

**EFFECTIVENESS OF GUIDANCE AND COUNSELLING SERVICES  
ON INFLUENCING STUDENTS ACADEMIC AND SOCIAL  
BEHAVIOUR CHANGE IN PUBLIC SECONDARY SCHOOLS IN  
NZAUI DISTRICT MAKUENI COUNTY**

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**A RESEARCH PROJECT SUBMITTED TO THE SCHOOL OF  
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## ABSTRACT

Guidance and counseling is an essential service or activity to undertake in schools. It helps to *maintain discipline, enhance self esteem of the learners hence improving the academic performance.* Those who may have gone astray e.g. drug abuse, school dropouts, sneaked students, stealing and even early pregnancies among the school girls in Nzau district their performance is below average especially In day mixed secondary schools. The ministry of education blame, the guidance and counseling departments in schools for failing district. However no structured survey has been done particularly from students' perspective. The purpose of this research is to establish how effective the programme of guidance and counseling is influencing the behavioral change among students in public secondary schools in Nzau district. *The specific objectives of the study are to find out the causes of immoral behavior among students in public secondary schools, to determine the challenges facing guidance and counseling programmes in public secondary schools and lastly to assess the effectiveness of guidance and counseling services on students academic and social behavior change.* Descriptive research design will be employed in this study. Stratified random sampling techniques will be used to select six schools and six (6) guidance and counseling teachers. The data will be collected through interview schedule, questionnaire scheduled, records of both previous G/C and indiscipline and scheduled group discussions. The instruments will be piloted in one of the secondary schools to establish the reliability and the instruments will be examined by one of the experts on the topic of study to establish the face validity. Data collection will be done personally by the researcher to increase return rate. The quantitative data will be analyzed by the use of frequency counts, percentages and means. The findings of the study and the recommendations of this study may assist the educational policy makers and the high school management in planning and making appropriate decisions on strengthening guidance and counseling services in high schools.