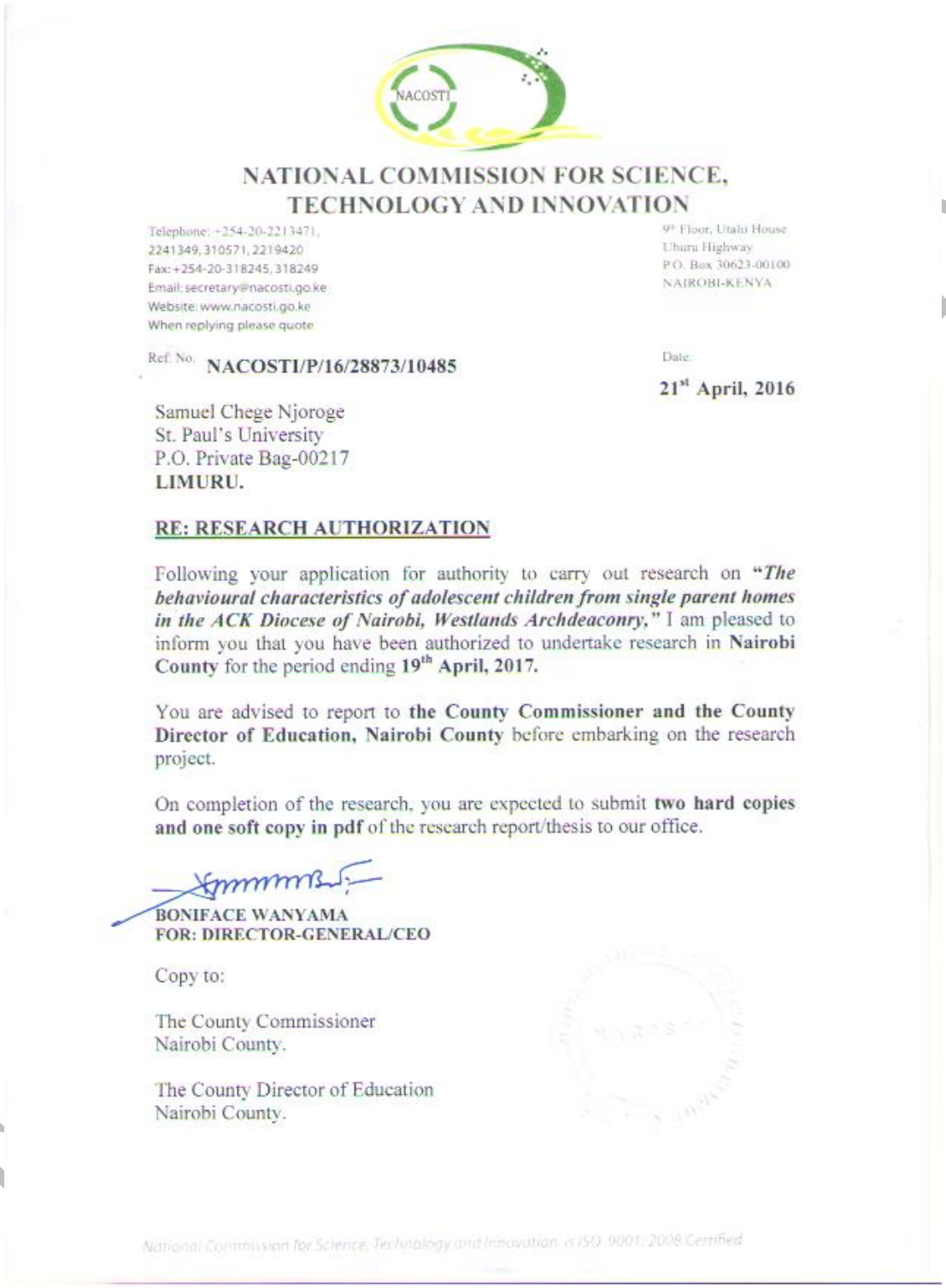
National Commission for Science, Technology and Innovation

RESEARCH CLEARANCE PERMIT

Serial No. A 8762

CONDITIONS: see back page

APPENDIX IV: RESEARCH AUTHORISATION



NACOSTI

NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY AND INNOVATION

Telephone: +254-20-2213471, 2241349, 310571, 2219420
Fax: +254-20-318245, 318249
Email: secretary@nacosti.go.ke
Website: www.nacosti.go.ke
When replying please quote

9th Floor, Utalii House
Uhuru Highway
P.O. Box 30623-00100
NAIROBI-KENYA

Ref: No. **NACOSTI/P/16/28873/10485**

Date: **21st April, 2016**

Samuel Chege Njoroge
St. Paul's University
P.O. Private Bag-00217
LIMURU.

RE: RESEARCH AUTHORIZATION

Following your application for authority to carry out research on ***"The behavioural characteristics of adolescent children from single parent homes in the ACK Diocese of Nairobi, Westlands Archdeaconry,"*** I am pleased to inform you that you have been authorized to undertake research in **Nairobi County** for the period ending **19th April, 2017.**

You are advised to report to **the County Commissioner and the County Director of Education, Nairobi County** before embarking on the research project.

On completion of the research, you are expected to submit **two hard copies and one soft copy in pdf** of the research report/thesis to our office.

BONIFACE WANYAMA
FOR: DIRECTOR-GENERAL/CEO

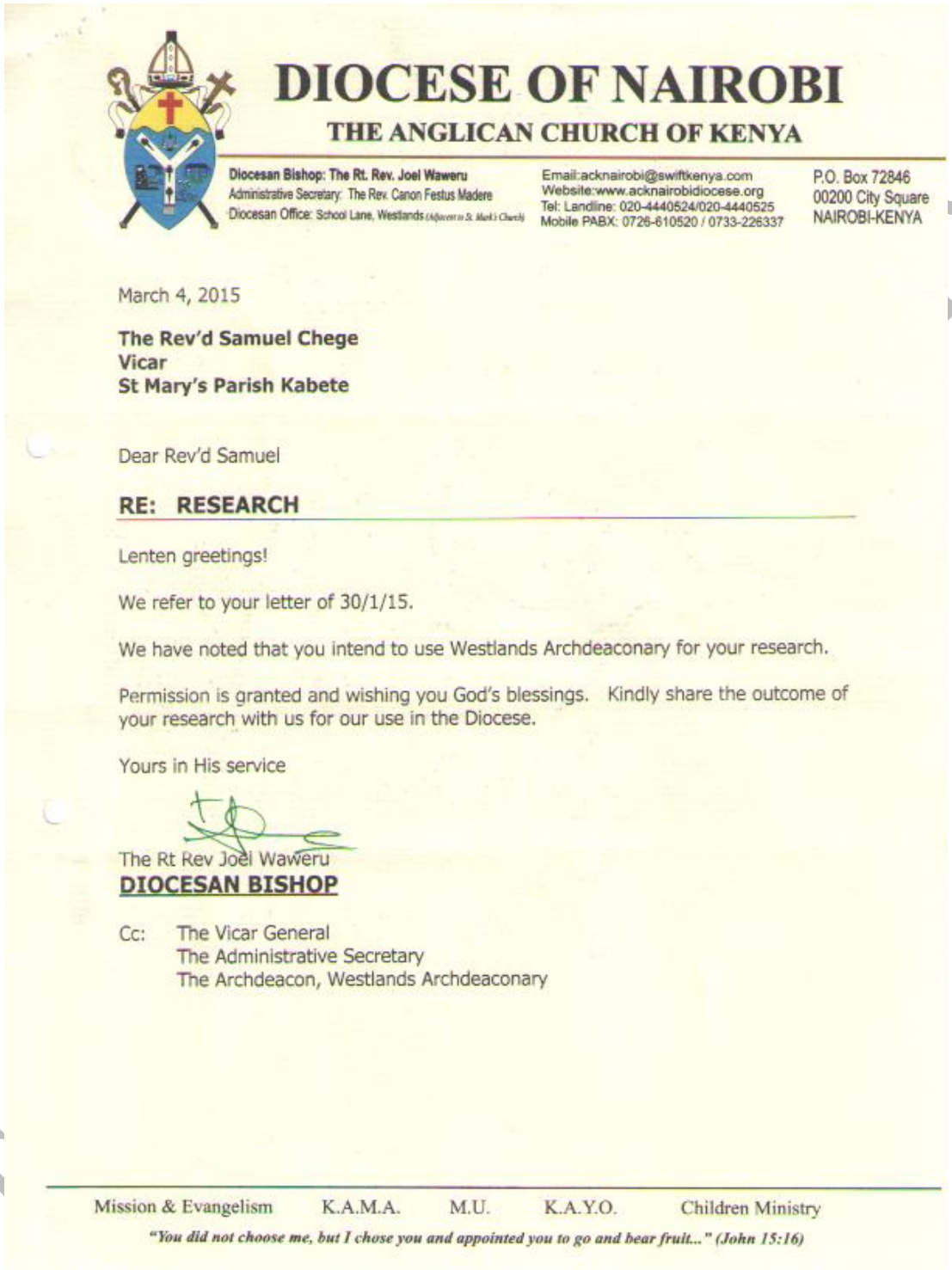
Copy to:

The County Commissioner
Nairobi County.

The County Director of Education
Nairobi County.

National Commission for Science, Technology and Innovation is ISO 9001: 2008 Certified

APPENDIX V: CHURCH JURISDICTION RESEARCH AUTHORISATION



DIOCESE OF NAIROBI

THE ANGLICAN CHURCH OF KENYA

Diocesan Bishop: The Rt. Rev. Joel Waweru
Administrative Secretary: The Rev. Canon Festus Madere
Diocesan Office: School Lane, Westlands (Adjacent to St. Mark's Church)

Email:acknairobi@swiftkenya.com
Website:www.acknairobidiocese.org
Tel: Landline: 020-4440524/020-4440525
Mobile PABX: 0726-610520 / 0733-226337

P.O. Box 72846
00200 City Square
NAIROBI-KENYA

March 4, 2015

The Rev'd Samuel Chege
Vicar
St Mary's Parish Kabete

Dear Rev'd Samuel

RE: RESEARCH

Lenten greetings!

We refer to your letter of 30/1/15.

We have noted that you intend to use Westlands Archdeaconary for your research.

Permission is granted and wishing you God's blessings. Kindly share the outcome of your research with us for our use in the Diocese.

Yours in His service

The Rt Rev Joel Waweru
DIOCESAN BISHOP

Cc: The Vicar General
The Administrative Secretary
The Archdeacon, Westlands Archdeaconary